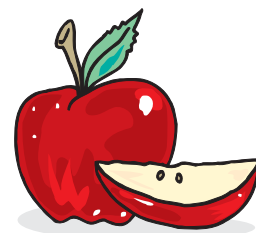


Healthy Choices for Healthy Families

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Introduction

Winter is here and you might be watching the snow fly today. Just because we might be inside more during this time of year doesn't mean that we give up on nutrition and physical activity. This is just the time of year to really make good nutrition choices. Soup usually sounds good in the winter. Certain soups are chocked full of good nutrition. For example, vegetable soup warms our stomachs, and can be filling. Sometimes leftovers can be combined to make a good soup. Look for new soup recipes to try.



Parents' Pow-Wow

Many families today do not take the time to sit down together and enjoy a meal. Try to make mealtime "family time" at your house. Planning ahead will help you reach this goal. Make mealtime special at least once a week. This is a good time for family members to share what is going on in their lives, plus eat a nutritious meal together. Meals can taste and look great and still fit into your food budget. Take an extra minute to set a pretty table. Place a bowl of fruit or a plant on the table. Arrange food on plates in an attractive manner. When the rest of the meal seems dull, spark it up with hot bread, a pretty vegetable or fruit, and a nutritious, special dessert. Include a variety of colors, textures, and types of food.



Senior Section

How Much Sodium Are You Eating?

Here's an experiment that might be fun: Check the labels of the foods you eat for one day and add up the total amount of sodium you're getting from them. Subtract that amount from one teaspoon of salt (2,000 mg). The amount remaining is the salt you can add in cooking or at the table.

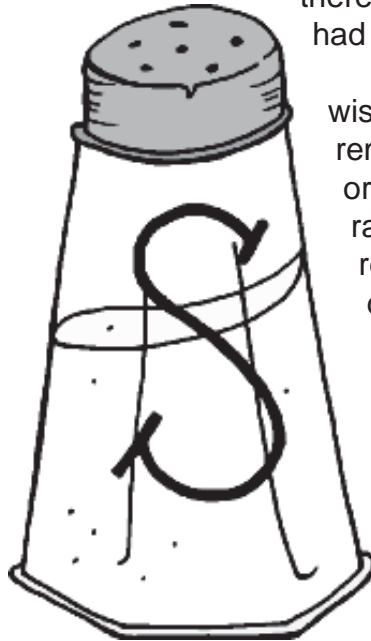
For instance, let's say your total for the day comes to 1,100 mg of sodium. Subtract this from 2,000 mg to find out how much sodium you can add to your food during preparation and at the table. This leaves 900 mg—the amount in about $\frac{1}{2}$ teaspoon of salt.

Now, measure out $\frac{1}{2}$ teaspoon of salt and put it in a dish. Use

only the salt in this dish for cooking and in salting food at the table for one day. Was there some left over? Or did you wish you had more?

If you finished this experiment wishing that you had more salt to use, try removing the salt shaker from the table or season foods with herbs and spices rather than salt. It's not always easy to reduce the amount of sodium in your diet, but taste buds adjust after a while. It might take some getting used to. Until then, keep an open mind. You can find new ways to enjoy your favorite foods.

—Information adapted from Colorado State University, Cooperative Extension, Department of Food Science and Human Nutrition

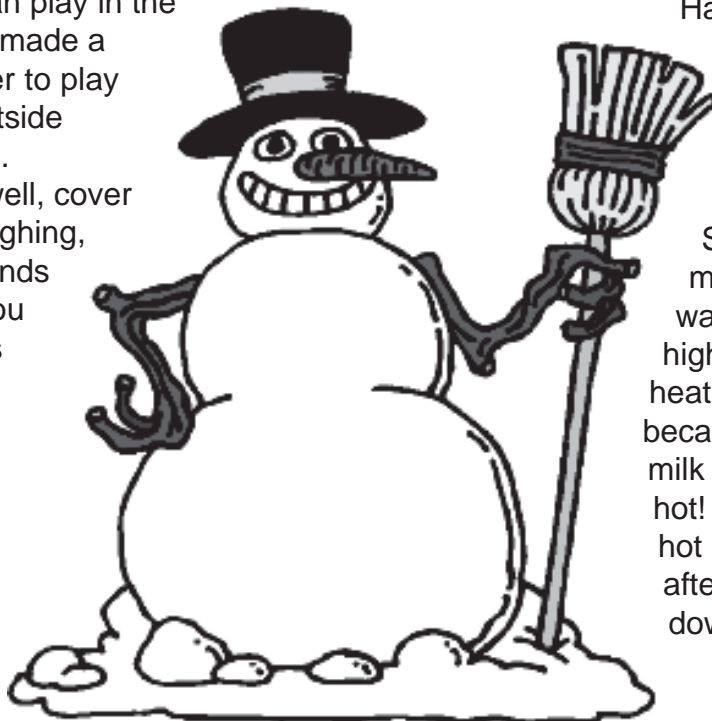


Kids' Corner

Brrr....The winter weather is here! Winter is fun because you can play in the snow. Have you ever made a snowman? Remember to play safe while you are outside and dress extra warm.

To help you stay well, cover your mouth when coughing, wash and dry your hands to kill germs before you eat meals, wash fruits and vegetables, exercise, and eat healthy meals.

Would you like to try something that could warm you after being in the cold? Try some hot chocolate.



Hot Cocoa

Have your parents help with this recipe. Grab a mug and put a little milk in it. Put two teaspoons of cocoa and two teaspoons of sugar (or sugar substitute) in the mug. Stir to make a paste. Fill the mug with milk (not quite all the way to the top). Microwave on high for about 1 minute or until heated through. Be extra careful because the milk is very hot! Sip the hot chocolate after it cools down. Enjoy.



Basic Budget Bites



Convenience items usually cost more than home-prepared foods. Here are some tips from the milk group that might help you save food dollars.

- Buy cheese by the block and do your own slicing, grating, and chopping.
- Compare prices of fresh and dried milk.
- For more calcium per serving, add dried milk powder to fresh milk or to casserole ingredients.



- Shop for foods with calcium added, such as orange juice.
- When buying dairy foods, check the “sell by date.” Foods are safe up to one week after that date.
- Refrigerate dairy products as soon as you get home from the store.
- Choose skim or low-fat milk and nonfat yogurt. They are lowest in fat with the same amount of ingredients.
- Go easy on high-fat cheese and ice cream. They can add a lot of fat to your diet.

Try this recipe:

Most people like soup during winter. Oriental noodles, pasta, or any kind of frozen vegetables can be used in the following recipe. Keep the main ingredients on hand and you can have soup in 10 minutes, anytime you want it.

New Noodle Soup

- 1 can (14.5 ounces) reduced-sodium chicken broth
- 1 ½ cups enriched egg noodles
- 2 cups frozen mixed broccoli and cauliflower
- 1 tablespoon dried minced onion
- ½ teaspoon garlic powder (not garlic salt)

1. Bring broth to boil in 3-quart saucepan.
2. Add rest of ingredients.
3. Cook about 8 minutes until noodles are tender.

Makes 2 servings

Nutrient Analysis: 309 calories; 14g fat; 77mg cholesterol; 6g fiber; 510mg sodium

Menu Idea: New Noodle Soup, ham sandwich, orange, low-fat milk

Best Buys for December: Frozen orange juice, potatoes, tangerines

Best Buys for January: Oranges, tangelos, split peas



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Local Events

Family Meals – FAST and Healthful!

You're running in ten directions! It's 4 p.m. You need to pick up your child at day care, stop at the store, and run several errands. And you need to get ready for an evening meeting. How do you put a healthful supper on the table, too?

A few timesaving steps can help you prepare an easy family meal – with less stress. Use the time you save to enjoy your family.

Plan ahead.

- **Keep meals simple!** Food that keeps your family healthy can be quick to fix. Spend time together, not on making time-consuming meals!
- **Cook when you have more time –** maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
- **Do some tasks ahead –** a few hours or the day before your meal. Wash and trim vegetables or make fruit salad. (Your child can help.) Cook noodles for pasta salad. Cook lean ground meat for tacos.

Three Quick-To-Fix Family Foods

- **Hearty soup:** Add canned or frozen vegetables to tomato or chicken soup.
- **Pasta dish:** Mix chopped lean ham or deli meat, and cooked vegetables into macaroni and cheese.
- **Hearty stuffed potato:** Serve homemade or canned chili over a baked potato or rice.
- **Your ideas:**

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

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