



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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Feed Your Young One Independence

While young children can be slow eaters, they are fast learners. Each meal is a chance to help them grow and learn to make some decisions on their own. Let your little ones make some food choices (for example, sweet potatoes or green beans? an apple or a banana?). Also, let them decide how much to eat of the healthy foods that you offer at meals and snacks.



Provide a variety of choices from all food groups. Offer few foods with added sugars, salt or solid fat. You can find many ideas for planning and preparing meals and snacks, at www.ChooseMyPlate.gov

Rest easy, knowing that you're helping your youngster build healthy eating habits for life!

Source: Adapted from *FNS Core Nutrition Messages*, www.fns.usda.gov/fns/nutrition.htm



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A Spotlight on School Lunches

Healthy food may be the last thing on your grandchild's mind by the time lunchtime arrives. But students require (and deserve) much more than just grabbing anything edible. The midday meal should provide about one-third of the total daily calorie intake for children. It should be balanced to satisfy their daily nutrition needs.

Many improvements have been made in school lunch programs, which provide variety and more nutrient-rich foods than ever before. And, your student may be eligible for free or reduced-price lunches.

Packed lunches rarely are as nutritious as those provided by the school. Buying meals at school will also save you from the work of having to pack lunches for your grandchild, and the worry of keeping hot foods hot and cold foods cold for food safety reasons.

To help gain the full experience of school lunches, try to eat with your grandkids at their schools occasionally. Most schools encourage guardians to eat with their students and to learn firsthand about their food service.

Use the opportunity to review upcoming school lunch menus with your grandchildren. Talk about options, and plan for which meals they will select from the school cafeteria and which days, if any, they want to eat a packed lunch from home.

Source: Adapted from S Procter, Young Families, Kansas State University, Vol. 7, #5

Prepare Now to Keep Food Safe during a Storm

The loss of electrical power can cause perishable foods to become unsafe to eat. To get ready before winter storms arrive, follow these tips: Put an appliance thermometer in your refrigerator and in your freezer. Stock enough pantry food to last for several days of not cooking or cooling. Have a hand-held can opener. If your freezer is not full, fill it by freezing some water in clean plastic bottles with secure lids.

If you lose power, put some bottles of ice in the refrigerator. Note what time it is and avoid opening the refrigerator or freezer until power is restored. If you keep the door closed, a refrigerator will keep food cold for four hours; a full freezer will stay cold for 48 hours; and a half-full freezer will stay cold for 24 hours.

When the power is back, check temperatures of the refrigerator and freezer. If the power was out for more than four hours, or the door was not kept shut, discard any perishable refrigerated food (including meats, poultry, seafood, eggs, milk, soft or shredded cheeses, and leftovers) that was kept warmer than 40° F. for two hours or longer. For foods in the freezer, you may safely refreeze ones that contain ice crystals.

Source: Adapted from Ensure Food Safety when the Power Goes Out, www.foodsafety.gov/blog/power_outage.html