

August/September 2011

Volume 7, Issue 6

# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### Topic: Back-to-school nutrition

► It is hard to believe that another school year has rolled around. For some students, this is their first year of school, and for others it is their last year. The school years create lifelong memories. As the students head to school, we want them to be in tip-top shape so they can learn all there is to learn. Good nutrition goes a long way in helping students learn. Get your child off to a good start by fixing nutritious meals. Start with breakfast. Let's help everyone look forward to the new school year.



This material was funded by the USDA's SNAP-Ed program through the Kentucky Cabinet for Health and Family Services.



### Parent's Pow-Wow

► **Ways to eat more fruits and veggies:**

- Make a dip by mixing ¼ cup peanut butter, 2 tablespoons orange juice and ½ cup low-fat vanilla yogurt. Serve with fresh apple slices, fresh pears, or carrot and celery sticks.

- Add veggies (cucumbers, lettuce, tomatoes, peppers, onion, etc.) to sandwiches.
- Rather than making a tuna salad sandwich, serve a scoop of tuna salad on top of tomato slices.

Source: University of Nebraska-Lincoln Extension

### INSIDE:

- Basic Budget Bites: Fruits and veggies
- Fruit and vegetable buying tips
- Recipe: Apple Carrot Salad
- Recipe: Fall Apple Crisp
- Smart tips
- Local events



## Cooking with Kids: Apple Carrot Salad

- 1 cup carrots, shredded
- 3 cups apples, diced
- 1 tablespoon lemon juice
- 1/2 cup raisins
- 1/3 cup low-fat mayonnaise
- Lettuce (optional)

1. In a large bowl, combine all ingredients.
2. Chill thoroughly.
3. Serve on lettuce, if desired.
4. Makes 6 servings

**Nutrition facts per serving:** 100 calories; 1 g total fat; 0 g saturated fat; 0 mg cholesterol; 140 mg sodium; 25 g carbohydrate; 3 g dietary fiber; 20 g sugar; 1 g protein

Source: [www.extension.org](http://www.extension.org)



## Recipe: Fall Apple Crisp

- 7 cups sliced, peeled, apples (about 3 pounds, Granny Smith work well)
- 1/3 cup apple juice
- 1/2 cup flour
- 1/4 cup sugar
- 1/4 cup packed light brown sugar
- 1/2 cup oats
- 5 tablespoons butter, cut into small pieces
- 3 tablespoons slivered almonds

1. Preheat oven to 375° F.
2. Slice and peel apples.
3. Toss with apple juice to coat.
4. Combine flour, sugar, and oats in a bowl.

5. Cut in butter using two knives until mixture is crumbly.
6. Stir in almonds.
7. Pour apple mixture into 8-inch square baking pan.
8. Sprinkle with crumb mixture.
9. Bake for 45 minutes or until topping turns golden brown.

**Nutrition facts per serving:** 190 calories; 8 g fat; 31 g carbohydrate; 2 g protein; 2 g fiber; 67 mg sodium

**Yield:** 9 servings

Source: [www.extension.org](http://www.extension.org)

## Local Events

---

### Smart Tips: **Move more!**

Following the four steps below, you can see how easy it is to get 30 minutes of movement into a day! Try for even more minutes!

- 1** Take a walk (10 minutes).
- 2** Choose the stairs instead of the elevator (5 minutes).
- 3** Park further away and walk (5 minutes).
- 4** Dance with your children (10 minutes).



*Adapted from Eat Smart, Move More NC*

---

**If you are interested in nutrition classes, contact your extension office.**

---