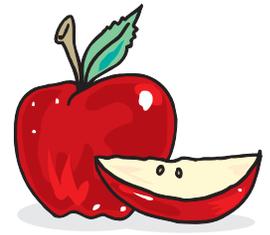


# Healthy Choices for Healthy Families

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



**F**all has arrived. This is a wonderful time to be outdoors to enjoy the beautiful colors. Take a walk with your family. Listen to the sounds of nature. With cooler temperatures, it is easier to exercise. Physical activity is important during all seasons of the year. Eating the right kinds of food is also important. Apples and pumpkins are popular this time of year. They are also very nutritious. Contact your local extension office for free recipes.



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## Parents' Pow-Wow

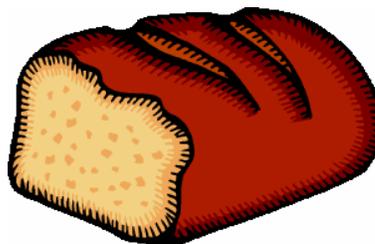
**Why is it important to eat grains, especially whole grains?**

***Foods rich in fiber:***

- Reduces the risk of heart disease
- Reduces constipation
- Helps to maintain a healthy weight

**What foods are whole grains?**

- Brown rice
- Oatmeal
- Popcorn
- Whole wheat bread and tortillas
- Whole wheat crackers and pasta



Try to serve more whole grain foods to your family this month.

Source: [MyPyramid.gov](http://MyPyramid.gov)

# Basic Budget Bites



Don't be fooled just because bread has a brown color. Look for bread with whole wheat as the first ingredient. Foods labeled with the words "multi-grain," "stone-ground," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products. The label should say "100% whole grain" or "100% whole wheat". Make one change at a time. Your family may not notice, but you will know you are trying to serve healthier foods.

Look for good buys on whole wheat pasta and brown rice. Buy whole grain, ready-to-eat cereals. Use cereal for breakfast and also as a snack. Use oatmeal when making cookies. Try baked tortilla chips instead of potato chips. Popcorn, without the butter, is also a good choice. Try to purchase whole wheat products when possible. This will give a healthy advantage to your family.

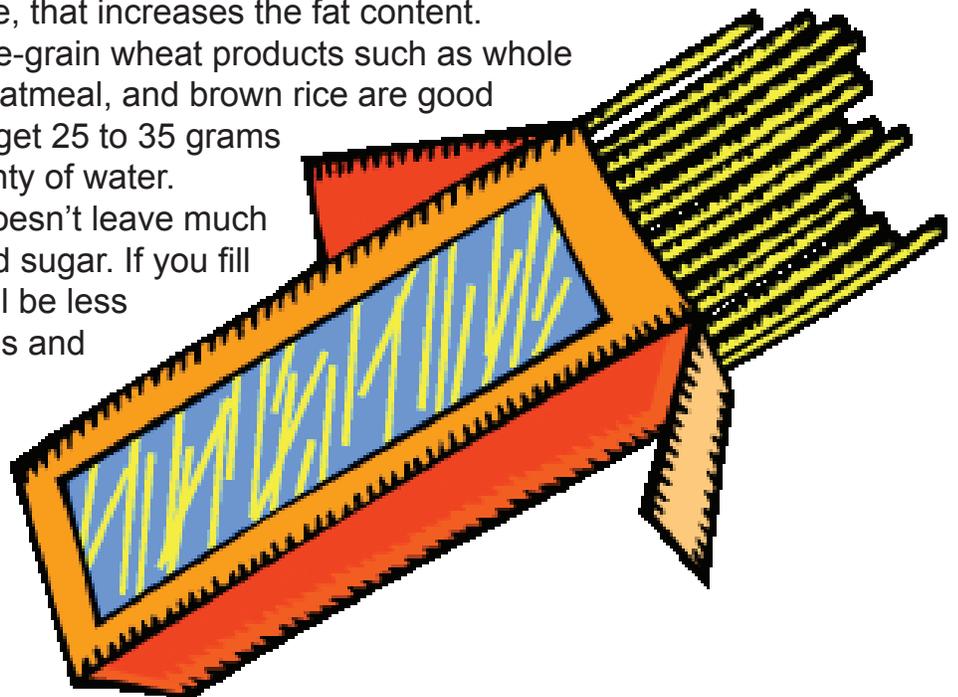


## Food Facts

### Top Five Reasons to Have a Diet Rich in Grains

#### Grains are:

1. Packed with nutrition. These foods provide complex carbohydrates, vitamins, and minerals.
2. Low in fat. Most foods from this group are low in fat. It is what you add to these foods, such as butter and margarine, that increases the fat content.
3. A good source of fiber. Whole-grain wheat products such as whole wheat bread, bran muffins, oatmeal, and brown rice are good sources of fiber. You should get 25 to 35 grams of fiber a day, along with plenty of water.
4. Filling. A diet rich in grains doesn't leave much room for foods high in fat and sugar. If you fill up on grain products, you will be less tempted to eat cookies, cakes and other sweets.
5. Tasty!



Source: Colorado State University,  
Cooperative Extension,  
Department of Food Science  
and Human Nutrition

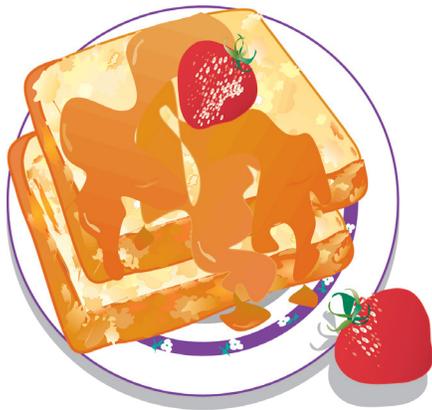
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# Cooking with Kids

Hey, parents! Try this recipe with your kids:

## French Toast

9 slices bread  
2 eggs  
¼ teaspoon salt  
1 cup milk  
½ teaspoon cinnamon (optional)  
small amount of vegetable oil for frying



1. Mix eggs, salt, milk, and cinnamon.
2. Dip bread, one slice at a time, in egg mixture. Turn once so bread is moist but not too soft to handle.
3. Fry in a small amount of vegetable oil.
4. Turn when first side is brown. Brown second side.
5. Serve hot with a sprinkle of powdered sugar or with syrup.

**Makes 9 servings.**

**Nutrition Facts per serving:** 5 g protein;  
3 g fat; 20 g cholesterol

*Source: Reprinted with permission from Kentucky WIC Cookbook, Nutrition Services Branch, Kentucky Department of Public Health*

**Have fun making french toast together!**

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## Try this recipe:

### Apple Salad

1 tablespoon orange juice  
2 tablespoons salad dressing or mayonnaise  
2 cups diced apples  
1 cup diced celery  
½ cup raisins  
½ cup nuts

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins, and nuts with dressing mixture.

**Makes 8 servings.**

**Nutrition Facts per serving:** 110 calories,  
6g total fat, 0mg cholesterol, 45mg sodium,  
11g sugar, 2g protein

*Source: USDA Nutrition Connection*



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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

## Let's Cook Together

### Kitchen Safety Rules for Kids and Families

- Fasten hair back if it's long
- Wear clean clothes, maybe with short sleeves
- Get started with hand and table washing
- Taste with a clean spoon. A licked spoon goes in the sink.
- Resist nibbling cookie dough or cake batter
- Stay away from hot surfaces and utensils and sharp objects. An adult needs to help.
- Work at a table, child-size surface
- Walk slowly. Carry food and utensils with care.
- Wipe up spills

### Together, follow four food safety rules:

1. Be clean
2. Keep raw and cooked food separate
3. Cook food to proper temperature
4. Refrigerate perishable food right away

### Think about this!

- **If your child makes a cooking mess, it's okay! Young kids don't have the same muscle coordination and skills that you do.**
- **Even if meals take longer to prepare, it's worth letting your child help. Kitchen time is learning time that you share together.**



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

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