

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
College of Agriculture,
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Cooperative Extension Service



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TOPIC

Plan Your Weekly Meals

Before making a grocery list, write down meals you want to make this week. Buying for the week means you will make fewer shopping trips and buy only items you need. Here are some basic tips for creating your menu and grocery list:

- **See what you already have.** Look in your freezer, cabinets and fridge. Make a note of what you currently have on hand.
- **Use a worksheet** to plan your meals so everything is organized.
- **Create a list of recipes to try.** Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are good buys.
- **Think about your schedule.** Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You can also prepare meals in advance to heat and serve on your busiest days.



- **Plan to use leftovers.** Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients

you need to buy and save you time preparing another meal.

Source: USDA MyPlate

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PARENT'S POW-WOW

Back to School Brain Fuel

Planning for healthy snacks can help satisfy hunger in between meals to keep kids fueled throughout the day.

- **Build your own.** Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn or a sprinkle of chocolate chips.
- **Prep ahead.** Portion snack foods into baggies or containers when you get home from the store so they are ready to grab and go when needed.
- **Make it a combo.** Combine food groups with a satisfying snack — yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.

Source: Choose MyPlate



FOOD FACTS

Apples

Apples are a great nutritious snack. Not only are they high in fiber and filling, they are also easy to transport and grab on the go. Select apples free of bruises, decay or broken/shriveled skin. Refrigerate apples in a plastic bag away from strong-smelling foods and use within three weeks. Apples are rich in vitamin C, potassium and fiber. Have fun exploring and enjoying the many different varieties of apples.



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



BASIC BUDGET BITES

Start Small

Adopting a healthy lifestyle may seem like a lot of work, but if you start small, your goals may be more realistic. Save money by trying one or two new recipes a week max to save time and money and avoid being overwhelmed. Take note of your achievements. For example, if you decide to cut back on sugar-sweetened beverages and drink more water, notice how much money you save for drinking water and consider that an added reward.

Source: Choose MyPlate

COOKING WITH KIDS

Apple Oatmeal Muffins

- ½ cup non-fat milk
- ⅓ cup applesauce
- ½ cup all-purpose flour
- ½ cup quick-cooking oats (uncooked)
- ¼ cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple, cored and chopped

1. Preheat oven to 400 degrees F.
2. Place 6 cupcake liners in a baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder and cinnamon. Mix until combined.
5. Gently fold in chopped apples.
6. Spoon into cupcake tin.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.



8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Number of servings: 6
Serving size: 1 muffin

Nutrition Facts per serving:

120 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 133mg sodium; 26g carbohydrate; 2g fiber; 13g total sugars; 8g added sugars; 3g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Crunchy Chicken Salad

- 2 cups cooked chicken, chunked
- ½ cup celery, chopped
- ¼ cup green pepper, chopped
- ¼ onion, peeled and chopped
- ½ cucumber, peeled and chopped
- ½ cup grapes, cut in half
- 1 small apple, diced
- ¼ cup plain yogurt

1. Combine all ingredients in a large bowl and stir together.
2. Serve on lettuce or with whole-grain bread.

Number of servings: 12
Serving size: 1/12 of recipe

Nutrition Facts per serving:

125 calories; 2g total fat; 1g saturated fat; 0g trans fat; 46mg cholesterol; 232mg sodium; 8g carbohydrate; 1g fiber; 6g total sugars; 0g added sugars; 18g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

Tips for an Active Lifestyle

Being more physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym.

- **Get active with your friends** instead of going out to eat. Go for a hike or a walk around the block.
- **Move more at work.** Stand up and stretch when you can and take the stairs when possible.
- **Do something new.** Develop a new skill to kick-start your motivation.

Source: USDA MyPlate



IF YOU ARE INTERESTED IN NUTRITION CLASSES, CONTACT YOUR EXTENSION OFFICE.
