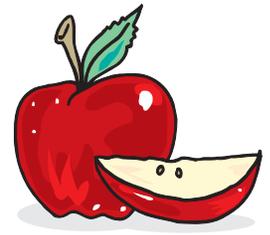


# Healthy Choices for Healthy Families

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



## Introduction

Farmer's markets are opening. Visit your farmer's market to get the freshest fruits and vegetables. They may have new recipes for you to try. To locate your county farmer's market, call the Cooperative Extension office. The number is listed on the back of this newsletter. WIC participants and seniors may be eligible for free produce at their farmer's market. Check with your WIC office or commodity distribution site. Also, check to see if there is a Summer Food Service Program for Children in your county. If you qualify, your child can receive free summer meals.

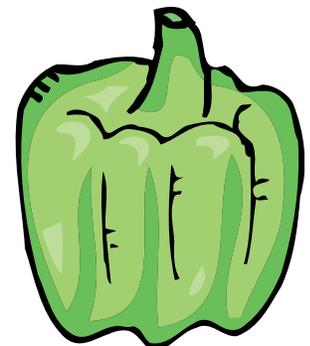
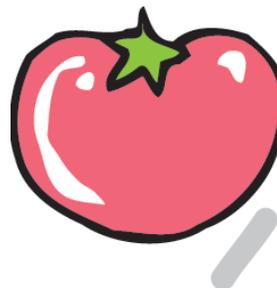
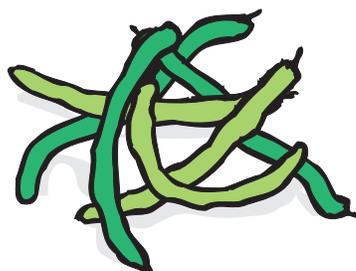
It's summertime, a great time for a picnic. Have fun and go on a picnic at a local park or in your backyard. Just remember to keep food safety tips in mind. Keep cold foods cold. Use a cooler if you travel with food. If the temperature outside is above 90 degrees, don't leave food out of the cooler for longer than one hour. Also, keep hot foods hot. Eat food when it comes off the grill. Don't let it sit for an hour before it is eaten. And always wash your hands before working with food.

When is the last time you checked the temperature of your refrigerator? It should be below 40° F to keep your food safe. Have a fun and safe summer.



## Parents' Pow-Wow

Plan a day to visit the local farmer's market as a family affair. Look at all the fruits and vegetables that have been grown locally. Take time to talk to the farmers. Ask them how they picked the fruit or vegetable and how they suggest the food be prepared. There might even be food demonstrations at the farmer's market. Learning about fruits and vegetables makes the food even more enjoyable. The fresher the food, the more nutrition is inside. Fruits and vegetables are full of good nutrition, especially right after they are picked.



# Senior Section

## Reading Food Labels

Want to reduce fat in your diet? Read food labels. A study published in the January 1999 issue of the Journal of the American Dietetic Association found that people who read food labels eat less fat than those who don't.

Food labels provide you with all of the information you need to make informed choices. The first thing that you should look at when reading a food label is the portion size. This tells you how much of the product you need to eat to get the nutrients listed on the label. Remember, if you eat more or less than the portion size you must adjust the amounts of nutrients you are getting from that product accordingly.

Learning to read food labels can help you follow the Dietary Guidelines for Americans. Here are a few examples:

- ◆ Each food label tells you how much sodium one portion of food contains. Canned food usually contain high amounts of sodium.

Choose and prepare foods with little salt.

- ◆ The food label tells you how much fiber a food contains per portion or cup. Add up how many grams of fiber you get per day. Aim for 25 to 35 grams per day.
- ◆ Looking at how many grams of sugar a product has helps you to balance the calories you take in with the amount of physical activity you do.

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size (91g)   |                           |
| Servings Per Container 6   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 140  | Calories from Fat 70      |
| % Daily Value*   |                           |
| <b>Total Fat</b> 7g  | 11%                       |
| Saturated Fat 1.5g   | 8%                        |
| Trans Fat 0g   |                           |
| <b>Cholesterol</b> 40mg  | 13%                       |
| <b>Sodium</b> 160mg  | 7%                        |
| <b>Total Carbohydrate</b> 3g   | 1%                        |
| Dietary Fiber 0g   | 0%                        |
| Sugars 1g  |                           |
| <b>Protein</b> 14g   |                           |
| Vitamin A 2%   | Vitamin C 2%              |
| Calcium 15%  | Iron 4%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
|  | Calories 2,000 2,500      |
| Total Fat  | Less Than 65g 80g         |
| Saturated Fat  | Less Than 20g 25g         |
| Cholesterol  | Less Than 300mg 300 mg    |
| Sodium   | Less Than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

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

## Kids' Corner

Turn off the TV, and let's get moving! It's time to start moving to build healthy hearts. Did you know that when you exercise, you are building a stronger heart? The heart is a big muscle; the more you use it the stronger it gets. Since the weather has begun warming up, you can have more fun by playing (exercising) outside.

Here is a list of fun outdoor activities: create sidewalk art with chalk, have an adult teach you how to play hopscotch, run through a water sprinkler, pick blackberries, fly a kite, play at a playground, jump rope, or ride a bike.

Remember to play safe when you are outside. If you skate or ride a bike remember knee pads and a helmet. Protect your skin with

sunscreen and a hat. Drink lots of water, and invite a parent to play with you.

An easy healthy snack that will give you extra energy is peanut butter crackers. Spread peanut butter on two crackers. Put the peanut butter sides together.

A glass of cold water will help wash down the crackers!



### Newsletter quiz for kids:

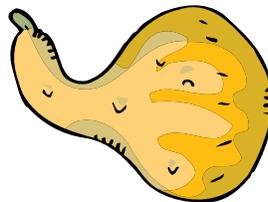
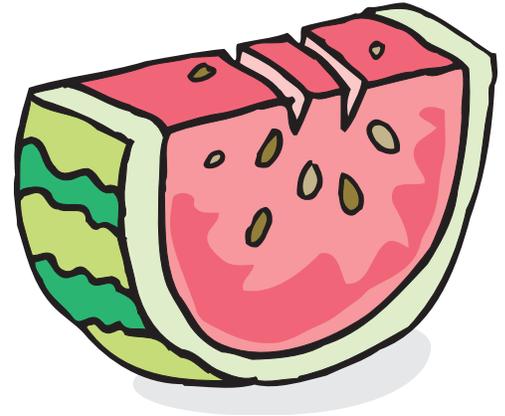
What food group is peanut butter? \_\_\_\_\_ (Answer on next page)

# Basic Budget Bites



This is the time of the year to buy fresh fruits and vegetables. Or maybe you grow your own fruits and vegetables. If you do—great! If you buy your fruits and vegetables, keep these tips in mind:

- ♦ Most fruits and vegetables are nutritious whether fresh, frozen, or canned. Compare prices for best buys.
- ♦ Fresh fruits and vegetables should not have any soft spots or bruises.
- ♦ Store fresh fruits and vegetables so they do not spoil.
- ♦ Bananas, melons, peaches, nectarines, plums, pears and tomatoes will ripen on your counter. Refrigerate once the fruit has ripened. Other fresh fruits should be purchased when ripe.
- ♦ Avoid packages that are torn or leaky.



## Try this recipe:

### Vegetable Potato Salad

- 4 medium potatoes, cooked, peeled, and sliced
- 7 ounces whole-kernel corn
- ½ cup celery, sliced
- ½ cup carrots, thinly sliced
- ¼ cup radishes, sliced
- ¼ cup green pepper, chopped
- ¼ cup onion, chopped
- 1 medium tomato, cut into eight wedges

### Dressing:

- ¾ cup light mayonnaise
- 1 tablespoon sugar
- Dash of pepper
- 1 tablespoon vinegar
- 2 teaspoons prepared mustard

1. In a small bowl, combine all dressing ingredients and blend well.
2. In a large bowl, combine all salad ingredients except tomato wedges.

3. Combine dressing and salad mixture, cover and refrigerate.
4. When ready to serve, garnish with tomato wedges.

Makes 10 ½-cup servings

**Nutrition Analysis:** 140 calories; 2g protein; 20g carbohydrate; 6g total fat; 5mg cholesterol; 200mg sodium.

**Menu Idea:** Grilled Hamburger, Vegetable Potato Salad, Strawberries, Low-fat Milk

**Best buy for June:** Chicken, Strawberries, Dairy Products

**Best buy for July:** Green Beans, Squash, Watermelon

**Kids' Corner Answer:** Meat & Beans

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# Local Events

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## Easy Weekend LUNCH Ideas

### What makes a good weekend lunch for your family?

- ◆ Easy – Find quick, easy ideas for you to do on weekends.
- ◆ Healthful – Offer mostly foods from the major food groups. There's plenty to pick from.
- ◆ Tasty – Offer foods that look and taste good. Your child may like different foods than you do. That's okay!

### Your child may like lunch foods to:

- ◆ Eat with just fingers!
- ◆ Partly prepare. (Hint: The weekend may be a good time to cook together.)
- ◆ Take to a fun place, perhaps a backyard picnic.



### “I’m hungry! What can I have for lunch?”

#### Here are a few easy lunch ideas for kids:

- ◆ Peanut butter roll-ups: Spread a soft tortilla with peanut butter and grated carrots. Roll it!
- ◆ Muffin pizza: Top an English muffin half with tomato sauce, chopped broccoli, and shredded cheese. Heat in a toaster oven or broiler.
- ◆ Funny sandwiches: Cut bread in fun shapes with cookie cutters. Top with deli meat, cheese, or peanut butter.
- ◆ Waffle sandwich: Slice a frozen waffle in half. Make a sandwich filling with tuna or egg salad.
- ◆ Chili boat: Microwave a potato. Cut it in half and scoop out the middle. Fill it with chili.

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

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