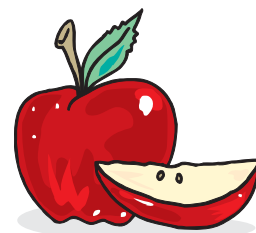


Healthy Choices for Kentucky Families

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Introduction

Children are getting excited about going back to school. They will see friends that they haven't seen all summer. Or maybe they are starting school for the first time. This issue of the newsletter will help you see the importance of eating the right foods.

To be healthy, we should strive for three balanced meals and healthy snacks each day. Starting the day with a good breakfast will help our brains to be fueled up to learn and work.

Exercise is important too. Aim for 30-60 minutes of moderate physical activity each day. Moderate exercise is when your heart rate increases.



Parents' Pow-Wow

Perhaps the school your child attends will have a back-to-school open house. It is important to attend these functions to let your child know you are interested in their learning. Open houses often have information to help parents.

It is also important to let your child know you are interested in their health. Be sure to feed your child a healthy breakfast before sending him or her to school. Breakfast can be as quick as a bowl of cereal or a piece of fruit. Or you could make a hot

breakfast, if you have the time. Children could also eat dry cereal out of a sealed plastic bag or piece of fruit while they wait for the bus. If you can't feed your child breakfast, make sure he or she is signed up for the breakfast program at school.

Breakfast will give your child a good start. Just as it takes fuel to make the car run, it takes food to make our bodies run. We have to have that "get up and go" after sleeping all night.



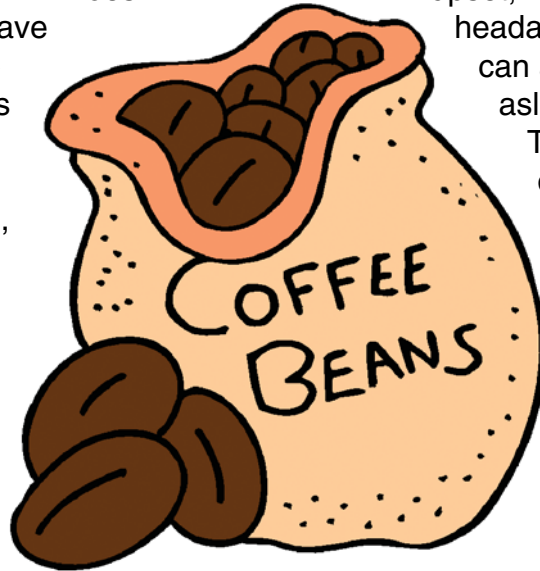
Senior Section

Caffeine, Coffee, and Your Health

With all the bad publicity about coffee and caffeine these days, many are left wondering, "How much coffee should I drink?" Does being healthy mean that you have to pass on coffee? No. Coffee in moderation (five or less cups a day) is all right.

Caffeine is a natural stimulant found in many plants, including coffee, tea, and the cocoa bean. It is also found in a number of drugs, including pain relievers. However, the majority of caffeine in this country is obtained from coffee.

Caffeine can have both positive and negative effects on your body. It has been shown to enhance learning and memory. Some athletes use caffeine to enhance performance, and coffee has been shown to open the bronchial passages.



There is a downside, however. Some of the negative effects of caffeine include: stomach upset, nervousness, irritability, headaches, and diarrhea. Caffeine can also make it more difficult to fall asleep at night.

The effects of caffeine are different for every person depending upon the amount of caffeine taken at one time. Many people develop a tolerance to caffeine rather quickly. Some can become dependent on caffeine with just 2 ½ cups of coffee a day. Caffeine-dependent people who quit may have headaches for about a week.

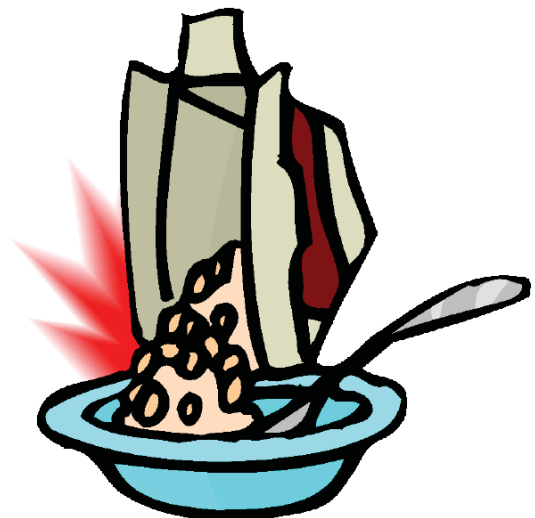
-Information adapted from Colorado State University
Cooperative Extension, Department of Food Science &
Human Nutrition

Kids' Corner

Breakfast is important to eat every day. What did you have for breakfast yesterday? What did you have for breakfast today? What kinds of food would you like to have for breakfast? Do any of these breakfast ideas sound good to you?

- ◆ Ready-to-eat cereal with milk and fruit
- ◆ Peanut butter on whole wheat toast
- ◆ Reheated rice, hard cooked egg
- ◆ Grits topped with cheese
- ◆ Oatmeal with applesauce
- ◆ Rice and beans, with fruit
- ◆ Chicken noodle soup, with fruit

There are no "certain" foods that have to be included in breakfast, just so it is healthy!



Newsletter quiz for kids:

_____ is a very important meal of the day.

(Answer on the next page)

Basic Budget Bites



You probably have your own ways to stretch your food dollar. That's great! Healthful eating doesn't always cost more; it might even cost less!

Buy a variety of foods. Grains, breads, pasta, and rice tend to cost less than other foods. Your family needs the most servings from the bread and cereal group each day.

Choose smaller amounts of more costly protein foods. Beans cost less than other foods from the meat group.

Buy the amount you need. Then you won't throw food away.

Check unit prices on store shelves. These are usually located below the food. They

show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.

Use coupons and sales for foods you really want. A food isn't a bargain if no one eats it!

Check the price of foods in different forms. Foods may cost more if they're partly prepared. Decide if you want to pay more to save time in the kitchen.

Food programs in your community offer help for families who need it. Check with the WIC office or food pantry in your county.

Try this recipe:

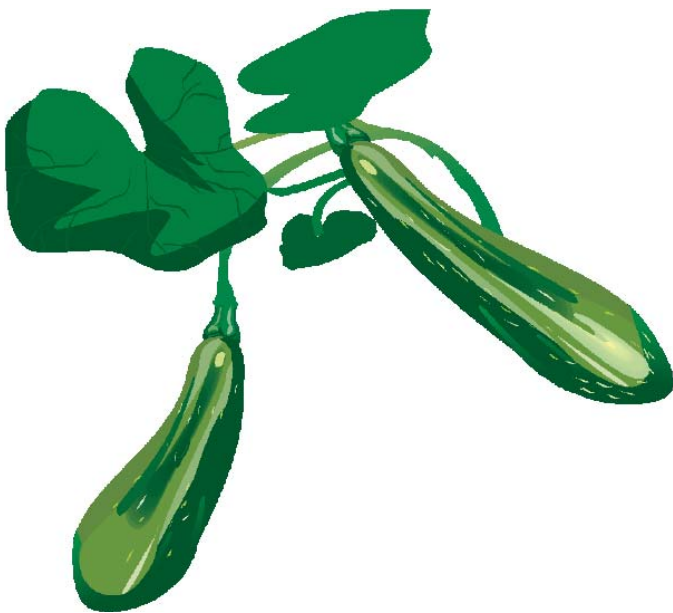
Zucchini and Corn Sauté

2 medium zucchini, thinly sliced
1 medium green pepper, thinly sliced
1 medium sweet red pepper, thinly sliced
2 tablespoons oil
2 cups fresh or frozen corn
1 teaspoon garlic salt (optional)
½ teaspoon Italian seasoning

1. In large skillet, sauté zucchini and peppers in oil until crisp-tender, about 4 minutes.
2. Add remaining ingredients. Sauté 3-4 minutes longer or until corn is tender.

Serves 10

Per serving: 62 calories, 2 g protein, 9 g carbohydrates, 2 g fiber, 3 g fat, 230 mg sodium.



Kids' Corner Answer: Breakfast

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Local Events

Why Breakfast?

Smart Reasons To Eat Breakfast...

Fuels the body with nutrients. Your child may not make up nutrients missed at breakfast. You may not either.

Gets your child ready to learn – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning too.

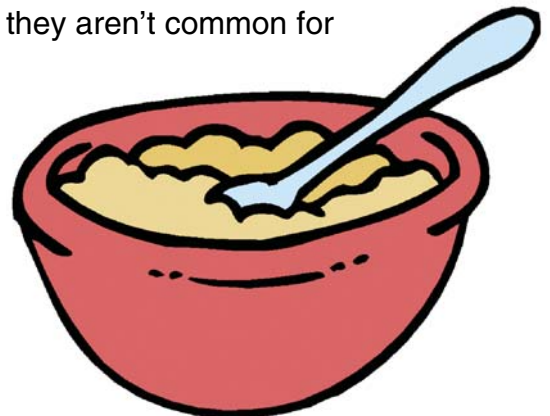
Helps keep a healthy body weight. Breakfast helps control the urge to nibble. Even with breakfast, young kids may need a small morning snack.

Helps kids feel good. Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

Tastes good! Offer foods your child and family enjoy – even if they aren't common for breakfast.

Smart Ways to Make Breakfast Successful!

- **Eat breakfast yourself.** “Showing” teaches more than simply “telling.” Your child will follow what you do.
- **Start making breakfast the night before.** You might mix the juice, slice fruit, or make hard-cooked eggs.
- **Go to bed earlier,** so you get up earlier.
- **Stock your kitchen** with quick-to-fix breakfast foods.



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

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