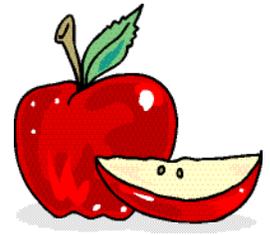


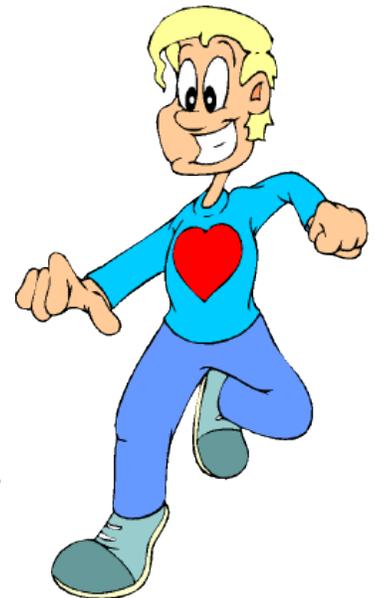
# Healthy Choices for Healthy Families

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



**T**his is the month we think about being heart healthy. We should try to eat foods that help our body function like it should. Being heart healthy means we can have the energy to run and play with our kids. It means we aren't sick all the time. It means we choose the right foods to eat. Choosing the right foods has a lot to do with how we feel each day. Try to choose heart

healthy foods such as fruits, vegetables and whole grain foods. No one wants to be sick, so let's do what we can to stay healthy.



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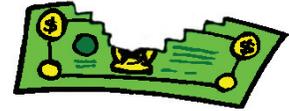
## Parents' Pow-Wow

Parents have the privilege of raising their children. Parents want to stay healthy to see their children grow. Each stage of growth takes on new meaning. Children learn a lot from their parents, whether it be good or bad. Parents strive to pass on good habits to their children.

One of the good habits they can pass on is the concept of doing what you can to stay healthy. People stay healthy by eating the right types and right kinds of food and staying active. Encourage your children to eat healthy like you do. Encourage your children to stay active like you do. Encourage your children to enjoy family time. Stay positive with your children. Your children will thank you later in life.



# Basic Budget Bites



- As you shop, check packages for safety seals which are not broken. Don't purchase boxes or bags which have been cut or partially opened.
- Store cereal, rice, pasta, crackers, snack foods and flour in sealed containers to keep bugs out. (Examples: cleaned coffee cans or cleaned plastic containers like margarine tubs with tight-fitting lids.)
- If mold is present, throw out the entire package of bread or buns.
- Refrigerate leftover cooked pasta or rice within two hours after meal time.
- Grocery stores put the items that they make the most money from at eye level. Look to the top of the shelf or the bottom of the shelf for better buys.



## Food Facts

Coronary Heart Disease (CHD) is a type of heart disease caused by narrowing of the coronary arteries that feed the heart. When the coronary arteries become narrowed or clogged by fat and cholesterol deposits, not enough blood can get to the heart.

About 1.25 million people in the U. S. suffer heart attacks every year, and about half of these occur in persons who are already known to have CHD. For men and women with CHD, the risk of a heart attack is five to seven times higher than for people of the same age and sex who do not have CHD.



Dietary and lifestyle changes can decrease your risk of developing CHD. For example, by lowering your cholesterol, you can reduce your risk of having a heart attack.

### Four Easy Steps to Help Reduce Your Cholesterol

1. Follow a low saturated fat, low cholesterol diet.
2. Be more physically active.
3. Lose weight if you are overweight.
4. Take your cholesterol-lowering medication, if prescribed by your doctor.



# Cooking with Kids

Kids, have your parents help you make this nutritious recipe.  
Jiffy Oatmeal Crunch

- ½ cup margarine
- ¾ cup firmly packed brown sugar
- 1 teaspoon vanilla
- ½ teaspoon baking soda
- 2 cups uncooked quick oats
- 1 cup raisins

1. Preheat oven to 350 degrees and grease a 9x13-inch baking pan.
2. In large skillet, melt margarine and brown sugar.
3. Remove from heat and stir in remaining ingredients
4. Spread into pan and bake for 15-20 minutes. Cool; cut into squares.



Nutrition Facts per serving: 80 calories; 3.5 g total fat; .5 g saturated fat; .5 g trans fat; 0 mg cholesterol; 50 mg sodium; 13 g carbohydrate; 1 g fiber; 9 g sugar; 1 g protein.

Source: USDA Nutrition Connection

## Try this recipe: Corn Bread

- 1 cup cornmeal
- 1 cup all purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- ¼ cup vegetable oil
- 1 cup skim milk

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20-25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Nutrition Facts per serving: 140 calories; 5 g total fat; .5 g saturated fat; 0 g trans fat; 20 mg cholesterol; 140 mg sodium; 20 g carbohydrate; 1 g fiber; 3 g sugar, 3 g protein

### Create-a-Flavor Changes:

**Buttermilk Corn Bread:** Use only 2 teaspoons baking powder and add ¼ teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

**Whole Wheat Corn Bread:** Use ½ cup all purpose flour and ½ cup whole wheat flour.

**Corny Corn Bread:** Add 1 cup kernels (fresh, frozen, or canned, well drained) with milk.

**Cheesy Corn Bread:** Add ½ cup shredded cheddar cheese with the milk.

**Corn Bread Muffins:** Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.



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

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## Why Snacks?



Most kids like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play, and learn.

**Help your child snack smart.** Your child has a small stomach. So he or she probably eats less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.



**Keep food group snacks handy.** Examples are raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.

**Let snacks fill in the gaps.** If your child misses juice for breakfast, offer fruit at snack time.

**Time snacks carefully** – two to three hours before meals. That way your child will be hungry for lunch or supper.

**Offer snacks to satisfy hunger.** Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.

Keep snacks small. If your child is still hungry, he or she can ask for more. Let your child decide what's enough.

**Encourage tooth brushing after snacking** – especially after eating bread, crackers and sweet food.

**Snack wisely yourself!** Do you snack when you feel stressed or bored – or just when you're hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!

Parenting Tip: Sometimes kids say they're hungry when they really want attention. Take a little time with your child – talk or do something fun. Your child will let you know if he or she really is hungry.

Source: Nibbles for Health, USDA, Food and Nutrition Service

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

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