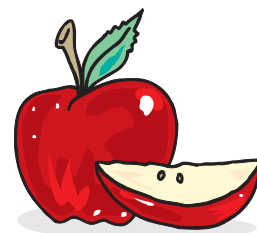


# Healthy Choices for Healthy Families

*This material was funded by USDA's Food Stamp Program through  
the Kentucky Cabinet for Health and Family Services.*



## Introduction

Winter weather will soon be leaving us for another year. We hope you have tried to stay active this winter. As soon as the weather warms up a bit, you will be able to walk outside and enjoy the fresh air. As you have kept your body physically fit, we hope you have also kept the inside of your body nutritionally fit. By eating a variety of the foods from the food pyramid, and staying active, you will be keeping your body in shape. Remember to maintain your weight. What you put into your body in calories, must be taken out in physical activity. Let's all try to stay fit and trim this year. If we do, we can continue to put off unwanted diseases.



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## Parents' Pow-Wow

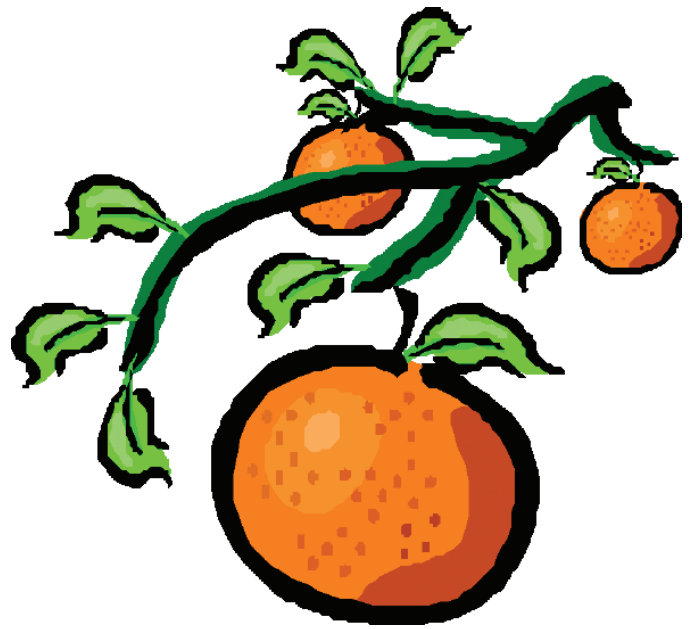
Heart disease hits almost every family. Do you know someone in your family who has had heart disease? It is important to do what we can to keep our hearts healthy. We can do our part by:

- eating less fried foods
- eating more grilled and baked foods
- eating more healthful fruits and vegetables every day
- staying active every day



# Senior Section

Eating the proper amount from the fruit group helps us to stay healthy. Eat a variety of fruits. Different fruits are “in season” throughout the year. Take advantage of the lower cost and nutrients available while the fruit is “in season”. Fruits provide Vitamin A and Vitamin C along with potassium and fiber. They are naturally sweet and make great snack and dessert foods. Try to eat 2 cups of fruit each day. Enjoy fresh, frozen, canned and dried fruit, as well as 100% fruit juices. Fruits that are high in Vitamin C are oranges, kiwi, cantaloupe, grapefruit, strawberries, and tomatoes. Fruits high in Vitamin A are dried and fresh apricots and cantaloupe. It is easy to get a variety of good, nutritious fruit. Enjoy at least 2 cups today.



*-Parts of this article were adapted from Colorado State University, Cooperative Extension, Department of Food Science & Human Nutrition*

## Kids' Corner

What does Vitamin A do for me? It helps me to see. It helps my heart. It helps to keep me from getting sick. Vitamin A is very important for our bodies. We should eat at least one fruit or vegetable high in Vitamin A each day, along with other fruits and vegetables. Here is a list of fruits and vegetables that are high in Vitamin A:

Sweet Potato	Carrot	Spinach
Cantaloupe	Collards	Apricot
Watermelon	Leaf Lettuce	Tomato



### Newsletter quiz for kids:

Name a fruit that is high in Vitamin A. \_\_\_\_\_

*(Answer on next page)*

# Basic Budget Bites



Shopping for food on a budget takes planning. Make a food budget. Determine how much money you have for food. If you shop once a week, divide your monthly food budget by four to find out how much you have for food each week. Next, plan a week of meals and snacks for your family. Check what foods you have on hand. Check newspapers or flyers for weekly specials. Plan to use leftovers for other meals during the week. Be sure to include foods from all food groups. Include meatless meals to extend your protein dollars. Then, make a shopping list of the foods you need to purchase. See if you have any coupons for the foods on your list. Finally, review the shopping list and budget. Does this look like a shopping list that would fit your food budget? Good luck.

## Try this recipe:

### Honey Glazed Carrots

- 1 pounds baby carrots
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  tablespoons margarine
- 1 tablespoon honey

1. In medium saucepan, combine water and salt; bring to a boil. Add carrots.
2. Cover and cook over medium heat until carrots are tender, about 8 to 12 minutes; drain.
3. In large skillet, melt butter, stir in honey.
4. Add carrots; cook over low heat, stirring constantly until carrots are well glazed.

Makes 8 servings

#### Microwave Directions:

1. Place carrots in 1-quart microwave-safe casserole. Add 2 tablespoons water and salt. Cover with plastic wrap.
2. Microwave on high for 10 minutes or until carrots are tender, rotating once halfway through cooking.

3. In small microwave-safe bowl, combine margarine and honey. Microwave on high for 45 seconds or until mixture boils; stir.
4. Pour over carrots; toss until well coated. Microwave on high for 1 to 2 minutes or until thoroughly heated.

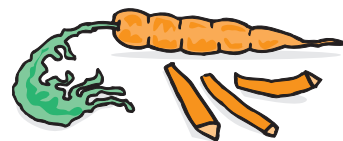
-Recipe adapted from <http://www.cooks.com> and retrieved on 7/12/06

**Nutrition Facts per serving:** 45 calories; 1g protein; 7g carbohydrate; 2g total fat; 0mg cholesterol; 120mg sodium

**Menu Idea:** Ham, Honey Glazed Carrots, Green Beans, Fruit Cup, Low-fat Milk

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

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



**Kids' Corner Answer:** Cantaloupe or Watermelon

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY).

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# Local Events

## Active Living For Families

**Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. And it's a lifelong way for you and your child to stay healthy and keep a healthy weight. In fact, active living lowers the chances of obesity, diabetes, and heart disease for you and your child.**

### How can you raise an active child?

**Get moving yourself!** Children often “inherit” their family’s lifestyle. If you do active things, chances are your child will, too. Adults set the tone for active living in the family.



**Fit activity in your family life.** You don't need to spend extra money, or even get involved in sports. You can all be active – just by doing everyday things.

**Do more than watch.** Play! Let yourself feel young enough to play, especially with your child. Playing is okay at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child's play.

**Set limits on TV and computer time** – for the whole family. That leaves more time for active play.

**Parent Alert.** *Children need at least 60 minutes of physical activity on most days.*

*Competitive sports aren't the best choice for most young children. Children naturally start to do things in groups about eight or 10 years of age. Let them choose the type of activities they enjoy.*



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

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