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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### TOPIC

## VEGETABLES

**H**ere 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



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## 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

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## 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



**E**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**
- **¼ 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**
- **½ 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

# LOCAL EVENTS

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## 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.**

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