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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### TOPIC

## FRUITS AND VEGETABLES

**O**pt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a club card, sign up for even more savings. Buy fruits and vegetables in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are easy but often cost much more than when purchased in their basic forms. Compare prices to see if it is worth the extra cost.



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## PARENT'S POW-WOW

Offer the same foods for everyone. Stop being a "short-order cook" by making other dishes to please children. It's simpler to plan family meals when everyone eats the same foods. Reward with attention, not food. Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras" — such as candy or cookies — as replacement foods. Focus on each other at the table. Talk about fun and happy things at mealtimes. Turn off the TV. Take phone calls later. Try to make eating meals a stress-free time.





## BASIC BUDGET BITES

- **Get the best price.** Check in the paper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most costly items on your list.
- **Compare and contrast.** Find the “unit price” on the shelf below the product. Use it to compare different brands and sizes of the same brand so you can know which one is the best buy.



## FOOD FACTS

### EATING WELL AS YOU AGE

**A**s you age, you may have problems with chewing or upset stomach. Shopping and/or cooking may become more difficult. You may find you have no appetite or are short on money. These are common reasons some older people don’t eat healthy meals. Still, making healthy food choices is a smart thing to do no matter how old you are. Try these tips to help you get started on a healthy eating plan.

#### Problem: Can’t Chew

You may find it is difficult to eat foods such as meat and fresh fruits and vegetables. You can try other foods to get the nutrients your body needs.

Instead of:	Try:
Fresh fruit	Fruit juices, soft canned fruits
Raw vegetables	Vegetable juices and creamed or mashed cooked vegetables
Meat	Ground meat, eggs, milk, cheese, yogurt, pudding, cream soups
Sliced bread	Cooked cereals, rice, bread pudding, pasta

#### Problem: Upset Stomach

Stomach problems, such as too much gas may make you skip foods you think cause the problem. Some simple substitutions might help. You should see a doctor about your stomach problems if they continue.

Instead of:	Try:
Milk	Milk foods that may not bother you like cream soups, pudding, yogurt, cheese, and lactose-free milk
Vegetables such as carrots, cabbage, and broccoli	Vegetable juices and other vegetables, such as green beans and potatoes
Fresh fruit	Fruit juices and soft canned fruits

Source: LSU AgCenter



## COOKING WITH KIDS

# GRANOLA BARS

- **1 cup honey**
- **1 cup peanut butter**
- **3½ cups rolled oats**
- **½ cup raisins**
- **½ cup carrot, peeled and grated**
- **½ cup coconut**

1. Preheat oven to 350 degrees F.
2. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
3. Remove the pan from heat. Turn off burner.
4. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
5. Put the mix in the baking pan.

6. Press the mix firmly into the bottom of the pan.
7. Bake for 25 minutes.
8. Cut into 24 bars.

**Yield:** 24 servings

**Nutrition Facts:** 160 calories; 6 g total fat, 1.5 g saturated fat, 0 g trans fat; 0 mg cholesterol; 5 mg sodium; 25 g carbohydrates; 2 g dietary fiber; 15 g sugars; 4 g protein

Source: USDA Recipe Finder



## RECIPE

# ENCHILADA BAKE

- **1 tablespoon oil**
- **1 onion (large, chopped)**
- **3 garlic cloves (minced)**
- **2 cups cooked black beans**
- **1 can kernel corn (7 ounces, drained and rinsed)**
- **1 teaspoon cumin**
- **2 cups prepared salsa (divided)**
- **8 corn tortillas**
- **½ cup Monterey Jack cheese (shredded)**

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2 to 3 minutes.
2. Add beans, corn, cumin, and ½ cup salsa. Cook 3 to 4 minutes, coarsely mashing beans with back of spoon.

3. Spoon 1/3 cup filling onto each tortilla; roll up.
4. Spoon ½ cup salsa into 11x7x2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.
5. Cover and bake in 350 degree oven for 15 to 20 minutes.
6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

**Yield:** 8 servings

**Nutrition Facts:** 200 calories; 5 g total fat, 1.5 g saturated fat, 0 g trans fat; 5 mg cholesterol; 520 mg sodium; 33 g total carbohydrate; 5 g dietary fiber; 5 g sugars; 9 g protein

Source: USDA Recipe Finder

# LOCAL EVENTS

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## **SMART TIPS:** FAST FOOD SURVIVAL GUIDE

- 1.** Order a kid's meal. You will get less food for less money.
- 2.** Share your meal with a family member or friend.
- 3.** Order water instead of soft drinks.
- 4.** Don't super-size. Super-sizing often provides more fries, more soft drink and more "empty" calories.

Source: Eat Smart, Move More, NC



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

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