

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



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TOPIC

Discover Bright Flavor with Fresh Herbs

Add color and flavor to your meals with herbs and spices. To get the most out of your fresh herbs, wrap them in damp paper towels and store in a plastic bag in the produce part of your fridge. Don't just use herbs for a single recipe you might have purchased them for — add them to other dishes. You would be surprised how much flavor a simple salad can have with the addition of fresh herbs. Add them to pasta salads, sauces and marinades, salad dressings, rice dishes, casseroles and even egg dishes. If a recipe only calls for a small amount of a fresh herbs, try substituting the dried version to save on spending.

Source: USDA MyPlate



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PARENT'S POW-WOW

Kid-friendly Veggies and Fruits

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

- **Let kids explore different smoothie combinations.**

You can even freeze into popsicle molds for a different tasty treat.

- **Kids love to dip their foods.** Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve raw vegetables such as broccoli and carrots.

- **Try caterpillar kabobs.** Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables such as zucchini, cucumber, squash, sweet peppers or tomatoes.

- **Put kids in charge.** Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Source: Choose MyPlate

FOOD FACTS

Cucumbers

Cucumbers add a bite of crunch and freshness to dishes. Choose firm and well-shaped cucumbers with dark green color that are heavy for their size. Cucumbers should be stored in the refrigerator. Rinse cucumbers well and scrub outer layer well before eating or using in a recipe. One-half a cup of cut-up cucumbers count as ½ cup in the MyPlate vegetable group.

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/cucumbers>

BASIC BUDGET BITES

Smart Shopping for Fruits and Veggies

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. There are many low-cost ways to meet your fruit and vegetable needs.

- **Celebrate the season.** Use fresh veggies and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmers market is a great source of seasonal produce.
- **Why pay full price?** Check the local newspaper, online, and at the store for sales, coupons and specials that will cut food costs.
- **Stick to your list.** Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need.

Source: USDA MyPlate



COOKING WITH KIDS

Cucumber Yogurt Dip

- 1 cup plain low-fat yogurt
- 4 ounces low-fat cream cheese, softened
- 1 cup cucumber, seeded and diced
- 1 clove chopped garlic or
1/8 teaspoon garlic powder

1. Stir yogurt and cream cheese until smooth.
2. Rinse the cucumber under running water.

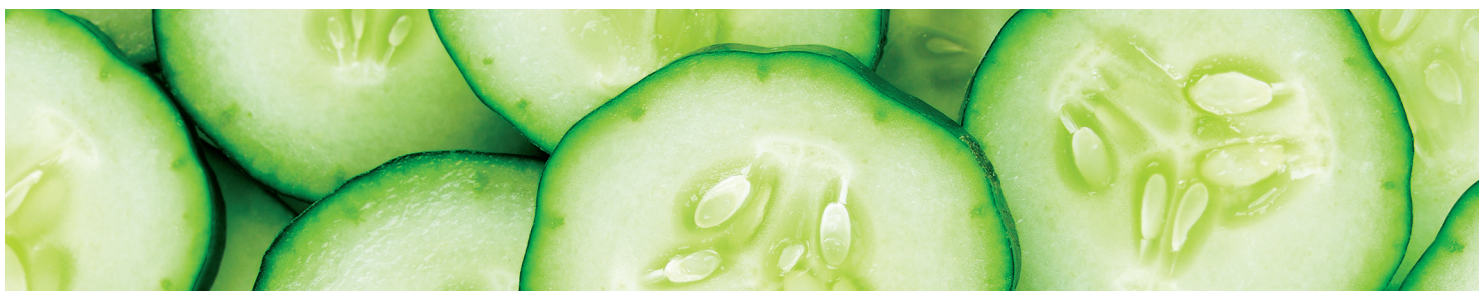
3. Slice the cucumber in half the long way and run a spoon down the middle to remove seeds.
4. Chop the cucumber into small pieces.
5. Stir the cucumber, garlic and seasonings into the yogurt mixture.
6. Serve with fresh vegetables such as carrots, broccoli and bell peppers.

Number of servings: 8

Serving size: 1/8 of recipe

Nutrition Facts per serving: 151 calories; 8g total fat; 2g saturated fat; 160mg cholesterol; 0g trans fat; 228mg sodium; 10g carbohydrate; 2g fiber; 5g total sugars; 0g added sugars; 11g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Tomato and Cucumber Salad

Salad

- 4 large tomatoes, cubed
- 1 large cucumber, chopped
- 1 cup red onion, chopped
- 1 cup green pepper, chopped
- 1/3 cup parsley, chopped

Dressing

- 1/3 cup apple cider vinegar
- 1 tablespoon olive oil
- 2 cloves garlic, minced

- 1/2 teaspoon salt
- 1/2 teaspoon pepper

1. In a large bowl, combine the salad ingredients.
2. In a small bowl, mix the dressing ingredients together.
3. Pour the dressing over the salad. Mix well.
4. Refrigerate for at least one hour before serving.

Number of servings: 12

Serving size: 1/12 of recipe

Nutrition Facts per serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 27g carbohydrate; 4g fiber; 8g total sugars; 2g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

Barbeque Basics: Tips to Prevent Foodborne Illness

Eating outdoors can be one of the best parts of warm weather, but food safety is especially important. Remember the basics, such as always washing your hands as well as a few other tips:

- **Marinate food in the refrigerator,** not out on the counter.
- **Refrigerate and freeze food promptly.** Food should not be left out of the cooler or off

the grill for more than two hours. Never leave food out for more than one hour when the temperature is above 90 degrees F.

- **Keep raw food separate from cooked food.** Don't use a plate that previously held raw meat, poultry or seafood unless the plate has first been washed in hot, soapy water. Keep utensils and surfaces clean.

Source: USDA MyPlate



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