UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



October/November 2014 Volume 11, Issue 1

# **HEALTHY CHOICES** FOR HEALTHY FAMILIES

# **TOPIC VEGETABLES**

lere are three ways to add vegetables to your day.

Be ahead of the game: Cut up vegetables and pre-package them to use when time is limited. Enjoy them with salads, sandwiches or dips.



**Check the freezer aisle:** Frozen vegetables are quick and easy to use. Try adding frozen corn, peas or spinach to some of your dishes or eat frozen vegetables as a side dish.

**Try something new:** You never know what you may like. Choose a new vegetable. Add it to your recipe or look online for new cooking ideas.

Source: USDA Choosemyplate.gov

#### INSIDE

- Basic Budget **Bites**
- Food Facts: A Healthier Diet
- Recipe: Banana Oat Cookies
- Recipe: **Orange Honeyed** Acorn Squash
- Smart Tips: Ways to Increase **Physical Activity** at Home
- Local Events

## PARENT'S POW-WOW

Here are three ways to get your child on the path to healthy eating:

- Focus on the meal and each other. Children are likely to copy your table manners, your likes and dislikes and your willingness to try new foods.
- Offer a variety of healthy foods. Children are more likely to enjoy a food if eating it is their own choice.
- Be patient with your child. Give children a taste at first and offer new foods many times.

Source: USDA Choosemyplate.gov

This material was funded by USDA's Supplemental **Nutrition Assistance** Program — SNAP.















#### **BASIC BUDGET BITES**

Store brands can save you money; whole grains don't have to cost more. Many of your favorite grains are available as whole grains, for the same price. For another money-saving bonus the fiber in whole grains can keep you fuller for a longer time. You may not need to cook or serve as much to start with.



Source: USDA Choosemyplate.gov

#### **FOOD FACTS**

## MAKE ONE CHANGE AT A TIME



ating well isn't just a "diet" or a "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can choose now and stay with in the years to come.

For a healthier diet, start by taking small steps, changing one thing at a time. For instance:

- Take the salt shaker off the table
- Switch to whole-grains, one product at a time
- Lower the amount of sugar you add to coffee or tea
- Cut the amount of TV you watch each day
- Swap one packaged item for a fresh fruit or vegetable at the grocery store

You can start making good lifestyle changes today. Eating well can help you stay healthy and look and feel good in the years to come.

Source: NIH Senior Health



#### **COOKING WITH KIDS**

## BANANA OAT COOKIES

- 1 cup banana, mashed
- ½ cup yogurt, low-fat plain
- 1/4 cup water
- 1 cup quick oats (not instant)
- ½ cup raisins (optional)
- ½ cup sunflower seeds (optional)
- **1.** Mix mashed banana with yogurt and water.
- 2. Add quick oats. Mix well. The batter should be thick.
- **3.** Add optional raisins and sunflower seeds, if you wish.
- **4.** Grease baking sheet. Drop a tablespoon of dough onto the sheet and flatten with the bottom of a cup. Repeat with remaining dough.
- **5.** Bake at 350-375 degrees F for 20 minutes. For a crispier cookie, flip and bake another 15 minutes on the other side.

Yield: 1 cookie

**Nutrition Facts per serving:** 25 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g dietary fiber, 2 g sugar, 1 g protein.

Source: USDA Recipe Finder



#### RECIPE

# ORANGE HONEYED ACORN SQUASH

- 3 acorn squash (small)
- 2 tablespoons orange juice
- ¼ cup honey
- 2 tablespoons butter
- 1/8 teaspoon nutmeg (optional)
- 1. Preheat oven to 400 degrees F.
- **2.** Cut squash in half. Remove seeds and place halves in shallow baking pan.
- **3.** Combine orange juice and honey. Mix well. Divide the orange juice-honey mixture evenly in each squash cavity.
- **4.** Add 1 tablespoon of butter to each squash half.

Sprinkle with nutmeg.

- **5.** Cover pan with squash halves with aluminum foil to keep steam in and speed cooking.
- **6.** Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender

**Yield:** 6½ cup

**Nutrition Facts per serving:** 170 calories, 4 g total fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 34 g carbohydrate, 3 g dietary fiber, 16 g sugars, 2 g protein

Source: USDA Recipe Finder

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY). The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, (disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, or if all or part of an individual's incidence is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information edge, Braille, large print, audiotape, etc.) please contact USDAs TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensons. All rights reserved.



### **LOCAL EVENTS**

## **SMART TIPS:**

# WAYS TO INCREASE PHYSICAL ACTIVITY AT HOME

- **1.** Walk up and down the sidelines while watching the kids play sports
- 2. Get the whole family involved enjoy an afternoon game of flag football
- **3.** Rake the leaves as a family and jump in the piles

Source: USDA Choosemyplate.gov



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