

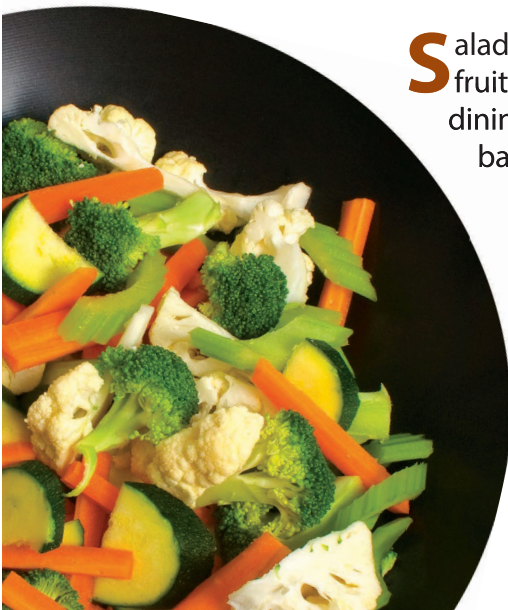
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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### FOCUS ON

## FRUITS AND VEGETABLES



**S**alad bars aren't just for salads. Try eating sliced fruit from the salad bar as your dessert when dining out. This practice will help you skip any baked desserts that are high in calories.

Get in on the stir-fry fun. Try something new! Stir-fry your veggies — such as broccoli, carrots, sugar snap peas, mushrooms, or green beans — for a quick and easy addition to any meal.

Add fruits and veggies to your sandwiches and wraps. Try sliced tomatoes, romaine lettuce, avocado or pineapple slices on your everyday sandwich or wrap for extra flavor.

### INSIDE

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- Food Facts: Reducing risk of foodborne illness
- Recipe: Tropical Morning Treat
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## PARENT'S POW-WOW

- **Go for whole grains.** Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium.
- **Nibble on lean protein.** Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Store unsalted nuts in the pantry for a quick snack.
- **Keep an eye on the size.** Snacks shouldn't replace a meal, so look for ways to help your kids see how much is enough.

## BASIC BUDGET BITES



Cook once and eat all week! Make a large batch of favorite recipes on your day off. (Double or triple the recipe.) Freeze in single containers. Use the meals throughout the week and you won't have to spend money on take-out meals.

Get your creative juices flowing. Spice up your leftovers — use them in new ways. For instance, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away money!



## FOOD FACTS

### WAYS TO REDUCE THE RISK OF FOODBORNE ILLNESS

- **Wash hands with soap and water.** Wet hands with clean running water and apply soap. Use warm water, if you can. Rub hands together to make a lather and scrub for 20 seconds. Rinse hands and dry using a clean paper towel.
- **Make surfaces germ-free.** Surfaces should be washed with hot, soapy water. A solution of one tablespoon unscented liquid chlorine bleach per gallon of water can be used to sanitize surfaces.
- **Clean sweep refrigerated foods at least once a week.** Throw out refrigerated foods that should not be eaten. Cooked leftovers should be discarded after four days; raw poultry and ground meats after one to two days.
- **Keep appliances clean.** Clean the inside and outside. Pay close attention to buttons and handles where cross-contamination to hands can happen.
- **Rinse produce.** Rinse fresh vegetables and fruits under running water just before eating, cutting or cooking. Even if you plan to peel or cut the produce before eating, it is important to fully rinse it first to stop germs from transferring from the outside to the inside of the produce.



## COOKING WITH KIDS

# TROPICAL MORNING TREAT

- **¼ cup orange juice**
- **1 apple**
- **1 orange**
- **1 banana**

- 1.** Place orange juice in bowl.
- 2.** Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
- 3.** Peel orange and break into sections. Cut sections into small pieces.

- 4.** Peel and slice banana into ¼-inch circles.
- 5.** Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

**Yield:** 4 servings

**Nutrition Facts:** 70 calories; 0 g total fat, 0 g saturated fat, 0 g trans fat; 0 mg cholesterol; 0 mg sodium; 18 g total carbohydrate; 2 g dietary fiber; 12 g sugars; 1 g protein

Source: USDA Recipe Finder

## RECIPE

# ROASTED HERB POTATOES

- **Vegetable cooking spray**
- **1 pound potatoes (3 medium or 3 cups cubed)**
- **2 teaspoons vegetable oil**
- **½ teaspoon rosemary**
- **½ teaspoon salt**

- 1.** Preheat the oven to 450 degrees F.
- 2.** Coat a baking sheet with the vegetable cooking spray.
- 3.** Wash and peel the potatoes.
- 4.** Cut the potatoes into 1/2-inch cubes, and put them in a large bowl.
- 5.** Put the oil, rosemary, and salt in a small bowl. Stir together.

- 6.** Pour the oil mix over the potatoes. Stir to coat the potatoes evenly.
- 7.** Spread the potatoes on the baking sheet.
- 8.** Bake for 25 to 30 minutes, or until lightly browned.

**Yield:** 6 servings

**Nutrition Facts:** 70 calories; 1.5 g total fat, 0 g saturated fat, 0 g trans fat; 0 mg cholesterol; 190 mg sodium; 13 g total carbohydrate; 1 g dietary fiber; 1 g sugars; 2 g protein

Source: USDA Recipe Finder



# LOCAL EVENTS

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## SMART TIPS: MOVING MORE, WATCHING LESS



Simple solutions to help you and your family watch less TV

- 1.** Get the TV out of the bedroom.
- 2.** Plan how much TV you and your family are going to watch.
- 3.** Set clear limits and be a good TV role model.
- 4.** Make a list of activities you want to do instead of watching TV.

Source: Eat Smart, Move More, NC



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

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