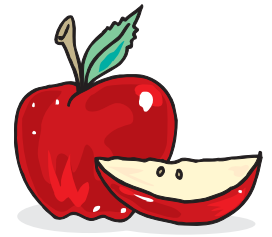


# Healthy Choices for Kentucky Food Stamp Families

*This material was funded by USDA Food Stamp Nutrition Education through the Kentucky Cabinet for Health and Family Services.*



## Introduction

Welcome to the first Food Stamp Nutrition Education newsletter provided by the University of Kentucky Cooperative Extension Service Food Stamp Nutrition Education program.



This newsletter, Healthy Choices for Kentucky Food Stamp Families, will be printed six times a year. The purpose is to help you learn more about nutrition, food safety, and budgeting your food dollar. Each

newsletter will be divided into seven sections: Introduction, Parents' Pow-Wow, Senior

Section, Kids' Corner, Basic Budget Bites, a recipe, and a listing of local events sponsored by the Cooperative Extension Service in your county.

We hope you enjoy reading the newsletter and find it helpful in your everyday life. If you have questions about the newsletter, a good place to start would be with the Family & Consumer Sciences agent at your local Cooperative Extension Service. Their phone number is listed on the newsletter's last page.

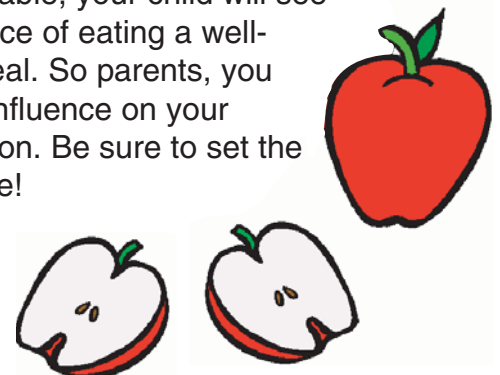
This first newsletter celebrates the fall. Fall is a fun time of the year. The weather is still nice. You can get outside, go for walks, and enjoy the beauty of nature.

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## Parents' Pow-Wow

Parents, you play a very important part in your child's nutrition. Lots of times, children will do what they see their parents doing. If your children see you eating a whole bag of potato chips at a time, the child will want to do the same. Do your children see you eating lots of sweet junk food? If so, they will see nothing wrong with eating lots of sweet junk food. Does your child see you eating apples and oranges for snacks? If so, then he or she will start to understand that eating apples and oranges is a

good, healthy snack. If you eat a well-balanced meal at the table, your child will see the importance of eating a well-balanced meal. So parents, you are a huge influence on your child's nutrition. Be sure to set the right example!



# Senior Section

## Replace Expensive Laxatives with Fruits and Vegetables

Many people use laxatives to relieve constipation. For some people, laxatives are so effective that they come to depend on them. Over time however, laxatives damage your intestines by making them weak and flabby. When this happens, your intestines are not able to move food properly and you are forced to use laxatives all the time or on a regular basis.

A better way to relieve constipation is to eat a diet high in fiber. People over the age of 51 should consume 20 to 30 grams of fiber each day. However, the average American gets only 10 grams a day. Increasing the number of fruits and



vegetables in your diet is an easy way to get the fiber you need.

When eating a diet high in fiber be sure to drink lots of water. Plenty of water is needed so the fiber particles can soak it up and make your stools soft and bulky. Some good sources of fiber are: 1 cup pinto, navy, or black beans; a 5-inch baked potato with skin; ½ cup corn; ½ cup chopped broccoli; five prunes; one medium pear; five dried figs; 3-inch apple with peel; one slice whole wheat bread.

*Information adapted from Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition*

## Kids' Corner

Would you like to enjoy a sunny fall day outside? Ask your parents to take you on a hike. You can go around the block, out in a field, at a park, or around a pumpkin patch. Tell them you would like them to help you make trail mix as a snack for your hike. Here is a recipe you might try:

- 1 cup bite-size shredded wheat
- 1 cup Chex®-type cereal, any flavor
- ½ cup raisins
- ½ cup roasted peanuts

Combine the ingredients in a bowl. Put one cup in a small plastic bag. Continue until you have measured out all the trail mix into small plastic bags. Take with you on your hike, and enjoy your snack and the scenery.



### Newsletter question for kids:

We should eat 5 to 9 servings of these a day.

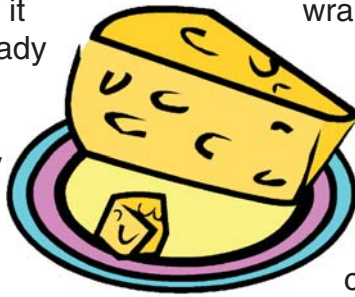
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*(Answer on the next page.)*

# Basic Budget Bites



Do you and your family like cheese? How do you buy your cheese? Do you buy it already shredded? Do you buy it already individually wrapped? Next time you buy cheese, be sure to compare the price. Often, it costs a lot more to buy the shredded cheese rather than a block of cheese that you shred at home. Cheese will last four to eight weeks in the refrigerator after opening. If a block of cheese is too much for your family to



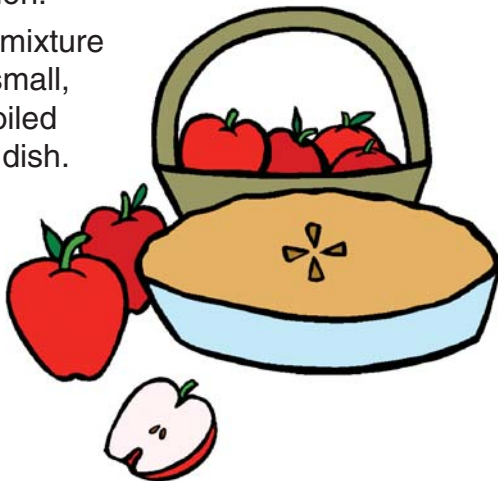
eat at one time, it can be frozen. Be sure to wrap tightly with heavy-duty foil and put into a freezer plastic bag. Squeeze all the air out of the bag and put the date on it before placing in the freezer. Most natural cheeses can be frozen for six to eight weeks. Thawed cheese is best used in cooked dishes. This is just another way to save money when food shopping.

## Try This Recipe for a Fall Treat

### Apple Crisp

- 2 cups apple slices
- ¼ cup sugar
- 1 tablespoon flour
- ¼ teaspoon cinnamon

1. Combine apples with sugar, flour, and cinnamon.
2. Spoon mixture into a small, lightly oiled baking dish.



### Crumb Topping:

- ¼ cup flour
- 2 tablespoons brown sugar
- 2 tablespoons margarine, softened
- 2 tablespoons oatmeal

1. Combine flour and brown sugar. Cut in margarine.
2. Add oatmeal and mix. Sprinkle over fruit mixture.
3. Bake at 400°F for 30 to 40 minutes.

**Makes 3 to 4 servings.**

### Nutrition Facts:

202 calories per serving;  
Protein 2g; Total Fat 6g; Carbohydrate 36g;  
Cholesterol 0g; Sodium 70mg.

**Kids' Corner Answer:** Fruits and Vegetables

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# *Local Events*

If you are interested in nutrition classes contact the Extension office.

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