

March / April / May 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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## **Growing Vegetables or Herbs at Home**

Gardening offers many rewards. Use a garden for family fun as you spend time together planning, planting, caring for it, and harvesting. Also, growing vegetables or herbs will teach your grandchild that plants, like people, need food and water to grow and stay healthy. And it builds their self-esteem when kids see what they can grow! As your grandchild helps care for the growing plants, he or she will develop responsibility. Kids usually want to taste what they have watched growing, too. Be sure to wash your hands and fresh foods before eating!

Almost any herb grows well in a container. Veggies that you may want to help your grandchild grow in containers this spring are dwarf: beets, carrots, green onions, kale, lettuce, radishes or red chard. You could grow the plants in containers placed outside, such as on a porch or balcony, or by a sunny window in the house. To view the *Kansas Garden Guide*, with detailed info about how to plant, care for, and harvest vegetables, including how to grow container vegetables, visit the website: <http://ow.ly/JmyoJ>





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### Kids Benefit when Offered a Variety of Foods

You can help your grandchild be more likely to try new foods, and to like more foods. How? Offer him or her a variety of healthful foods at meals and snacks. It will be easier to plan nutritious family meals, too, if your grandchild likes many types of foods.

You are the most important influence in helping your grandchild learn about food. Offer a new food at the beginning of a meal or snack. Then, let your grandchild choose how much of it to eat. This month, try some foods new to your family, or familiar foods served in new ways! Here are three ideas: a new kind of low-fat cheese, a new recipe for canned or frozen fish, and a new way to serve a vegetable. For instance, prepare the recipe below as a new veggie side dish to go with a favorite meal. Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)

**“Making meals and memories together”**

### Crunchy Baked Kale Chips ~ Makes 6 servings, each about 1 cup

*Serve as an appetizer, a casserole topping, a side dish or a snack*

#### Ingredients:

- 1 bunch of fresh kale, any kind (about 2/3 pound)
- 2 teaspoons cooking oil
- 1/8 teaspoon salt, some ground pepper, and some garlic powder

#### Directions:

1. Wash your hands and work area.
2. Remove the tough center ribs and stems of the kale pieces, using a sharp knife or clean kitchen scissors. Discard or refrigerate them for another use, if desired.
3. Tear the leaves into chip-sized pieces. (Can your grandchild help you do this?)
4. Fill a deep bowl with cool water. Place a handful of leaves at a time in the water and swish them around to remove any dirt and sand. Place leaves on a clean towel. Dry them very well with clean towels or in a salad spinner. (Can your grandchild help?)
5. Preheat oven to 350 degrees F.
6. Place kale in a large bowl. Add oil and seasonings, and stir gently until kale is coated.
7. Arrange some of the kale in a single layer on a baking sheet. Bake for about 10 minutes, or until dry and crisp. Transfer kale chips to a large plate to cool.
8. Repeat step 7 until all of the kale is baked. Serve.
9. Store leftovers in a sealed bag with the air pressed out of it for up to three days. Reheat chips briefly in the oven if they become limp.



**Nutrition Facts per 1 cup:** 30 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 60mg sodium, 3g carbohydrate, 1g dietary fiber and 1g protein. Daily Values: 60% vitamin A, 60% vitamin C, 4% calcium and 2% iron. No added sugars.