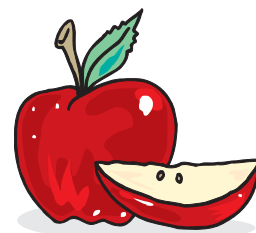


Healthy Choices for Kentucky Food Stamp Families

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the Kentucky Cabinet for Health and Family Services.*



Introduction

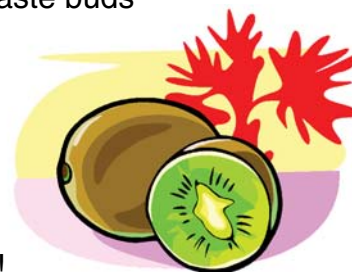
Welcome to the Nutrition Month edition of the newsletter. Let's take a little extra time this month to think about the food we are eating.

Is the food nutritious and healthy? Does it contain a lot of vitamins and minerals? Have you thought about food safety? Think a little bit more about the food you eat.

Celebrate this month by choosing a new food



to try each week. Try foods that are not well known to you. Have you tried kiwifruit? Or Brussels sprouts? What about eggplant? If these are new foods to you, give them a try. Ask friends and family for recipes that use these new foods. Ask your local Cooperative Extension office for recipes. Try different foods. Every so often our taste buds change. Just because you didn't like a certain food five years ago doesn't mean you won't like it now. Go ahead – give it a try!



Parents' Pow-Wow

In honor of Nutrition Month, it's time to "brush up" on our nutrition knowledge. We all know that vitamins and minerals are needed in our bodies every day. Eating a variety of healthy foods will help you get the vitamins and minerals you need to keep your body strong. Women of childbearing age should take a multivitamin supplement with folic acid to help prevent birth defects in babies.



Let your children see you making healthy choices. Explain the importance of eating healthy foods. Let your children make healthy

food choices. When you give them choices, only give them healthy choices. Let them decide if they would like to eat an apple, orange, or strawberries. When you go to a fast food restaurant, let your children see you choose healthy food items. Give them the option of low-fat milk or juice instead of soda. Replace French fries with fruit, a baked potato, or a side salad. Lead by example, and try new foods this month.



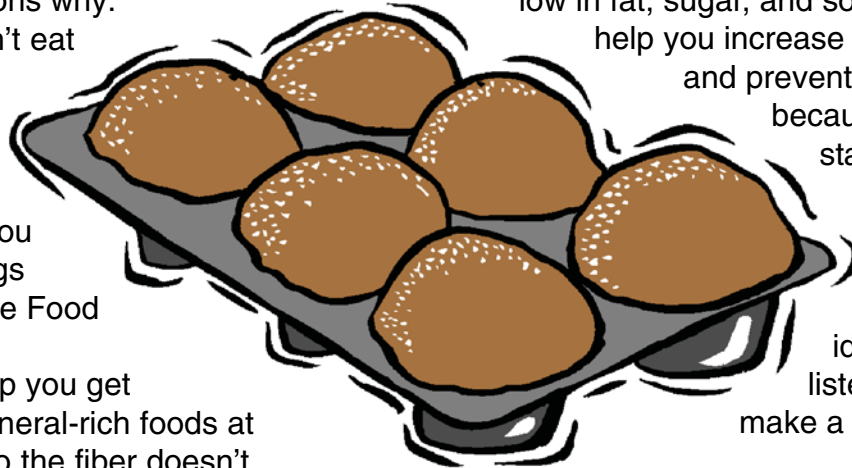
Senior Section

Go Ahead – Eat Between Meals!

Have you ever heard someone say, “You shouldn’t eat between meals?” Usually, it meant that you’d gain weight if you did. But many doctors and scientists have changed their thinking about snacking between meals. Here are some reasons why:

- ◆ Some people can’t eat large meals; snacks help them get enough calories.
- ◆ Snacking helps you get all the servings you need from the Food Guide Pyramid.
- ◆ Snacking can help you get high-fiber and mineral-rich foods at different times, so the fiber doesn’t interfere with digestion of minerals.

Of course, this doesn’t mean it’s all right to overeat. But if you prefer small meals, you can divide up your Pyramid servings into as many meals and snacks as you like. Try eating three meals and two snacks a day.



If you want to add snacks to your daily meal plan but don’t usually eat snacks, make sure to decrease the size of your meals to compensate for the calories obtained from the snack. Also, be sure to choose snacks that are low in fat, sugar, and sodium. Snacks can help you increase variety in your diet and prevent you from overeating because you won’t be starving when supper time finally rolls around.

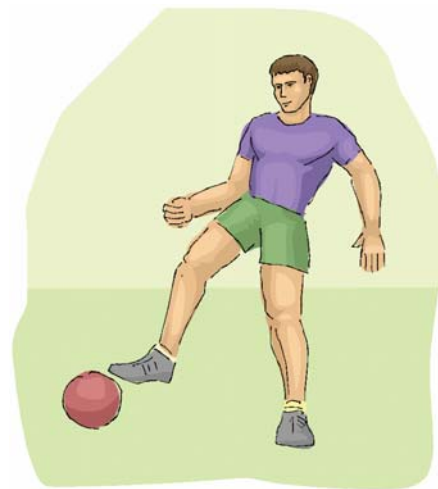
Need some ideas? All the foods listed below would make a great snack.

Bran muffin, fresh fruit, raw veggie sticks, string cheese, whole-wheat bagel, rice cakes, low-fat yogurt, dried fruit, fig bars or gingersnaps, cottage cheese, nuts or trail mix.

-Information adapted from Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition.

Kids' Corner

Are you tired of being inside all winter? Is it time to get outside? We will probably still have some cold days this month, but whenever you have the chance, go outside. Go on a walk or play kickball. After you have been outside a while and are tired, come in and ask your parents to help you prepare a snack. Clean a couple stalks of celery. Have your parent cut the celery into 3 to 4 inch pieces. Put peanut butter in the center of each celery stick, then sprinkle raisins on top of the peanut butter. Enjoy the celery sticks. March is Kentucky Nutrition Month. Try to choose nutritious foods this month.



Newsletter quiz for kids:

What color is Kiwi fruit on the inside?

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(Answer on the next page)

Basic Budget Bites



Be a smart shopper at the grocery store. Keep a grocery list on the refrigerator. When you get close to running out of an item, write it on the list. Make menus for the week. When grocery day comes, take the list from the refrigerator and add other items you will need for the menu. Arrange the grocery list in the same order in which the grocery store is laid out. This will save you time as you look for items you need. Stick to the grocery list. Only add an extra item if it is a really, really good

buy and you will use the item. Many times we think an item is a good buy, but the item goes bad before it is used. Make every dollar count when it comes to grocery shopping.

Additional Budget Note:

Check with your county Extension office about Earned Income Credit for 2004 taxes.



Menu Idea

- Four-Variety Beans with Cornbread
- Tossed Salad with dressing

- Fresh Orange Sections
- Low-Fat Milk

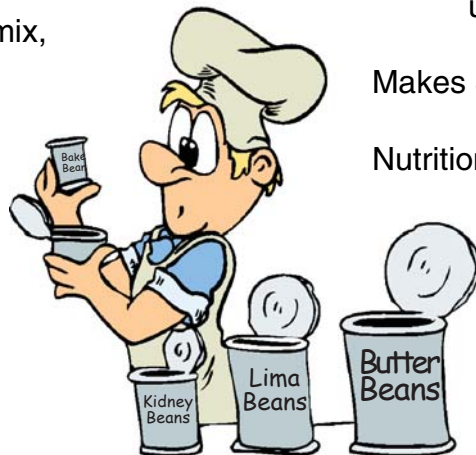
Four-Variety Beans with Cornbread

- 1 can (15.5 oz.) butter beans, drained
- 1 can (15.5 oz.) kidney beans, drained
- 1 can (15.5 oz.) baby lima beans, drained
- 1 can (28 oz.) baked beans with onions
- ¼ cup brown sugar
- ½ cup vinegar
- 1 tablespoon dry mustard
- 1 pkg. (7 ½ oz.) cornbread mix, prepared as directed on package

1. Mix together all ingredients except cornbread mix in a 3-quart casserole dish.
2. Bake at 325° F, uncovered, for 30 minutes.
3. Remove from oven. Increase temperature to 400° F.
4. Mix cornbread according to package directions. Spread on top of beans.
5. Bake for an additional 20 minutes or until cornbread is golden brown.

Makes 8 servings

Nutritional Facts: 4g fat;
0mg cholesterol;
1220mg sodium; 16g protein
400 calories per serving



Kids' Corner Answer: Green

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Local Events

If you are interested in nutrition classes contact the Extension office.

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