



HEALTHY CHOICES

FOR HEALTHY FAMILIES

COOK TOGETHER. EAT TOGETHER. TALK TOGETHER.

It's a lesson they'll use for life. It takes a little work to bring everyone together for meals. But it's worth it, and the whole family eats better.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals at least four times a week.

How to make family meals happy

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.



Fast family meals

- Cook it fast on busy nights. Try stir-fried meat and veggies, quick soups or sandwiches.
- Do some tasks the day before. Wash and cut veggies or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.

Source: USDA Core Nutrition Messages

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BASIC BUDGET BITES

Fresh, frozen and canned are all nutritious forms of fruits and veggies. In fact, canned and frozen produce is typically picked and packed at its peak, when it's chock-full of nutrients. It also lasts longer than fresh, which can cut down on the amount you waste. Try these tips for choosing wisely with fresh, frozen and canned:

Buy fresh produce when it's in season. It will cost less and taste better than out-of-season produce.

Buy canned or frozen produce year-round. Look for veggies that have not been pre-sauced and say "no salt added," "low sodium," or "reduced sodium." Look for fruits canned in juice or light syrup.

Source: Share Our Strength's Cooking Matters®



PARENT'S POW-WOW

Kids like to try foods they help make. It's a great way to encourage your child to eat fruits and veggies. They feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.

Cooking together activities by age

2-year-olds:

- Make "faces" out of pieces of fruits and veggies
- Scrub fruits and veggies
- Tear lettuce or greens
- Snap green beans

3-year-olds:

- Add ingredients
- Stir
- Spread peanut butter or other spreads
- Shake a drink in a sealed container
- Knead bread dough

4- to 5-year-olds:

- Peel and mix some fruits and veggies
- Peel hard-boiled eggs
- Wipe off counters
- Mash soft fruits, veggies and beans
- Measure dry ingredients
- Measure liquids with help

Source: USDA Core Nutrition Messages

FOOD FACTS

OILS

Oils are part of healthy eating styles because they provide nutrients for the body, such as fatty acids and vitamin E. They also enhance the flavor of your food. Some oils are eaten as a natural part of the food, such as in nuts, olives, avocados and seafood. Other oils are refined and added to a food during processing or preparation, such as soybean, canola and safflower oils. Choose the right amount of oil to stay within your daily calorie needs.

How are oils different from solid fats?

Oils are fats that are liquid at room temperature, such as the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils contain more monounsaturated and polyunsaturated fats.

Solid fats are fats that are solid at room temperature, such as beef fat, butter and shortening. Solid fats mainly come from animal foods and can also be made from vegetable oils through a process called hydrogenation. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats and trans fats tend to raise "bad" (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats and trans fats.



Source: USDA MyPlate



COOKING WITH KIDS

HOOKED ON SALMON STICKS

- **1 (14.75 ounce) can pink salmon, drained**
- **16 saltine crackers, crushed**
- **1 egg**
- **1 tablespoon vegetable oil**
- **Non-stick cooking spray**

- 1.** In a large mixing bowl, combine salmon, cracker crumbs and egg.
- 2.** Divide mixture into 8 balls and shape into sticks about 4 inches long.
- 3.** Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
- 4.** Flip over and cook about 3 minutes or until golden brown.

Number of servings: 8
Serving size: 1 fish stick

Nutrition facts per serving: 120 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 200mg sodium; 5g carbohydrate; 0g fiber; 11g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

CARIBBEAN BEAN SALAD

- **4 cups romaine lettuce, chopped**
- **¼ cup red onion, diced**
- **1 cup canned black beans, drained and rinsed**
- **1 orange, peeled and diced with seeds removed**
- **1 tomato, diced**
- **1 tablespoon olive oil**
- **3 tablespoons red wine vinegar**
- **1 teaspoon dried oregano**
- **Black pepper to taste**

- 1.** In a large salad bowl, toss all ingredients together.
- 2.** Serve immediately or refrigerate up to one hour.

Number of servings: 4
Serving size: ¼ of salad

Nutrition facts per serving: 113 calories; 4g total fat; 1g saturated fat; 0g trans fat; 102mg sodium; 16g carbohydrate; 5g fiber; 4g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

CREATING GOALS FOR PHYSICAL ACTIVITY

Did you know that by creating a goal for physical activity, you are more likely to reach it? Creating SMART goals allows you to plan for how you will reach the goal that you set for yourself.

Here is what a SMART goal is:

- **Specific:** Your goal should be as specific as possible: What is your Goal? How often will you be doing your chosen activity? Where will you do it?
- **Measurable:** How will you measure your goal? Is it by how many minutes you are active a day? How many days a week? Maybe both?

- **Attainable:** Challenges are important, but make sure you can achieve the goal you set.
- **Realistic:** Overall, is your goal and your time frame for doing it realistic?
- **Timely:** What is your time frame? When do you want to reach your goal?

Example: I will walk 30 minutes a day 5 days a week around the neighborhood and walk the 5K at the spring festival this year.

What is your SMART goal for physical activity?

Source: www.hr.virginia.edu/uploads/documents/media/Writing_SMART_Goals.pdf



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