

Healthy Meals Healthy Children

TEXAS A&M
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Web Site:
Ward.agrilife.org

"Bite into a Healthy Lifestyle"

Dear Parents,

In celebration of the 2015 National Nutrition Month theme, "Bite into a Healthy Lifestyle," the Academy is encouraging everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight. To find out more about National Nutrition Month go to <http://www.eatright.org/resource/food/nutrition/healthy-eating/bite-into-a-healthy-lifestyle>

Bring the "luck of the Irish" to your family by helping them learn healthy eating behaviors while they are young. These healthy habits will benefit them their whole life.

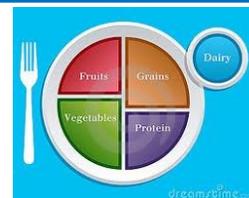


Abigail Pritchard

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CEA-FCS, Ward County

MyPlate Tip of the Month:

Take your time



Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>

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10 Ways to Get Kids Involved in the Kitchen

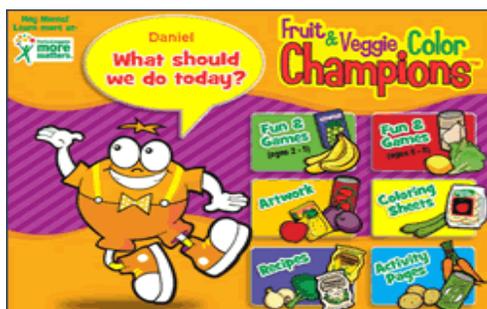


- **Mean Green Cleaning Machine.** Let them wash [fruits](#) and [vegetables](#) when preparing for cooking or eating.
- **Pick A Peck!** When shopping, let them select a new fruit or vegetable to try ... or several!
- **Make It Snappy!** Let them snap the [green beans](#), snap peas, or break the florets from the [broccoli](#) or [cauliflower](#).
- **I Spy.** Play "I Spy" in the Produce section when grocery shopping.
- **Tear It Up!** Let them tear the lettuce for salads and sandwiches.
- **Measure Up!** Let them measure the [frozen](#) vegetables before cooking them.
- **Peel & Slice.** Older children can peel and slice [carrots](#), [cucumbers](#), [potatoes](#) ... the list goes on!
- **Stir & Spice.** Make applesauce from fresh [apples](#). Let them help stir and add the cinnamon.
- **A Sprinkle A Day...** Let them sprinkle herbs or other seasonings onto vegetables.
- **Monster Mash!** Pull out the potato masher!

<http://www.fruitsandveggiesmorematters.org/top-10-to-get-kids-involved>



foodchamps.org



Fun Recipes That Keep Kids Healthy

Awesome Granola

Yield - 10 servings

Ingredients

- 3 cups oatmeal (uncooked)
- 1/2 cup coconut (shredded or flaked)
- 1 cup pecans (chopped, walnuts or peanuts)
- 1/4 cup honey
- 1/4 cup margarine (liquid)
- 1 1/2 teaspoon cinnamon
- 2/3 cup raisins

Instructions

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13x9 inch baking pan at 350°F for 25- 30 minutes or until golden brown.
3. Stir every 5 minutes.
4. Stir in raisins.
5. Cool thoroughly. Store in tightly covered container.

Cost - Per recipe: \$2.01; Per serving: \$0.20

Source: Texas A&M AgriLife Extension, Expanded Nutrition Program - Hidalgo County

Southwest Fruit Salsa

Makes: 6 Servings

Canned fruit that is lower in sugar is the main ingredient in this recipe. Canned mixed fruit can sweeten a spicy salsa.

Ingredients

- 1 can mixed fruit (drained, about 15 ounces)
- 1/2 cup onion (chopped)
- 2 tablespoons lime juice
- 1/4 cup green pepper or jalapeño pepper (chopped)
- 1/8 teaspoon black pepper

Directions

- Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
- Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

Recipe adapted from Delmonte.com