

JULY / AUGUST 2023

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Summer is time for kids to try new foods

**S**ummer brings lots of tasty new foods. This is the perfect time to bring new fresh fruits and veggies to the whole family.

Try these four summer superstars:

### Berries

Strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants. The berries can support kids' total health. They are also a good source of fiber!

### Avocados

Add avocados to tacos or use them as a spread on grilled cheese sandwiches. You can also serve them with some eggs and fruit in the morning. Avocados have heart-healthy monounsaturated fat. They also have fiber, vitamin E, potassium, and vitamin C.

### Tomatoes

Tomatoes have fiber, vitamins A and C, and potassium. You can buy tomatoes



in many colors and sizes. The amount of water in tomatoes makes them a good hydrating choice. Add tomatoes to sandwiches or chop them up and toss them into salads and pasta dishes. Your kids can help you make fresh salsa!

### Watermelons

Nothing says summer like a fresh slice of watermelon. Watermelon has one of the highest water contents of any food. This makes it great for keeping kids hydrated on hot, scorching days. It is also packed with vitamin C and lycopene. Watch out for seeds. The seeds could be a choking hazard for young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad!

Farmers' markets are a great place to buy fresh-picked foods. A lot of markets now take SNAP benefits.

For a directory of Kentucky's summer farmers' markets, go to <https://www.kyproud.com/farmers-markets> or contact your local county Cooperative Extension Service: <https://extension.ca.uky.edu/county#county-alpha>

Source: Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/summer-is-time-for-kids-to-try-new-foods>

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## BASIC BUDGET BITES

# Tips for saving money on food

### Plan

- Take time to plan your meals and make a grocery list.
- Plan your meals using seasonal foods.

### Shop

- Find stores with super food sales during special times such as “Friday and Saturday Blow-out Sales” or “10 Items for \$10.”
- Find a local farmers’ market. Fruits and veggies tend to be fresher and cheaper.

### Buy

- Buy store brands when the taste and quality suit your needs.
- Compare the unit price. The cost per ounce or per pound helps you find the best deal.
- Buy family packs of meats, cheese, poultry, and luncheon meats. Split the packs into servings, freeze, and use as needed.

### Track

- Know the normal prices of items you buy most often. A sale will then be easy to spot.
- Compare prices of nonfood items at the grocery store with the same item at a discount store.

Source: Adapted from Alabama Cooperative Extension — <https://www.aces.edu/blog/topics/for-you/ways-to-save-your-food-dollars>

## FOOD FACTS

# Raspberries and blackberries

**R**aspberries and blackberries are great when they are picked fresh. Many farms offer “pick-your-own” berry patches. If you pick enough, you can enjoy berries out of your freezer in other seasons.

Local raspberries and blackberries ripen after strawberries. You can gather wild raspberries and blackberries in late summer.

### Nutrition information

Berries are low in calories when eaten raw. A half-cup of berries has 30 to 40 calories. Limit the added sugar or highfat products like pie crust or whipped topping, which add calories and fat.

Choose healthy serving methods that will give you the least amount of fat and sugar. One-half cup of some berries has 100% of the vitamin C an adult needs. Berries are also rich in potassium.

### Storage

As soon as you get the berries home, check them over. Throw away any that show signs of decay, mold, or other spoilage. Use blackberries within a couple of days.

Raspberries are more fragile and do not stay fresh very long. Use raspberries right away.

### Preparation

Wash, drain, cover, and store blackberries in the refrigerator for later use. Store unwashed raspberries covered in the refrigerator. Wash them before using.

There are many uses for berries. Use them in baked goods, blender drinks, fresh with milk and sugar, in sauces, over desserts, or just eat them plain. Of course, putting up jams and preserves is a way to make sure you enjoy berries in the winter months.

Source: Adapted from <https://extension.umaine.edu/publications/4267e>





## PARENT CORNER

### Breakfast ideas to try

**T**he morning meal doesn't have to be all about normal breakfast items. You can mix it up to have other foods and still have a good healthful start to the day.

Serve a balanced breakfast that is made up of whole grains, protein, and fruit or vegetables. You could try any of these delicious ideas:

- whole-grain cereal with low-fat milk topped with fruit or nuts
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whirled in a blender)
- vegetable omelet with whole-wheat toast
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- shredded cheese on a whole-wheat tortilla, folded in half, microwaved for 20 seconds, and topped with salsa

Source: Adapted from <https://kidshealth.org/en/parents/breakfast.html>

## COOKING WITH KIDS

### Seasonal Layered Fruit Salad

- 1/2 cup fruit A
  - 1/2 cup fruit B
  - 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt
1. Select two different fruits to fit the season, holiday, or summer fun event.
  2. Choose fresh, frozen, or canned fruits.
  3. Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

#### Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: <https://www.planeatmove.com/recipes/recipe/seasonal-layered-fruit-salad>



## RECIPE

### Apple Grilled Cheese

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: <https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese>

**SMART TIPS**

# Make better beverage choices

**M**ake healthy drink choices. Limit the amount of added sugars, saturated fat, and sodium. Start simple with these tips today:

## **Drink water**

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks often have a lot of added sugars.

## **Encourage kid-friendly drinks**

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to choices for your kids. Limit the amount of 100% juice you serve.

## **Compare food labels**

Use the Nutrition Facts label when shopping for drinks. Compare calories and the added sugars.

## **Cut coffee calories**

Skip the whipped cream and chocolate or caramel drizzle. Try low-fat milk and a sprinkle of cinnamon or nutmeg.

## **Grab a bottle and go**

Carry a clean, reusable water bottle in your bag to fill up during the day. Tap water is often easy to find.

## **Jazz up your drink**

Perk up your plain water or seltzer with citrus slices. Try some fresh mint leaves or a few fresh or frozen berries.

Source: Adapted from <https://www.myplate.gov/tip-sheet/make-better-beverage-choices>

**LOCAL EVENTS**

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



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