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HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
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Healthier baked goods

This month we start to think about cooler weather and coming holidays. Maybe we think about getting together with family and friends. We think about the sweet treats and baked goods we will soon enjoy. Many baked goods are high in saturated fats (butter and oil). They are also high in sugar and calories. Does this mean we should skip our favorite dessert when we meet? The answer is no! The key to proper eating habits is not eating too much at one time. Learn how to prepare your family's favorite baked goods with healthy ingredients. Your family will thank you.

Here are a few easy swaps you can use when making most baked goods. These changes will lower added sugars and saturated fats and result in moist treats. Keep portion sizes small when you enjoy the baked goods.



**Prepare your
family's favorite
baked goods with
healthy ingredients.**

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PARENT CORNER

Visit your local pumpkin patch

Are you looking for an outing with the kiddos this fall?

Visit a local pumpkin patch or orchard. This is a great way to get outdoors and enjoy the cooler weather. Teach your kids about Kentucky fruits and vegetables grown in the fall. Let the kids pick a pumpkin to prepare and taste at

home. Pumpkin is a great source of fiber. It is high in vitamin A, and it can be used in many ways.

For tips on pumpkins, visit <https://fcs-hes.ca.uky.edu/commodity/pumpkin>.



BASIC BUDGET BITES

Cook once, eat twice

Looking to stretch your food budget a little more? Make weekly or monthly menus based on sale items at your local store. Once the meals are planned, think about doubling the recipe. “Cook once, eat twice” can help you save time and money on future meals. Most recipes can be made, then frozen. Use freezer bags or an aluminum pan wrapped and sealed with plastic wrap and foil.

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- **Add fruits or veggies:**
Test the recipe by adding pureed or shredded fruits or veggies. Try apples, carrots, banana, avocado, pumpkin, or shredded zucchini.
- **Use healthy dairy foods:**
Use nonfat Greek yogurt instead of sour cream. Use low-fat milk instead of full-fat milk.
- **Add whole grains:**
Replace half of the all-purpose flour with unbleached whole-wheat flour.
- **Choose heart healthy:**
Use heart healthy oil such as olive, avocado, or canola oil instead of butter. You can also use unsweetened apple sauce.
- **Try natural sweeteners:**
Use honey, maple syrup, or sorghum in place of white sugar.
- **Spices and extracts:**
Try flavors such as vanilla, mint, or lemon extract. Cinnamon, nutmeg, and other spices can also add flavor and sweetness.

Source: Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/healthy-baking-alternatives>



FOOD FACTS

Lettuce

Many people think of salads and fresh veggies only during the warmer months. This is when there is a lot of fresh food at farmers' markets and stores. Lettuce is a great choice that you can buy all year long in Kentucky. Well known lettuce varieties are romaine, iceberg, red leaf, and butter lettuce. Choose lettuce that is dark green and leafy. Stay away from lettuce with brown edges. Lettuce is a good source of vitamin A. It is cholesterol free and fat free as well as very low in sodium. Load your salad up with a lot of in-season fruits, veggies, and herbs. Don't forget to use a healthy dressing made from olive oil.

Source: Adapted from <https://eatfresh.org/discover-foods/lettuce>

COOKING WITH KIDS

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix you can toss together and enjoy instantly while you are on the go, no cooking required.

- 2 cups *crispy rice or wheat cereal squares*
- 1/2 cup *roasted whole pumpkin seeds*
- 1/3 cup *slivered almonds*
- 1/2 cup *dried cranberries*
- 1/2 cup *raisins*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Mix all ingredients together and serve.

Serving size: 1/2 cup
Makes 8 servings

Nutrition facts per serving: 199 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 121mg sodium; 23g total carbohydrate; 2g dietary fiber; 11g sugars; 4g added sugars; 6g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: USDA MyPlate.
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>



RECIPE

Sorghum Gingerbread Pear Muffins

- 1 cup *whole-wheat flour*
- 1/2 *teaspoon baking powder*
- 1/2 *teaspoon baking soda*
- 1/2 *teaspoon ground cinnamon*
- 1/2 *teaspoon ground ginger*
- 1/4 *teaspoon salt*
- 1 *egg*
- 1/2 *cup buttermilk*
- 1/2 *cup sorghum syrup*
- 1/2 *cup unsweetened applesauce*
- 1 *pear, peeled, cored, and diced*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Grease 12 muffin cups or line with paper liners.
4. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt.
5. In a separate bowl, mix together the egg, buttermilk, sorghum syrup,

and applesauce until smooth.

6. Add the egg mixture to the flour mixture and combine until the batter is just moistened.
7. Gently fold in the diced pears.
8. Fill the muffin cups with the mixture. They will be full.
9. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Serving size: 1 muffin
Makes: 12 muffins

Nutrition facts per serving: 90 calories; 1g total fat; 0g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 20g total carbohydrate; 2g dietary fiber; 13g sugars; 10g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: Plate it Up! Kentucky Proud Project



LOCAL EVENTS

SMART TIPS

Hosting holiday get-togethers on a budget

Hosting family or friends for the holiday season can be fun. But it can also be very costly. Follow these tips to save money and time:

- **Make it a potluck.** You provide the main dish and ask guests to bring side dishes, desserts, or drinks.
- **Host a holiday brunch instead of dinner.** Brunch foods made with eggs can be less costly and still healthy choices.
- **Bite-size options.** Make bite-size appetizers instead of a full meal.

Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/prepare-healthy-meals>

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

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EXTENSION.CA.UKY.EDU/COUNTY