

May / June newsletter



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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Choosing Healthful and Affordable Foods

Families are faced with rising food costs. Look for the many nutrient-rich foods that offer health benefits but are not very expensive at the grocery store. Eating a variety of flavorful foods is important for physical and mental health. Health-promoting foods offer immediate benefits (such as increased energy) and long-term benefits (such as less risk of disease).

Here are six tips for preparing quick and healthful meals:

- Fill half of each plate with fruits and vegetables. Choose fresh, canned, dried or frozen.
- Make the most of your grains. Eat more whole-grain foods and fewer refined-grain foods.
- Switch to fat-free or 1% milk and to lean meats and poultry products.
- Instead of sugary beverages, serve more water and low-fat milk.
- Choose prepared foods that are low in saturated fats, added sugars, and salt or sodium.
- Find inexpensive healthful recipes, get tips on MyPlate and safe food handling, and more, online at: <http://recipefinder.nal.usda.gov>



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In the Kitchen with Kids

“Making meals and memories together”

Involve your grandchildren of all ages with your kitchen food preparation tasks, at least some of the time and especially when you have a light-hearted mood. Why? You can enjoy spending time together, you'll give them the chance to learn a life skill (how to cook), and they'll be more likely to eat new foods if they've helped to prepare them.

Be sure to explain safety rules, and expect a bit of a mess at first. Let young ones stay busy by giving them appropriate tasks for their ages and levels of development. The following are suggested activities for young children:

- Wash hands, counters and tables
- Name, describe, and count foods
- Tear greens and lettuce
- Add ingredients as toppings, or to a bowl
- Stir ingredients
- Rinse fresh fruits and vegetables and large pieces of canned foods, such as peaches or green beans, that have been placed in a strainer or colander
- Spread soft foods, such as peanut butter
- Peel bananas or boiled eggs
- Set the table
- Put things in the trash
- Help wash the dishes



Source: <http://recipefinder.nal.usda.gov>

Grow Some Vegetables with Container Gardening

You can get the next generation of youth started with gardening by using containers on a sunny inside windowsill or an outside patio or balcony. Select a spot that gets at least five hours of direct sunlight each day, with more being better. Culinary herbs and leafy vegetables (such as leaf lettuce) can tolerate more shade, while root crops (such as carrots) need more sun. Choose containers with holes in the bottom for drainage. Use drip pans under the containers. Select large containers if growing large vegetables. Fill them with any brand of "potting mix" soil. Buy vegetable seeds for varieties intended to be grown in containers. Water your plants according to the container size and the weather, using enough to allow some water to come out of the bottom drainage holes.

Gardening advice is available by calling your local extension office and online at: www.ksre.ksu.edu/HumanNutrition/doc10557.ashx