



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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Cook, Share Favorite Foods Together

What special activities do you and your grandchildren like to do together? One activity that may be fun for both generations to do regularly is to cook some favorite (or new!) foods together.

To start, each of you might prepare one favorite food, using a recipe or a packaged food. Another variation is for each of you to prepare a food that you enjoyed when you were your grandchild's age. Using safety precautions, allow younger children to do as much as they comfortably can. Once the food is prepared, sit down and discuss likes or dislikes between the foods, and memories of favorite meals. Whether you have youngsters or older teens, cooking and eating together can be a great time to "connect" and talk about all kinds of topics in a relaxed setting.





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September is national food safety education month. Learn ways to protect yourself and the youngsters you care for against foodborne illness. Can you answer these questions correctly?

True or False? When cooking a hamburger, it's safe to eat after it turns brown in the middle.

Answer: False. Even for experienced cooks, you cannot use visual cues to determine whether food has been cooked to a safe internal temperature. The ONLY way to know that food has been cooked long enough to kill harmful bacteria is to use a food thermometer. Ground meat should be cooked to at least 160 degrees F., measured using a food thermometer.



True or False? It is okay to put hot food in the refrigerator.

Answer: True. Chilling food quickly is one of the best things you can do to reduce the risk of foodborne illness. Put a large pot of food, such as soup or stew, into several shallow containers for quicker cooling in the refrigerator. If you do leave food out to cool and then forget about it, discard it without tasting it. Food is not safe to eat after sitting out at room temperature for more than two hours (or one hour if it is a hot day where the temperature is 90 degrees F. or more). Set the temperature in your refrigerator to be 40 degrees F. or below. Remember, it's not really an "ice box" anymore!



True or False? Rinsing raw chicken helps remove bacteria.

Answer: False. Doing this can spread the germs in the raw juices around your sink, onto your countertops and onto ready-to-eat foods! To kill harmful bacteria, cook poultry to an internal temperature of at least 165 degrees F., measured using a food thermometer.

Source: Adapted from *Fight Bac! Home Food Safety Mythbusters*, <http://www.fightbac.org>

Quality, Quantity are Important in Food Choices

When feeding toddlers and preschoolers, both food quality and quantity are important. Help your grandchild be healthier by offering a variety of foods that are high in nutrients at each meal. Start with small portions. The amount of food that a child eats depends on his or her development and activity level. Size, age, sex, previous nutrition and health history also influence your grandchild's appetite. You can expect lots of variation in the quantity of food that your grandchild desires day to day, and month to month. Tell your grandchild that it's okay to eat only as much as he or she wants at that time. Heredity sets the limits on the height that children can reach, but healthful eating patterns that are established in early childhood will determine whether they reach their growth and development potential.

Source: Adapted from JL Warren and D James, *Grandparents as Parents*, Texas A&M University, #8