

Food \$ense for Families

September/October 2014

<http://fyi.uwex.edu/foodsense/>

If you have a Smartphone, scan this QR code to get more information.



Clearing up confusion on terms – “sometimes foods”

Sweet treats, sugary beverages and greasy chips have a lot of calories but few nutrients. These foods are examples of “sometimes foods.” It’s OK to consume these foods once in a while but not every day. Eat “anytime” foods such as fruits, vegetables and low-fat milk every day.

To cut back on “sometimes foods”:

- Serve water or low-fat milk in place of sweet drinks such as fruit-flavored drinks or sports drinks.
- Offer fresh fruit or fruit canned in juice for dessert.



Photo credit: CDC

- Serve whole grain, low-sugar cereal and low-fat milk in place of a toaster pastry for breakfast.
- Choose raw veggies with low-fat dip in place of French fries.
- Offer baked tortilla chips with salsa in place of greasy chips for snacks.

Source: USDA, [Cut Back on your Kids Sweet Treats](http://www.choosemyplate.gov), <http://www.choosemyplate.gov>

Yummy Halloween treats to make with children

Clementine pumpkins

1. Peel clementine oranges
2. Add a small piece of fresh green bean or celery for the stem



Photo credit: Pinterest



Photo credit: Pinterest

Mummy pizzas

1. Spread a tablespoon of Pizza sauce on top of a split English muffin.
2. Add strips of string cheese on top of the pizza sauce, leaving a narrow strip without cheese.
3. Use a slice of olive or grape for each “eye” in the narrow strip without cheese.
4. Put mummy pizzas under the broiler until cheese starts to melt.

Make meals and memories together. It's a lesson they'll use for life.

Kids like to try foods they help make. It’s a great way to encourage your child to eat fruits and vegetables. They feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Kids love helping in the kitchen. Parents love knowing that their child is also learning skills they’ll use for life. Help teach them to follow instructions, count, and more!

Source: Core message website

Building a MyPlate Meal in 5 Easy Steps

1. Make half your plate fruits and veggies. Fruits and veggies generally cost less when they are in season. Choosing frozen veggies and fruit canned in juice may be a money-saving choice, also.

2. Add a whole grain such as brown rice, whole wheat pasta or a whole grain tortilla. Compare prices to find the best buy when choosing these products.

3. Include a small portion of lean meat. Keeping meat portions small also helps to trim grocery bills. For a real money saver, serve cooked dry beans in place of meat.

4. Looking for a low-cost beverage? Choose low-fat milk. Compared to other dairy products such as cheese or yogurt, milk is the best buy.

5. Have leftovers and use them in other meals. Throwing food away is like throwing away money. For information on saving leftovers safely, see <http://www.foodsafety.wisc.edu/>

For more information on Building a Healthy Meal see <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>



Additional resources

For information and tips on managing your money, parenting and other family issues, check out the Family Living Programs Facebook page at

<http://www.facebook.com/UWExtensionFamilyLiving>

MyPlate Meal Idea

Crisp Fruit Salad
Roast pork or chicken
Green beans
Low-fat milk

Crisp Fruit Salad Serves 6



Ingredients

- 1 red apple
- 1 pear
- 1 teaspoon lemon juice
- 1 cup seedless grapes, halved
- 1/2 cup raisins
- 1 container (6 ounces) low-fat, sugar free vanilla yogurt
- 2 tablespoons low-fat mayonnaise-type salad dressing

Directions

1. Wash fruit under cool running water.
2. Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice.
3. Add grapes and raisins to bowl.
4. Combine yogurt and salad dressing in a small bowl and spread over fruit.
5. Stir to combine. Refrigerate. Best eaten the day it is prepared.

Source and photo credit: Iowa State University Extension, <http://www.extension.iastate.edu/foodsavings/recipes/crisp-fruit-salad>

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