

Food News For Parents



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Dear Parents:

This is our last month teaching nutrition in your child's classroom for this school year; the time has passed by quickly. This month we are teaching portion control, eating the right serving size for meals and snacks. We have enjoyed teaching food and nutrition to your children this year—we hope they shared information with you about eating a variety of food each day from all of the food groups. This newsletter also includes information for you to use during the summer months.

Sincerely,

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SUMMER FOOD SAFETY

Summer brings hot temperatures, which cause bacteria to grow rapidly. You can't see, smell or taste bacteria that cause food borne illnesses, (what we commonly call food poisoning) so some people don't take it seriously.

This is the time of year too, when we take the food outside more often. There are outdoor cookouts, parties, picnics, grilling and camp outs. You don't want to stop doing these activities, just be aware you need to take extra steps to keep the food you serve safe. Here are a few suggestions to help keep your food safe:

- When buying food in the grocery store, pick up perishable foods last and get them home quickly. If you are shopping out of town, take an ice-chest to transfer food into for the ride home. Never leave perishable food in a hot car while you run errands.
- Rather than worry about keeping hot foods hot and cold foods cold, limit the number of perishable foods you serve at picnic sites.
- If you are at a picnic area with no water, use disposable hand wipes or sanitizing solution to clean your hands before handling food.

- Carry an ice-chest to store all perishable foods and remember you can contaminate the ice so bring along a separate bag to use in cups for drinking.
- When grilling out be sure to wash your hands after handling raw meats, poultry and fish.
- Don't re-use utensils, plates, or bowls you used to take raw meats to the grill, you will be putting bacteria back onto the cooked food.
- On a picnic, keep perishable food in a cooler. This includes ham, potato or macaroni salad, hamburger, hot dogs, lunch meat, cooked beef or chicken, deviled eggs, custard or cream pies.
- Put perishable foods back in the cooler as soon as you finish eating. Don't leave them sitting out.
- Ice-chest travel better in the back seat if you have room—your trunk is very hot during the summer months.
- If you are going on a camping trip lack of refrigeration is a problem, so plan your meals to include canned food, peanut butter, dried fruits and nuts, or foods in vacuum packed packaging.
- Don't forget the thermos—a clean well-functioning thermos can keep food hot or cold for hours. Before use, rinse the thermos with boiling water, check to be sure the seal is still working.

Source: USDA

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.

Help Your Child Develop Healthy Eating Habits

A young child's eating habits can be a challenge for any parent. Often, children are more comfortable with the same old routine and what's familiar; getting them to try new foods and expand their acceptance of a variety may sometimes be met with resistance. If your child isn't excited about trying new foods, here are a few tips that may help:

- Offer a small amount of a new food at the beginning of a meal when your child is hungry.
- Always serve a variety of food at each meal, so if your child doesn't like the vegetable that is served, there is still other foods to eat.
- Be a good role model, let your child see you eating new foods. Describe its smell and taste.
- Keep foods separate on a plate, mixed up foods are not appealing to young children.
- If your child is a picky eater, don't make comments, just be consistent with serving foods and mealtime routines. Eventually, he/she will expand acceptance of different foods.
- Blanch (quick cooking for 2 minutes in boiling water) vegetables then cool to make them easier to chew, chill and serve with a low-fat dressing or dip.

- When your child is thirsty, offer water instead of sugary drinks full of empty calories.
- Serve child size portions of food.

Kids ages 4-8 years of age need to get food from each food group every day. MyPlate recommendations break it down by cups. Remember these numbers need to be spread out over three meals and snacks each day. Recommended servings are:

Grains—5 ounces each day

One slice of bread = 1oz.

1/2 cup rice = 1oz.

1 cup pasta = 1oz.

Protein—4ozs each day

One egg = 2oz.

One small hamburger = 3oz

Fruit—1½ cups each day

Vegetables—1½ cups each day

Dairy—2½ cups each day

Adapted from: MyPlate

RECIPE OF THE MONTH

Quick'N Cool Summer Salad

Yield: 8 servings

Ingredients:

14 ounces elbow macaroni

1 can green beans (16 ounce, drained, or other vegetable)

1 can tuna packed in water (6.5 ounces, drained and flaked)

1 cup cheese (diced)

½ cup sweet pickles (diced)

½ cup onion (diced)

1 cup yogurt, plain

½ cup mayonnaise, light

1½ tablespoons lemon juice

¼ teaspoon seasoned pepper

¼ teaspoon salt

Instructions:

1. Prepare elbow macaroni according to package directions and drain. Add vegetables, tuna, onions, cheese, and pickles.
2. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper.
3. Toss with macaroni mixture. Chill before serving. Refrigerate leftovers promptly.

Cost: Per Recipe: \$4.64

Per Serving: \$0.58

Nutrition Facts

Serving Size 1/8 recipe

Servings Per Container 8

Calories 360	Calories from Fat	0
% Daily Value*		
Total Fat		12g
Saturated Fat		5g
Cholesterol		30mg
Sodium		500mg
Total Carbohydrate		46g
Dietary Fiber		3g
Sugars		6g
Protein		18g

Vitamin A **n/a** • Vitamin C **n/a**

Calcium **n/a** • Iron **n/a**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: SNAP-Ed Connection Recipe Finder www.whatscooking.fns.usda.gov Washington State University Extension. Favorite Recipes for Family Meals.