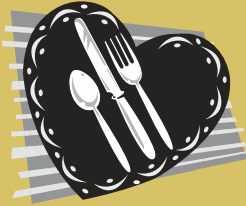


November / December newsletter



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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Help your youngsters learn to love a variety of foods

Frequently offer your grandchildren of all ages a food that is new to them. Encourage them to taste it, but don't force them to. When they do try something new, reward them with plenty of praise, but not with treats.

To help your grandchildren learn to like new foods, you can:

- Let them see you and others (adults or children) eating these new foods. Your grandchildren take their lead from you.
- Serve them a new food along with familiar, well-liked foods.
- Offer them a new food in very small amounts. Offer more if they like it.
- Offer them the new food many, many times. Prepare the new food in different ways, such as fresh, baked or steamed.
- When you are at the grocery store, sometimes let them choose a new food to try.

Source: Adapted from [Child Feeding Tips and Advice](http://www.fns.usda.gov/core-nutrition/child-feeding), www.fns.usda.gov/core-nutrition/child-feeding



Nourishing the Next Generation

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



Wishing You Joyful Holidays and a Happy New Year!

Sitting down to share meals with your family will help make you and your grandchildren happier and healthier. Eating together is one of the best ways to connect as a family. Including these 'ingredients' will help turn your family meals into satisfying, high-quality, positive memory makers:

- Laughing, relaxing, and having some unhurried time together
- Enjoying eating the foods served
- Keeping conversations casual, and listening to each family member talk
- Eliminating distractions, such as by shutting off anything with a power button



Source: Adapted from http://media.us.barilla.com/themes/barilla_full/pdf/BenefitsofTheFamilyDinnerWhitePaper.pdf

"Making meals and memories together"

Fall Harvest Soup *Makes 6 servings, each about 2/3 cup*

Traditional autumn foods – a pear, some pumpkin – are used to make this flavorful savory soup. Meal idea: Serve with a sandwich and a glass of milk.

Ingredients:

- 1 cube chicken-flavored bouillon
- 1/2 teaspoon ground black pepper
- 1 1/2 cups boiling water
- 1 medium pear, cored and cut up
- 15 ounces canned pumpkin (NOT pie mix or filling)
- 1 tablespoon cooking oil
- 1/2 medium bell pepper, cored and cut into small chunks
- 1/2 medium onion, cored and cut into small chunks
- 1 teaspoon minced garlic
- 1/2 cup fat-free sour cream OR plain yogurt, divided
- Dried red pepper flakes, if desired

Nutrition Facts per serving:

80 calories, 2.5g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 200mg sodium, 15g carbohydrate, 3g dietary fiber and 2g protein. Daily Values: 220% vitamin A, 20% vitamin C, 6% calcium, and 6% iron

Directions:

1. Wash your hands and work area.
2. Turn on a slow cooker with a lid to LOW heat. Add the first five ingredients. Mix well.
3. In a skillet over medium heat, heat oil. Add bell pepper, onion and garlic. Cook until softened, about 5 minutes, stirring occasionally. Stir them into the pumpkin mixture.
4. Cover and cook for several hours, until the pear is tender and the soup is hot.
5. Mash the soup, using a potato masher, so it is less chunky.
6. Add a little hot water if the soup is too thick.
7. Just before serving, shut off the heat. Stir in 1/4 cup sour cream or yogurt. Add red pepper flakes to taste.
8. Spoon a serving of soup into a bowl. Top with 2 teaspoons sour cream or yogurt. Sprinkle with pepper, if desired. Serve.
9. Cover and refrigerate leftovers in a shallow container within two hours.

