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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### Topic: Back to school planning

► It is time to think about getting ready to go back to school. Have you gotten the supplies that your children need for school? Do you know who their teachers are going to be? Have you thought about sending them off each morning with a good breakfast? Planning is part of the process. Think about what would be a good breakfast for your children. It doesn't have to be a hot breakfast each day. Cereal topped with fruit and a glass of milk would be a good start. Maybe try peanut butter on toast with a banana. Try to get your children off to a great start at school by making sure they have breakfast. Also, you might want to check with the school to see if they serve breakfast at school.



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### Parent's Pow-Wow

► You have heard that breakfast is the most important meal of the day. It is the meal that gets your body started again after having rested. It helps to provide energy for your children to be better listeners and learners at school. It helps them get the daily nutrition they need so their bodies can grow strong. Yes, breakfast is a very important part of each day. Try to make breakfast an enjoyable time at your house.

## Basic Budget Bites: Buying grains

### ► Keep these ideas in mind when buying grains:

- Buy in bulk
- Use pasta and rice to stretch your food dollar.
- Store grains in closed containers.
- Don't buy torn or opened packages.



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# Food Facts: Dietary fiber

### ► What is Dietary Fiber?

Dietary fiber is the portion of plants that cannot be digested by our bodies. Animal products such as meat and dairy do not contain fiber.

So if our bodies don't digest fiber, why do we need it? Well, fiber has been shown to...

- Keep bowels healthy
- Decrease blood cholesterol levels

- Decrease risk of coronary heart disease
- Decrease risk of colon cancer
- Help control blood glucose

The fiber we get from food is called dietary fiber. On the other hand, fiber that is synthetically made or that is added to foods is called functional fiber. Regardless of the source, scientists have shown that fiber is beneficial to your health.

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



# Cooking with Kids: Oatmeal Raisin Muffins

- 1 egg
- 1 cup milk
- 1/3 cup oil
- 1 ¼ cups flour
- 1 cup oatmeal
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ cup raisins
- Margarine to grease muffin cups

1. Preheat oven to 400 degrees.
2. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.

3. In a large mixing bowl, add the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed.
4. Pour the egg-milk-oil mix into the medium bowl with the dry ingredients.
5. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy).
6. Grease each cup in the muffin pans with margarine.
7. Spoon the batter into the

cups in each muffin pan, until each cup is half-full with batter.

8. Bake for 20 to 25 minutes, or until the muffins are golden brown.

**Nutrition Facts per serving:**

180 calories, 7 g total fat, 20 mg cholesterol, 330 mg sodium, 27 g total carbohydrate, 4 g protein.

**Serving Size:** 1 muffin

**Yield:** 12 servings

Source: USDA

## Recipe: Sensational Six-Layer Dinner

- 2-3 medium sliced potatoes
- 2 cups sliced carrots
- ¼ teaspoon black pepper
- ½ cup sliced onion
- 1 pound browned and drained ground beef
- 1 ½ cups green beans
- 1 can tomato soup

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover
3. Bake at 350 degrees for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

*\*Note: For variation, use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.*

**Nutrition Facts per serving:** 230 calories, 6 g total fat, 65 mg cholesterol, 580 mg sodium, 17 g total carbohydrate, 25 g protein.

**Serving Size:** 1/6 of recipe

**Yield:** 6 servings

Source: USDA



## Local Events

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# Enjoying the family meal

► Family meals are important. You can create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may be more adventurous with food, too.

Try these easy ways to make family meals a pleasant part of your family routine:

- **Set a regular family mealtime.** Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.
- **Make it simple, make it quick!** Simple meals, even cold sandwiches, taste as good as meals that take more work.
- **Show that family meals are important.** During mealtime, turn off TV. Let the answering machine take your phone calls.
- **Eat around a table.** It's easier to talk and listen to your family when you face each other.
- **Enjoy meal talk.** Make easy conversations. Talk so everyone can be a "star" at mealtime. Don't take over. Your child will listen and learn by feeling included.

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

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

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