



HEALTHY CHOICES FOR HEALTHY FAMILIES

LET'S EAT FOR THE HEALTH OF IT COOK MORE OFTEN AT HOME

Over the last few decades, Americans have been eating out more and cooking at home less often. When you cook at home, you often can make better choices about what and how much you eat and drink than you do when eating out. Cooking also can be fun and a way for you to spend time with family and friends.

Get started cooking more often at home:

- If you don't cook often, start slowly. Make it a goal to cook once a week and work up to cooking more often.
- A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy — make it the drink with your meal or add fat-free or low-fat dairy products to your plate. You don't have to eat from each food group at each meal, but thinking about the food groups can help you build a healthy meal.
- Planning can help you make better food choices. Keep healthy staples on hand, such as dried fruit, whole



wheat pasta, "no-salt-added" canned vegetables, and frozen seafood.

- To help watch how much you eat, start by putting a small portion of food on your plate, and only eat seconds if you are still hungry.

Source: USDA MyPlate

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BASIC BUDGET BITES

LOW-FAT OR FAT-FREE MILK PRODUCTS

- Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.
- Ultra-pasteurized milk found on store shelves has a longer sell by date and won't spoil as fast.

Source: USDA Eat Right When Money's Tight

PARENT'S POW-WOW

Help your child learn to love a variety of foods. Offer and encourage your kids to taste new foods. When they do, reward them with praise instead of treats.

Kids learn to like new foods by:

- Having them offered over and over
- Having them served with family foods
- Seeing friends, older kids, and grown-ups eating these foods
- Tasting them cooked many ways
- Choosing foods to try themselves
- Starting with small amounts

Source: USDA Child Feeding Tips



FOOD FACTS FRUITS

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of a total healthy diet are likely to have a reduced risk of long-term health issues. Fruits give nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Try these tips to help you eat more fruits:

- **Keep visible reminders.** Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- **Think about types.** Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have some on hand.
- **Try fruit at dinner.** Add crushed pineapple to coleslaw, or have orange sections, dried cranberries, or grapes in a tossed salad.

Source: USDA MyPlate



COOKING WITH KIDS

FRUIT AND PEANUT BUTTER DIP

- **6 cups any fruit (ideas: apple slices, banana slices, pear slices, grapes, strawberries, melon slices)**
- **½ cup non-fat, plain yogurt**
- **½ teaspoon vanilla**
- **⅓ cup peanut butter**

- 1.** Prepare fruit by washing and slicing if needed.
- 2.** Arrange fruit on a plate around a small bowl.
- 3.** To make dip, mix yogurt, vanilla and peanut butter in a small bowl and mix well.
- 4.** Chill dip in refrigerator until ready to serve.

Number of servings: 6

Nutrition Facts per serving: 179 calories, 8 g total fat, 2 g saturated fat, 83 mg sodium, 26 g carbohydrate, 3 g dietary fiber, 5 g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

APPLE CRANBERRY SALAD

- **1 head (about 10 cups) of lettuce, torn**
- **2 medium apples, sliced**
- **½ cup walnuts, chopped**
- **½ cup dried cranberries**
- **½ cup green onion, sliced**
- **¾ cup vinaigrette dressing of choice**

- 1.** Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.

- 2.** Add dressing; toss to coat. Serve.

Number of servings: 8

Nutrition Facts per serving: 140 calories, 5 g total fat, 0 g saturated fat, 10 mg sodium, 24 g carbohydrate, 3 g dietary fiber, 2 g protein

Source: What's Cooking? USDA Mixing Bowl

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, sexual orientation, or if all or part of an individual's income 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 completed 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 above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer. Copyright © 2016 University of Kentucky and its licensors. All rights reserved.

LOCAL EVENTS

SMART TIPS

OVERCOME STUMBLING BLOCKS

Worried about cooking more often at home? Here are some common “stumbling blocks” and ideas to help you beat these barriers:

“I’m tired of being the only one who cooks.”
Make cooking a family event. Get your children involved with the prep work.

“I don’t have time to cook a big meal every night; it is easier just to order out.”

Try prepping dishes the night before. Also try cooking a big meal on Sunday and then eating it as leftovers and freezing extras.

“My family likes to eat out; when I cook at home, they complain.”

Changing a family pattern is hard at first. Start by eating one more meal at home each week than you normally do.

Source: USDA MyPlate



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