

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
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TOPIC

Entertain the Healthy Way

We all enjoy getting together with friends and family for parties and potlucks! These gatherings sometimes offer few healthy choices and may tempt you to overeat. Set yourself up to make healthy choices with these tips:

- **Plan for colorful plates.** Create a sign-up sheet for your party with categories for dishes from each food group so you have a variety of healthy options.
- **Sip up some flavor.** Boost flavor in water or unsweetened iced tea with mint leaves, lemons, or frozen fruit. Skip sugary drinks like soda, punch, and lemonade.
- **Keep foods safe.** Keep hot foods hot and cold foods cold until serving time. Don't leave food out at room temperature for longer than 2 hours.
- **Prioritize your plate.** Take a quick lap around the food table to see what foods are available



before filling your plate. Save calories with smaller helpings.

- **Include fruits and veggies.** Fill half your plate with vegetables such as

beans, broccoli, or mixed greens and fruit like berries or grapes.

Source: Choose MyPlate

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PARENT'S POW-WOW

Help Your Kids Reduce Screen Time and Move More

Here are some tips to help your children spend less time in front of a TV, computer, or video games—and more time being active.

- **Get started:** First, track your family's screen time. Screen time is any seated time in front of: TV or a DVD, video games, cell phones and other hand-held video devices, computer or Internet (except for schoolwork). Then, track your family's physical activity.
- **Share goals and set limits:** The goal for screen time is no more than 2 hours each day. Try to be more active over time. The goal for physical activity for children is at least 60 minutes each day.
- **Get creative:** Don't let watching TV or playing video games get to be a habit for your family. Turn devices off during mealtimes. Give your family ideas for other activities, like playing outside with friends or learning an active hobby.

Source: We CAN! Parent Tips

BASIC BUDGET BITES

Don't Throw Away Money

Did you know about 90 billion pounds of edible food goes uneaten every year? Food waste costs most people about \$370 each year. Spoiled food not only adds to your food costs but could also make you sick if you eat it. Remember to store foods properly and buy only what you can eat before it goes bad.

Source: Choose MyPlate



FOOD FACTS

Turnips

Turnips, one of the oldest crops in existence, are a great way to eat 25 percent of the vitamin C you need each day with a half cup serving. Turnips are a root vegetable that are typically white or purple in color but you can also enjoy the leafy greens on top that are rich in Vitamin A and C. Choose turnips that look small for their size as they tend to be less bitter than larger ones. Look for those without scars or cracks that are firm and smooth. Wash and peel turnips before preparing. You can roast, bake, boil, steam, and even mash them up just like you do potatoes. Sauté the greens or add them to your favorite soup recipe. To store, keep them in the refrigerator for up to two weeks or in a cool, well-ventilated place. The best time to enjoy turnips is late spring through late fall.

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

COOKING WITH KIDS

Honey Glazed Turnips

- 3 turnips, medium, about 1 ½ pounds (sliced or cubed)
- 2 tablespoons honey
- 2 tablespoons canola oil
- ¼ cup water
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. Peel turnips.
2. Dice or slice turnips, ½-inch pieces.

3. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
4. Add turnips, salt and black pepper, cover and bring to a boil.
5. Reduce to simmer and cook for about 10 minutes.
6. Uncover and continue to cook until turnips are golden and glazed, about 10 minutes.

Number of servings: 4

Serving size: ½ cup

Nutrition Facts per serving:

118 calories; 7g total fat; 1g saturated fat; 0mg cholesterol; 62mg sodium; 15g carbohydrate; 2g fiber; 12g total sugars; 8g added sugars; 1g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Greens 'n Beans Soup

- 2 tablespoons olive oil
- 2 stalks celery, chopped
- 1 large carrot, chopped
- 1 large onion, chopped
- 1 (15 oz) can of chicken broth
- 1 (10 oz) frozen package of turnip greens
- 4 (15 oz) cans Great Northern white beans
- 1 tablespoon of each: oregano, thyme, marjoram

1. In a large pot, sauté celery, carrot, and onion in olive oil until onion is clear.
2. Add remaining ingredients and simmer for 30 minutes or more.

Number of servings: 10

Nutrition Facts per serving: 240 calories, 3.5g fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 840 mg sodium, 41g carbohydrate, 10g fiber, 4g sugars, 0g added sugars, 14g protein; 20% Daily Value of iron, 15% Daily Value of potassium; 10% Daily Value of calcium.

Source: UK Weight the Reality Series



LOCAL EVENTS

SMART TIPS

Raw Cookie Dough is Not Worth the Risk

Just a lick can make you sick! No one of any age should eat raw cookie dough or cake batter because it could contain germs that cause illness. Whether it's pre-packaged or homemade, the heat from baking is required to kill germs that might be in the raw ingredients. The finished, baked, product is far safer — and tastes even better! And remember, kids who eat raw cookie dough and cake batter are at greater risk of getting food poisoning than most adults are.

Source: Partnership for Food Safety Education



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