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HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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Spring clean your pantry

Spring cleaning doesn't just apply to the house. Some items in your pantry may have been there longer than you realize. It's a good idea to clean out your pantry at least once a year. Cleaning the pantry can help you use items before they expire, get rid of expired items, and make room for new items. Follow these simple tips when cleaning your pantry:

1. Remove each item and look at the expiration date. Pile items into these groups:

- Expired items to throw away.
- Items expiring within the next few months.
- Items that you don't see yourself eating and you can donate.
- All other items.

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Disabilities
accommodated
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LET KIDS HELP BY PUTTING
AWAY GROCERIES, STIRRING
INGREDIENTS, PEELING FRUITS,
OR SETTING THE TABLE.

PARENT CORNER

Nutrition tips for kids

There is a lot of advice for kids' eating habits. The USDA recommends following these simple tips:

- **Eat more fruit and vegetables.** Make half your plate fruits and veggies every day.
- **Try whole grains.** Add things like oatmeal and whole-wheat bread and pasta to your dishes.
- **Think about your drink.** Choose water and low-fat or fat-free dairy milk (or lactose-free or fortified-soy versions) when you're thirsty.

- **Mix up your protein foods.** Include different foods like seafood, beans, peas, lentils, nuts, seeds, soy products, eggs, meats, or poultry.
- **Involve kids in the kitchen.** Let them help by putting away groceries, stirring ingredients, peeling fruits, or setting the table.
- **Be active.** Find ways for your kids to be active and move their body for at least 1 hour a day. Try walking to school, bike riding, or playing a sport with friends.

Source: <https://www.myplate.gov/life-stages/kids>

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2. Wipe off containers, wipe down shelves or drawers, and get rid of any crumbs that may attract pests.
3. Place items back on shelves with these tips in mind:
 - Put items expiring within the next few months toward the front to remind yourself to use them.
 - Keep items you eat often, such as cereal, toward the front of the pantry.
 - Group similar items together to avoid buying items you already have. Put all canned vegetable products, all canned tomato products, canned fruit items, etc.
 - Consider putting snack items in bins.

Source: Jeannie Noble, MS, RD

BASIC BUDGET BITES

Buying in bulk

Buying in bulk can save money, but it might not always make sense. Consider these tips before buying in bulk:

- Do you have the room to store the amount of food you are buying?
- Will you be able to eat all the product before the expiration date?
- Is this something you and your family eat often and enjoy, or are you buying something new that you are unsure of the taste?

Source: Jeannie Noble, MS, RD



SMART TIPS

Grocery shopping tips

There are lots of ways to save money while grocery shopping. Here are a few to keep in mind every time you shop.

- Have a plan and stick to a grocery list.
- If possible, do not grocery shop when you're hungry. You are more likely to make impulse purchases when you are hungry.
- Question sale items to avoid food and money waste. Will you eat it, or are you buying it because the price is right? Will you spend the time to prepare the item? Will your family eat it?
- Use the unit price. **Read more about this by scanning the QR code.**



Source: Jeannie Noble, MS, RD

COOKING WITH KIDS

Turkey Wraps

- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread tortilla with a thin layer of ranch dressing.
3. Place turkey and diced vegetables on top of salad dressing.
4. Roll up and slice in half. Serve.
5. Refrigerate leftovers within two hours.

Recipe makes 1 serving
Serving size: 1/2 wrap

Nutrition Facts per serving: 230 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 50 mg cholesterol; 540 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 2 g total sugars; 0 g added sugars; 21 g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source: Eat Smart to Play Hard. Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service



RECIPE

Easy Tortilla Breakfast Pizza

- Nonstick cooking spray
- 1 8-inch whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells in the spinach. Crack an egg into each well so it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.

5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Recipe makes 3 servings
Serving size: 1/3 of pizza

Nutrition Facts per serving: 140 calories; 7 g total fat; 3 g saturated fat; 0 g trans fat; 50 mg cholesterol; 170 mg sodium; 10 g total carbohydrate; 1 g dietary fiber; 1 g total sugars; 0 g added sugars; 10 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Jeannie Noble, Extension Specialist; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service



FOOD FACTS

Whole grains

Grains provide many important nutrients such as carbohydrates, fiber, some B vitamins, magnesium, and selenium. Try to make half of the grains you eat, whole grains. Whole grains have more fiber and nutrients than refined grains. Below are some examples of whole grains.

- Whole-wheat bread
- Whole-wheat cereal
- Whole-wheat crackers
- Whole-wheat pasta
- Whole-wheat tortillas
- Brown rice
- Oats
- Popcorn
- Quinoa

Source: MyPlate.gov



LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY