



THE MARKET BASKET

September/October 2011



Expanded Food and Nutrition Education Program



Hi Friends:

Wow School is back in session, does your child eat breakfast? Tips for a healthy breakfast are in this issue. We are going to continue our discussion on the New "My Plate" in this issue as well. Check out how to save time in that kitchen & as always Recipes to try! If you enjoy this newsletter be sure to email me (see below) to subscribe. Happy Fall!!

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Why Breakfast???

- ◆ **Fuels the body with nutrients.** Your child might not make up nutrients missed at breakfast. You might not either.
- ◆ **Provides calories (energy) for the morning's active play.**
- ◆ **Gets your child ready to learn** – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.
- ◆ **Helps keep a healthy body weight.** Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.
- ◆ **Helps kids feel good.** Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.
- ◆ **Tastes good!** Offer foods your child and family enjoy – even if they are not common for breakfast.

Smart Ways to make breakfast successful:

- ◆ **Eat breakfast yourself.** "Showing" teaches more than simply "telling." Your child will follow what you do.
- ◆ **Manage your early morning time.** Start making breakfast the night before, You might mix the juice, slice fruit, or make hard-cooked eggs.
- ◆ **Stock your kitchen** with quick-to-fix healthy breakfast foods.
- ◆ **Give your child time to wake up.** Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. wake up earlier
- ◆ **Ask your child to help with breakfast** on a morning when you're not rushing. It can be a nice way to start your child's day. Yours, too!
- ◆ **Encourage variety** and help your child feel in control of breakfast; offer choices throughout the week.



Build a Healthy Plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

- ◆ **Make half your plate fruits and vegetables.**



Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes. Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

- ◆ **Switch to skim or 1% milk.**



They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Try calcium-fortified soy products as an alternative to dairy foods.

- ◆ **Make at least half your grains whole.**



Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. Check the ingredients list on food packages to find whole-grain foods.

- ◆ **Vary your protein food choices.**



Twice a week, make seafood the protein on your plate. Eat beans, which are a *natural* source of fiber and protein. Keep meat and poultry portions small and lean.



Eat the right amount of calories for you:

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count.

- ◆ Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat. . . .
- ◆ Think before you eat...is it worth the calories?
- ◆ Avoid oversized portions.
- ◆ Use a smaller plate, bowl, and glass.
- ◆ Stop eating when you are satisfied, not full.
- ◆ Cook more often at home, where *you* are in control of what's in your food.
- ◆ When eating out, choose lower calorie menu options. Check posted calorie amounts.
- ◆ Choose dishes that include vegetables, fruits, and/or whole grains.
- ◆ Order a smaller portion or share when eating out.



Tips to Save Time:



Make it simple and easy

- **Keep your meals simple!** Food that keeps your family healthy can be quick to fix. Unless it is a special occasion, focus on the time spent enjoying the meal together rather than preparing something fancy.
- **Cook when you have more time** –Make soups, stews or casseroles to freeze for the following week.
- **Do some tasks ahead** – a few hours or the day before your meal. Wash and trim vegetables or make fruit salad. (Your family can help.) Cook whole-grain noodles for pasta salad. Cool lean ground meat for tacos.
- **Cook once for everyone.** Does your child like plain vegetables, meat, rice or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.
- **Cook fast.** Broil, stir-fry or microwave when you can. Roasting and baking take longer.
- **Make no-cook meals:** Try salads with canned tuna, chicken or beans; cold sandwiches; raw vegetables and yogurt dip; and fruit. Kids like finger foods!
- **Double or triple the amount.** Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Enjoy kitchen help

Involve your family and friends. Ask your child, or your guest, to set the table, pour milk or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.





French Toast Sticks:

- 1 egg
- 1/3 cup skim milk
- 1/2 cup strawberry preserves
- 8 slices day-old bread
- confectioners' sugar (optional)



1. In a small bowl, beat egg and milk; set aside.
2. Spread preserves on four slices of bread; top with remaining bread.
3. Trim crusts; cut each sandwich into three strips.
4. Dip both sides in egg mixture and cook on a lightly greased hot griddle for 2 minutes on each side or until golden brown.
5. Dust with just a hint of confectioners' sugar if desired.

Fruit/Granola Parfaits

- 1 box (3.5 oz) instant vanilla pudding
 - 2 cups milk
 - 2 bananas or (1 can (15oz) fruit)
 - 2 cups granola cereal
1. Prepare pudding according to package directions.
 2. Pick 1 fruit. Cut fruit into pieces.
 3. Spoon 2 tablespoons of pudding into each of four glasses.
 4. Add a layer of fruit.
 5. Add a layer of pudding.
 6. Add a layer of granola.
 7. Add another layer of pudding.



Pizza Buns

- 1/2 lb ground beef
 - 4 buns, sliced in half
 - 1 tablespoon butter or margarine
 - 1 jar (14 oz) pizza sauce
 - 1/2 cup shredded mozzarella cheese
1. Preheat oven to 375 degrees.
 2. Cook meat thoroughly in a skillet over medium heat. Drain*.
 3. Lightly butter each half of the bun.
 4. Spread each half with one tablespoon of pizza sauce and top with cooked meat.
 5. Sprinkle cheese over the top of each bun.
 6. Bake until hot and cheese is melted (about 15 minutes).



Bean Burgers

- 1 can (15 oz) pinto beans*
 - 1 1/2 cups bread crumbs
 - 2 tablespoons barbeque sauce
 - 1/4 teaspoon salt
 - 1 tablespoon vegetable oil
 - 6 slices American cheese
 - 6 hamburger buns
1. Mash the beans and liquid.
 2. Add the bread crumbs, barbeque sauce, and salt.
 3. Mix well and shape into 6 patties.
 4. Heat the oil in a skillet and fry the patties over medium heat until well browned on both sides.
 5. Top each burger with a slice of cheese.
 6. Serve on buns.
 7. Add additional barbeque sauce and onion if desired.



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