



Family Nutrition In Action

December 2011

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STOCK YOUR KITCHEN

Winter break can be a busy time with lots of activities and children home. Stock your kitchen ahead of time so healthy meals are quick and children can make healthy snacks. Here are some ideas:

In the Fridge: Cut-up veggies (broccoli, carrots, and bell peppers), oranges, apples, yogurt, cubed cheese or shredded cheese for easy use in recipes.

In the Freezer: Frozen vegetables (broccoli, spinach, and green beans), chicken breast, and lean ground meat.

In the Pantry: Dried fruit like raisins, peanut butter, whole wheat pasta and bread, brown rice, whole grain crackers, water-packed light tuna, low-sodium canned beans, sweet potatoes, salmon, and tomato products.

FOCUS ON HEALTHY CHOICES THIS HOLIDAY SEASON!

Holidays are often a pleasant and fun time spent with family and friends. It can be hard to focus on healthy eating and food choices when you are with lots of people or rushing to events. Here are some ways to make your holiday season a healthy one:

Make Dishes Healthier

- Use whole wheat flour for half the flour in cakes, muffins, and cookies. Get more fiber and B vitamins!
- Use low-fat yogurt instead of whipped cream to cover your dessert. Get calcium, potassium and protein with less fat!
- Add more dried or fresh herbs like oregano or basil to dishes. With extra flavor you can use less salt!



Enjoy Eating at Parties

- Eat a small snack before going to a party. Try a carrot with a slice of cheese or half a banana and 1/4 cup nuts.
- Limit fried snacks and fill half your plate with fruits and vegetables—even small plates.
- Sit down to eat instead of standing.
- Talk or do activities far away from the food table. You will be less tempted to overeat.
- Limit visits to the food table. Small bites add up.

Move Through the Holidays

- Turn up your favorite holiday music and dance with your family. Play games like “follow the leader”.
- Park far away from store doors so you walk further.
- Take the stairs instead of the elevator when possible.

For more information, contact your local County Extension Office:

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Family Nutrition Program
Central Pasco Professional Center
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Land O' Lakes, FL 34639
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Did you know? Some communities have food packages to help families over school winter break. Ask about them at your Cooperative Extension Office or local food cupboard.

A FAMILY RECIPE TO SHARE: BAKED APPLES AND SWEET POTATOES

Yield: 6 servings

Serving Size: 1/6 of recipe

Ingredients:

5 sweet potatoes
4 washed apples
1/2 cup brown sugar
1/2 teaspoon salt
1/4 cup margarine
1 teaspoon nutmeg
1/4 cup hot water
2 Tablespoons honey



Steps:

1. Preheat the oven to 400 degrees.
2. Boil sweet potatoes in water until they are tender. Drain and let cool.
3. Peel and slice sweet potatoes and apples.
4. Grease baking dish with butter or margarine.
5. Put a layer of sweet potatoes on the bottom of the dish. Then add a layer of apple slices.
6. Add some of the sugar, salt, and tiny pieces of margarine to the apple layer.
7. Repeat steps 5 and 6 to make more layers.
8. On the top layer of apples, sprinkle the rest of the sugar and margarine. Then sprinkle the top layer with nutmeg.
9. Mix the hot water and honey together and pour the mix over the top layer.
10. Bake for about 30 minutes until apples are tender.

About 1 1/2
cups of fruits
and vegetables
per serving!

Make this Recipe with Your Family! Older children can peel and slice. Younger children can layer the sweet potatoes and apples. Have someone help measure too!

Adapted from: Pictorial Recipes Lynn Myers Steele, 2000, Oregon State University Extension Service. Recipefinder USDA



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