



## ***Nourishing the Next Generation***

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

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## **Help your Grandchild Eat Enough Iron**

Iron is vital for life, but many pre-school boys and girls don't get enough of it in their diets. Eating enough iron allows for the best physical and mental development of a child. Young children need 7 to 10 mg, or about 40 to 60 percent of the Daily Value for iron, each day.

Offer your youngster iron-rich meals and snacks, including: Lean Protein Foods — Beef, pork, chicken, turkey, fish, liver, giblets, soy, and cooked dry beans and lentils; Grain Foods — "Iron-fortified" cereals; and Fruits and Vegetables — Spinach and foods high in vitamin C, such as oranges. Vitamin C helps increase iron absorption.

If your grandchild is between 1 and 5 years old, give him or her no more than 24 ounces of milk (all kinds) each day. Dairy foods are not high in iron and drinking too much milk can crowd other foods out of the diet. Limit your youngster's intake of sweetened foods and beverages, and high-fat foods without many nutrients, as well.

Source: CDC, *Iron and Iron Deficiency*, Rev. 2/23/2011, [www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html](http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html)





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“Making meals and memories together”

### Homemade Holiday Gift Idea: Dry Food Mixes

Food mixes include the dry ingredients for baked goods, soups, beverages, etc. You and your grandchild could have fun together making festive dry food mixes to give away.

First, you'll need a clean dry jar with a tight-fitting lid, or another type of see-through food container. It must be big enough to hold the dry ingredients. After washing your hands, pour the dry food ingredients into the container. Fasten the lid tightly. On a piece of paper, write the name of the recipe, a list of the wet ingredients needed, and the preparation directions. Attach it to the filled container. Decorate the container or the lid with a picture, pretty paper, a trinket or ribbon.



### Chewy Chocolate Chip Peanut Butter Bars

Here's an example of a dry food mix. It makes 8 baked granola-type cereal bars.

#### Ingredients needed for each container of this dry food mix:

- 3 tablespoons white sugar
- 1/2 teaspoon cinnamon
- 1/2 cup nonfat dry milk
- 1 cup rolled oats, any kind
- 2 tablespoons mini chocolate chips
- 1 cup crispy rice cereal
- 2 tablespoons raisins, firmly packed

#### Directions for assembling the dry mix:

1. Find a see-through food container, with a secure lid, that holds 3 cups of food.
2. Wash your hands.
3. Place sugar and cinnamon in the container. Stir or shake it gently until blended together. Add remaining dry ingredients in layers.
4. Cover with the lid.
5. Attach the information shown in the box below, and some decorations.

#### Recipe for Chewy Chocolate Chip Peanut Butter Bars

##### Ingredients:

- All of the food in the attached container
- 1 raw egg, lightly beaten
- 2 tablespoons peanut butter, any kind
- 2 tablespoons water

##### Directions:

1. Wash your hands.
2. Preheat oven to 325 degrees F.
3. Spray an 8 x 8-inch baking pan with non-stick cooking spray.
4. In a large mixing bowl, stir together all ingredients until blended well. (Note: Do not taste the raw mixture.)
5. Press the mixture firmly into the pan with a spoon.
6. Bake for 20 minutes.
7. Let cool.
8. Cut into 8 pieces.
9. Cover or wrap leftovers.

**Nutrition Facts for 1 bar:** Calories 150; Total fat 4.5g; Saturated fat 1.5g; Trans fat 0g; Cholesterol 25mg; Sodium 160mg; Carbohydrate 23g; Sugars 10g; Protein 5g; Daily Value: 15% Iron