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HEALTHY CHOICES

FOR HEALTHY FAMILIES

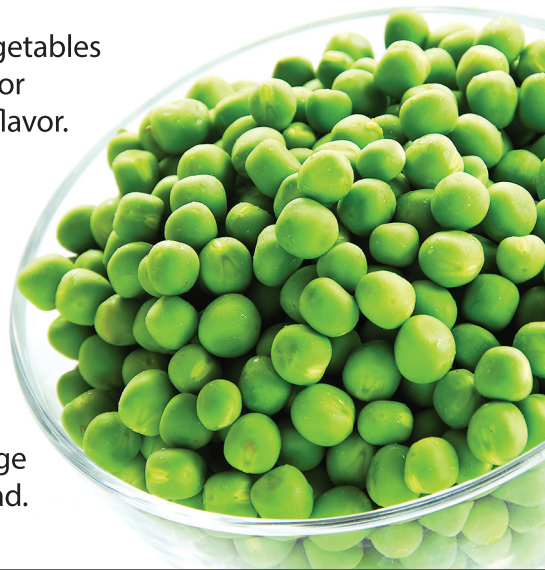
FOCUS ON

FRUITS AND VEGETABLES

Expand the flavor of your casseroles. Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

Planning something Italian? Add extra veggies to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

Get creative with your salad. Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a fun, flavorful salad.



INSIDE

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PARENT'S POW-WOW

If your child says he or she is hungry, offer a small, healthy snack — even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?” Encourage staying active. Walk, run, and play with your child — instead of sitting on the sidelines. Set an example by being physically active. Be a good food role model. Try new foods yourself. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the start of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

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BASIC BUDGET BITES

- Buy in bulk. It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.
- Buy in season. Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.



FOOD FACTS

MEALS FOR ONE OR TWO

We all have one thing in common — we need to eat! It may seem silly to cook for only one or two people, but it can be the wisest and most healthy thing to do. Meals made at home are more nutrient dense, taste better and cost less than meals eaten away from home.

Nutrition is still important

Eating well and being physically active play a major role in your overall health status. First and foremost let the USDA's MyPlate guide you in your food choices. It can be found at ChooseMyPlate.gov. Make sure you are eating enough fruits, vegetables, whole grains, lean protein and low-fat dairy to meet your nutritional needs.

Plan ahead

Preparing meals for only one or two people takes a little extra



planning. Planning ahead can save you not only time but money as well and will help you when you shop.

You can incorporate “planned-

overs” into a variety of recipes for the week. An example of a planned-over is cooking a large amount of chicken at the start of the week and using it in a lot of recipes during the week such as, chicken salad, chicken casserole, chicken soup, etc.

Stock up on basics

Keep the pantry, refrigerator and freezer stocked with basic items such as flour, sugar, baking soda, baking powder, herbs, spices, rice, pasta, dried beans, canned tomatoes and tomato sauce. Think about buying time-saving ingredients such as pre-washed, pre-cut fruits and vegetables if they fit into your budget. While they are often a bit more costly than buying the whole product, they may be in more useful sizes for your needs. Frozen or canned fruits and vegetables are often available in smaller containers.

Source: LSU AgCenter



COOKING WITH KIDS

RAINBOW VEGGIE SALAD

- **1 can red kidney beans**
(15.5 ounces, drained and rinsed)
- **1 can black beans** (15.5 ounces, drained and rinsed)
- **3 carrots** (scrubbed and sliced)
- **1 yellow squash** (small, washed and sliced)
- **1 zucchini** (small, washed and sliced)
- **½ cup light Italian dressing**
- **½ teaspoon pepper**

- 1.** Mix all the vegetables together in a large bowl.
- 2.** Pour dressing over vegetables.

- 3.** Sprinkle with pepper.
- 4.** Stir gently, coating all vegetables.
- 5.** Cover and refrigerate at least 8 hours.

Yield: 10 servings

Nutrition Facts: 90 calories; 2 g total fat, 0 g saturated fat, 0 g trans fat; 0 mg cholesterol; 210 mg sodium; 14 g total carbohydrate; 5 g dietary fiber; 2 g sugar; 4 g protein

Source: USDA Recipe Finder

RECIPE

MARINATED THREE-BEAN SALAD

- **1 can lima beans** (8.5 ounce), drained
- **1 can cut green beans** (8 ounce) or **1 1/2 cups** cooked fresh green beans
- **1 can red kidney beans** (8 ounce)
- **1 onion** (medium, thinly sliced and separated into rings)
- **½ cup bell pepper** (chopped sweet green)
- **8 ounces Italian salad dressing** (fat-free)

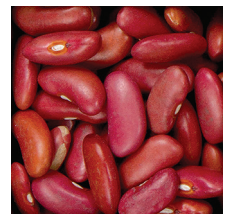
- 1.** In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
- 2.** Pour the Italian dressing over the vegetables and toss lightly.
- 3.** Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.

- 4.** Drain before serving.

Yield: 4 servings

Nutrition Facts: 170 calories; 0 g total fat, 0 g saturated fat, 0 g trans fat; 0 mg cholesterol; 690 mg sodium; 35 g total carbohydrate; 8 g dietary fiber; 10 g sugars; 7 g protein

Source: USDA Recipe Finder



LOCAL EVENTS

SMART TIPS: FAST FOOD SURVIVAL GUIDE

- 1.** Think twice when ordering the value meal combo. They most likely contain larger serving sizes.
- 2.** Order a smaller hamburger and smaller order of fries.
- 3.** Eat and make meals at home. Choose fast food only once in a while.

Source: Eat Smart, Move More, NC



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