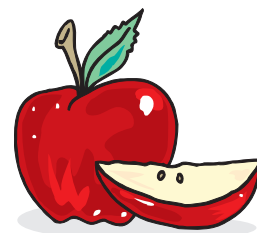


Healthy Choices for Healthy Families

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



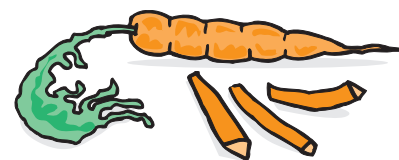
Introduction

Spring has arrived. This is a wonderful time of the year to renew yourself with the outdoors. Take a walk and look at all the new plant life that is beginning to grow. After you have taken a walk and enjoyed the fresh outdoors, take your family on a walk with you. When you exercise as a family, you increase your family relationship and family time. It also creates great memories that everyone will remember in the future. As we know, to build healthy bodies, we must not only exercise, but eat the right kinds of foods every day. Look at the tips throughout the rest of this newsletter to increase your nutrition knowledge.



Parents' Pow-Wow

Who wants to lower their risk of developing cancer? One way to do this is to eat a variety of vegetables. Many of the vegetables contain vitamins and minerals that our bodies need every day. Do you eat vegetables raw or cooked? They are delicious either way. Be careful, however, what you add to the vegetable. If you coat it and deep fry it, you are probably adding fat to the vegetable. Try steaming vegetables or using them in a stir fry. Do you eat 2 ½ cups of vegetables every day? This should be our goal. This month, try a vegetable that is new to you. Call your Cooperative Extension Office to learn ways to prepare the new vegetable. The phone number is listed on the back page of this newsletter.



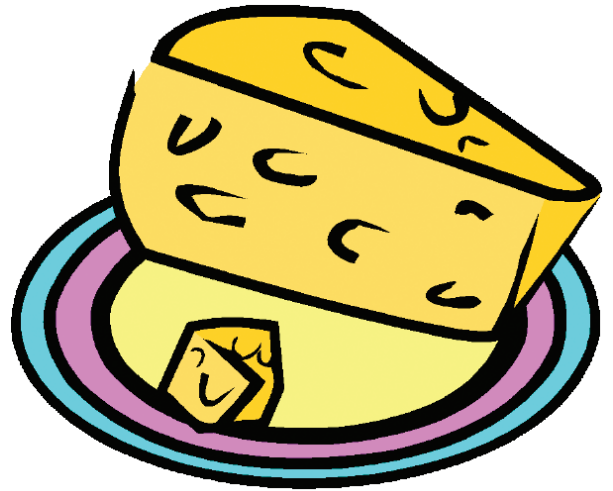
Announcement:

A new program called SAFE (Simplified Assistance For the Elderly) will be available in March, April and May. This program is for people who have been approved for SSI, are over 60 years old, **and** live in Kentucky, but are not receiving food stamps. Encourage your friends and neighbors who qualify to watch their mailboxes for the application form.

Senior Section

Milk, yogurt, and cheese are the best sources of calcium for your body. Adults should strive for three cups from the milk group each day. One cup counts as 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese. Who doesn't like ice cream? Scoop out 1½ cups of ice cream and that will count as one of the three cups that you need for that day. Try to choose low-fat or fat-free ice cream most often. One cup of pudding made with milk or 1 cup frozen yogurt also counts as one cup. There are many ways to get three cups of milk in each day. Calcium is important for the health of your bones. In fact, your bones provide a kind of "storage bank" for calcium. When you don't get enough, your body takes calcium from your bones, leaving tiny pores. Over time, these tiny pores weaken your bones making them prone to fracturing. Osteoporosis is a big word, but you have probably heard of it. It means "porous bones." It increases your risk of bone fractures. It is important to get calcium in your diet to prevent this disease.

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



Kids' Corner

What is fiber and how does it work in my body? Fiber is the part of fruits, vegetables and grains that is not digested or absorbed. Fiber is needed so that our intestines work correctly. Fiber can help prevent many diseases. Fiber can be found in the skins of fruits, so don't peel your apples and pears. Cut them into wedges and eat them with the skins on. Eat at least one high fiber fruit or vegetable each day. Choose from apples, oranges, grapefruit, broccoli, or raspberries.



Newsletter quiz for kids:

What is found in the skins of fruits? _ _ _ _ _

(Answer on next page)

Basic Budget Bites



Food money is wasted if food safety rules are not followed. If food spoils before it is eaten, you have thrown your money away. This could be caused by poor food handling. To help prevent waste:

- Select packages and cans that have not been opened or dented
- Check expiration date
- Wash hands and work surfaces with warm soapy water
- Use clean pots, pans, and cooking utensils
- Keep kitchen clean and free of bugs
- Keep shelf-stable foods in a cool, dry place
- Use tightly sealed containers to store foods



Try this recipe:

Chicken Salad

3 ¼ cups skinless, cooked and cubed chicken
¼ cup chopped celery
1 tablespoon lemon juice
½ teaspoon onion powder
3 tablespoons mayonnaise, low-fat

In large bowl, combine ingredients and mix well.

Makes 5 servings

-Recipe retrieved from <http://www.health.gov> 7/26/06

Seedless grapes, cut in half, could be added to this recipe.

Nutrition Facts per serving: 180 calories;
28g protein; 1g total carbohydrate;
6g total fat; 80mg cholesterol;
140mg sodium

Menu Idea: Chicken Salad served on piece of lettuce surrounded by drained, canned peaches, carrot sticks, banana bread, low-fat milk

April Best Buys: Carrots, Frozen Orange Juice, Greens

May Best Buys: Strawberries, Eggs, Rhubarb



Kids' Corner Answer: Fiber

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USDA is an equal opportunity provider and employer.

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).

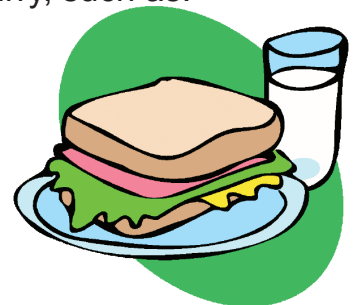
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Local Events

Family Meals – Fast and Healthful

Save time in your kitchen.

- **Cook once for everyone.** Does your child like plain vegetables, meat, rice or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.
- **Cook a fast way.** Broil, stir-fry, or microwave when you can.
- **Make no-cook meals:** salads with canned tuna, chicken, or beans; cold sandwiches; raw vegetables and yogurt dip; fruit. Hint: Kids like finger foods.
- **Double or triple the amount.** Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.
- **Stock your kitchen.** Get foods that you can make and serve in a hurry, such as:
 - *canned fruit*
 - *canned or frozen vegetables*
 - *canned beans*
 - *canned meat, poultry, and fish*
 - *canned soups or stew*
 - *whole-grain bread*
 - *pasta*
 - *rice*
 - *cheese*
 - *low-fat yogurt*



Enjoy kitchen help.

- **Involve your little helper.** Ask your child to set the table, pour milk, or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.

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

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