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HEALTHY CHOICES

FOR HEALTHY FAMILIES

TOPIC

FRUITS AND VEGETABLES

It is possible to fit vegetables and fruits into any budget. Making healthy choices does not have to hurt your wallet.

- Plan out your meals ahead of time and make a grocery list. Save money by buying only what you need. Shopping after eating makes it simpler to pass on tempting snack foods. You'll have more of your food budget for veggies and fruits.
- Some fruits and vegetables don't last long. Buy small amounts more often to make sure you can eat the foods without throwing any away.



INSIDE

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PARENT'S POW-WOW

You are the main influence on your child. Help your children build healthy eating habits for life. When children develop a taste for many types of foods, it's simpler to plan family meals. Cook together, eat together, talk together, and make mealtime a family time. Show by example. Let your child see that you like to munch on raw vegetables. Go food shopping together. Teach your child about food and nutrition. Talk about where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

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BASIC BUDGET BITES



- Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing items at the best price, and making meals that stretch your food dollars.
- Plan, plan, plan! Before you head to the grocery store, plan your meals for the week. Try meals like stews, casseroles, or stir-fries, which “stretch” high priced items into more portions. Check to see what foods you now have and make a list of what you need to buy.



FOOD FACTS

WARNING SIGNS OF UNHEALTHY EATING

Have you ever thought...

- I have trouble chewing.
- Food just doesn't taste the same anymore.
- I can't get out to go shopping.
- It's too much trouble to cook for one person.

These are some of the common reasons older people may not eat healthy meals. Warning signs can be found in the word “determine”.

Disease: Any chronic health problem which causes you to change the way you eat, may put your nutritional health at risk.

Eating Poorly: Eating too little or eating too much can lead to poor health.

Tooth Loss/Mouth Pain: A healthy mouth, teeth, and gums are of great value.

Economic Hardship: Having less money to spend can make it hard to get the foods you need to stay healthy.

Reduced Social Contact: Being with people has positive effects on well-being and eating habits.

Multiple Medicines: Growing older may change the way your body responds to drugs. The more medicines you take, the greater the chance for side effects.

Involuntary Weight Loss/Gain: Losing or gaining a lot of weight when you are not trying is an important warning sign.

Needs Assistance in Self Care: Many older adults have trouble walking, shopping, and cooking food.

Elder Years Above Age 80: As age increases so does risk of frailty and health problems.

SOURCE: LSU AGCENTER



COOKING WITH KIDS

APPLE SLICE PANCAKES

- **Cooking spray**
- **1 Granny Smith apple**
- **1 ¼ cup pancake mix (any type)**
- **½ teaspoon cinnamon**
- **1 egg**
- **2 teaspoons canola oil**
- **1 cup low-fat milk**



1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core, and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)

4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Nutrition Facts: 160 calories; 3.5 g total fat, 1 g saturated fat, 0 g trans fat; 35 mg cholesterol; 320 mg sodium; 26 g carbohydrate; 2 g dietary fiber; 10 g sugars; 5 g protein

Yield: 6 servings

SOURCE: USDA RECIPE FINDER

RECIPE

COLORFUL QUESADILLAS

- **8 ounces cream cheese, fat-free**
- **¼ teaspoon garlic powder**
- **8 flour tortillas (small)**
- **1 cup sweet red pepper (chopped)**
- **1 cup low-fat cheese (shredded)**
- **2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)**

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.
4. Add spinach: ¼ cup if using fresh leaves OR

2 tablespoons if using frozen. Fold tortillas in half.

5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1 to 2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Yield: 8 servings

Nutrition Facts: 160 calories; 3.5 g total fat, 1 g saturated fat, 0 g trans fat; 5 mg cholesterol; 420 mg sodium; 20 g total carbohydrate; 2 g dietary fiber; 2 g sugars; 11 g protein

SOURCE: USDA RECIPE FINDER

LOCAL EVENTS

SMART TIPS: EATING SMART AT HOME

PLAN: Plan meals for your family for a week, two weeks or longer—whatever works for you.

SHOP: Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.

FIX: Stick to your plan for your meals. Make simple healthy meals for your family.

EAT: Eat together as a family without the TV on.

Eating at Home = Eating Healthy

SOURCE: EAT SMART, MOVE MORE, NC



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