

Healthy Meals Healthy Children

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Web Site:
Ward.agrilife.org

Back to School...

Dear Parents,

Welcome to the Healthy Children Newsletter. Each month this newsletter will provide you with tips and information to help you make wise food choices for your family's meals and snacks. This month is National Food Safety Month so there is information about food safety as well as a fun maze to help children learn steps in proper hand washing and a recipe for cinnamon French toast to make with your child.

Remember that you are the most important influence on your child's habits, and that you can do many things to help your children develop healthy eating habits for life.



Cook together, eat together, talk together, and make mealtime a family time!

Abigail Pritchard

Abigail Pritchard
CEA-F&CS, Ward County

Because September is National Food Safety Education Month, much of this newsletter highlights the importance of proper food safety. The 2010 Dietary Guidelines for Americans outline four basic food safety principles of CLEAN, SEPARATE, COOK and CHILL. They directly align with the Academy of Nutrition and Dietetics and ConAgra Foods' Home Food Safety program's four simple tips to reduce the risk of foodborne illness:

- 1) Wash hands often.
- 2) Keep raw meats and ready-to-eat foods separate.
- 3) Cook to proper temperatures.
- 4) Refrigerate promptly to 40 degrees Fahrenheit or below.

Check this link to homefoodsafety.org for more details about keeping your family's food safe.

Adapted by Abigail Pritchard from Home Food Safety
<http://homefoodsafety.org/vault/2499/web/files/App%20Flier.pdf>
Retrieved 8/28/14

START It's dinner time! Mike and Lily have been playing outside and are hungry. Help them get to dinner by washing their hands first!

Step #1
Wet your hands with warm water, then add soap.

Step #2
Rub your hands together for 20 seconds, the length of two choruses of the Happy Birthday song!

Step #3
Rinse your hands clean with warm water.

Step #4
Dry with a clean towel. Now you're ready to eat!

FINISH

eat right Academy of Nutrition and Dietetics
www.homefoodsafety.org
ConAgra Foods

Teaching Kids to Cook

Young children love helping out, but need very close adult supervision since their motor skills are still developing. Teach these youngsters the importance of washing produce and using clean appliances and utensils.

Appropriate Tasks:

- Wash hands with warm, soapy water for at least 20 seconds. Make it a game by singing the “Happy Birthday” song together twice as you wash your hands.
- Wash fruits and vegetables in the sink with cool tap water.
- Wipe up tabletops.
- Mix ingredients like easy-to-mix batters.
- Brush (or “paint”) oil with a *clean* pastry brush on bread, asparagus or other foods.
- Cut cookies with fun shaped cookie cutters (but don't eat the raw dough!).

Adapted by: Abigail Pritchard from Home Food Safety online
<http://www.homefoodsafety.org/kids/teaching-kids-to-cook>
 Retrieved 8/28/14

Cinnamon French Toast

Servings: 6 (1 Slice Per Serving)

This version of French toast uses whole-wheat bread and fat-free milk for a healthier option.

Ingredients

2 large eggs
 ½ cup fat-free milk
 ½ teaspoon vanilla
 1½ teaspoon ground cinnamon, or to taste
 6 slices whole-wheat bread
 Cooking spray
 Light pancake syrup or sliced fresh fruit (optional)

Directions

Thoroughly mix eggs, milk, vanilla and cinnamon.
 Dip both sides of the bread slices, one at a time, into egg mixture. Redip if necessary, until all of the egg mixture is absorbed into the bread.
 Spray a nonstick skillet with cooking spray. Heat over medium heat.
 Place dipped bread slices on heated skillet. Cook 2 to 3 minutes per side or until both sides are golden brown.
 Drizzle with pancake syrup or top with sliced fresh fruit (optional).
 Serve warm.

Adapted by: Abigail Pritchard from Kids Eat Right
<http://www.eatright.org/kids/recipe.aspx?id=6442467518>
 Retrieved 8/28/14