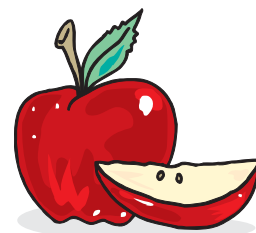


# Healthy Choices for Healthy Families

*This material was funded by USDA Food Stamp Nutrition Education through the Kentucky Cabinet for Health and Family Services.*



## Introduction

It's cold outside. Most people think of Valentine's Day in February and it warms our hearts. Knowing that spring is just around the corner helps us realize we will be able to get back outside soon. Staying active during the winter isn't always easy. Try to find ways to get as much exercise as you can.



## Parents' Pow-Wow

March is Nutrition Month. Try to encourage your family to eat as healthy as possible. This might mean trying a new, nutritious recipe to share with your family. Do a little searching for something different to taste. Try a new fruit or vegetable each week. All of us need to eat a variety of food within each of the food groups. We get many vitamins and minerals from dark green and dark yellow vegetables. Vitamins and minerals help our body

function properly. During March, do your best to pay attention to the foods you and your family are eating.



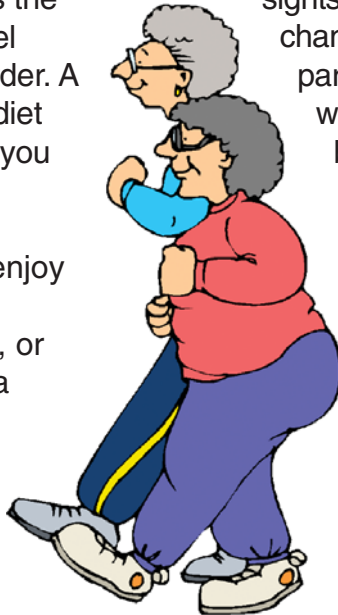
**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

# Senior Section

## Fitness Focus: *Staying Active Prevents Constipation*

Did you know that staying active can help prevent constipation? It's true—regular, rhythmic exercise increases the muscle tone of your entire body and also strengthens the muscles of the bowels. Stronger bowel muscles mean that they can work harder. A combination of exercise, a high fiber diet and drinking plenty of water can help you stay free from constipation.

What kinds of activities tone the body? Well, think of something you enjoy doing that causes your heart to beat faster—square dancing, for example, or swimming. Raking the lawn, hoeing a garden, climbing stairs are all good activities for helping keep in shape. Call your county Cooperative Extension office and ask about physical activity programs.



Try to find an activity close to your house to keep you moving. If you live in the country, find a quiet path to explore. A daily walk offers new sights and sounds, especially as the seasons change. If you live in town, maybe there's a park you could walk to. It's even more fun with a friend. Inviting a friend on a walk can be a perfect opportunity to catch up on each other's lives and maybe even enjoy a cup of coffee together after your walk.

If you have a VCR, there are some exciting new exercise video tapes especially for seniors. Home exercise is convenient when the weather is bad.

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

## Kids' Corner

### Let's Move — Cold Weather Fun!

Cold weather offers great ways to have family fun. Take time to play together and move more. We need at least 60 minutes of moving on most days, as do adults.

#### Get Moving Indoors

- \* Act out a story. Read a book with an adult, and move to give the book action.
- \* Create an obstacle course. Use pillows to crawl over, boxes to crawl through, hula hoops to jump into and whatever else you can come up with.
- \* Turn up the music and dance. Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug.

#### Get Moving Outdoors

- \* Bundle up for snow play. Create angels. Make a "snow family"—with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- \* Take a nature hike with an adult. Look for animal tracks in the snow or wild flowers and buds in early spring.
- \* Take a neighborhood walk with an adult. Does it look different in cold weather?



#### Newsletter quiz for kids:

Today, I have learned that I need to move \_ \_ \_ \_ \_ minutes on most days. (Answer on next page)

# Basic Budget Bites



Buying meat can be costly. Look at these buying tips from the meat and beans group.

- Brown and white eggs have the same nutritional value and taste.
- Preparing your own recipe with dried beans is usually cheaper and has less sodium and fat than buying the same thing in a can.
- Consider vegetable protein such as beans for main dishes.
- Try to include fish in your diet at least once a week. Fresh fish is great, but remember the food safety rules. Canned fish, such as tuna or salmon are convenient meal makers. Look for these items and stock up when it is on sale. Buy canned tuna that is packed in water.

- Nuts are a good source of non-meat protein. Nuts, in general, are high in fat, but are a good source of minerals. Sunflower seeds, almonds and hazelnuts are the richest sources of vitamin E. Make these your nut and seed choices most often.
- Processed meats such as ham, sausage, hot dogs and luncheon or deli meats have added sodium. Check the Nutrition Facts label to help limit sodium intake. Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution has added sodium. Check the product label for statements such as “self-basting” or “contains up to \_\_\_% of \_\_\_”. This means that a sodium-containing solution has been added to the product.

## Try this recipe:

### Baked Chicken Breast

1 chicken breast with skin removed  
3 tablespoons low-fat milk  
¼ cup dry bread crumbs  
1 tablespoon Italian seasoning OR 1 teaspoon dried oregano and 1 teaspoon dried basil

1. Preheat oven to 350°F.
2. Combine crumbs and seasonings.
3. Dip chicken breast in milk, and then roll in crumbs.
4. Bake about 20 minutes if boneless, longer if bone in, until done.

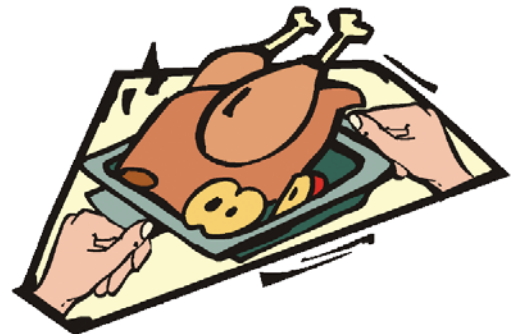
Makes 1 serving

**Nutrition Analysis:** 260 calories; 33g protein; 23g carbohydrate; 3.5g total fat; 70mg cholesterol; 330mg sodium.

**Menu Idea:** Baked Chicken Breast, Broccoli with cheese, Peaches, Whole-Wheat Roll and Lowfat Milk.

**Best Buys for February:** Cabbage, Potatoes, Onions

**Best Buys for March:** Broccoli, Dried Beans, Grapefruit



**Kids' Corner Answer:** sixty

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# Local Events

## Family Food Shopping: *Spend Less, Get More*

- ☐ **Make a shopping list.** Stick to it!
- ☐ **Group foods on your list to match the store's layout.** You'll shop faster. It's easier to remember everything, too.
- ☐ **Try to shop after eating, not before.** You may buy more when you're hungry.
- ☐ **Leave your child with a friend or sitter if you need to.** Stores put many foods that children like, such as candy and products with prizes, where they can see and reach them.
- ☐ **Shop when you have time to read labels and compare prices.**
- ☐ **Try to shop just once a week.** It's easier to shop smart if you shop less often.
- ☐ **Take food home right away.** Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.



Check (✓) what you do already.

Circle ○ tips you can try right away.

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

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