

MARCH / APRIL 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Save more at the store

Think outside the store. Farmers' markets and farm stands can be a great choice for picking up fresh produce. Visit the Farmers' Markets and Food Banks directory at PlanEatMove.com/farmers-markets-food-banks to find a market near you.

- **Ask around.** Ask friends and family to see where they shop to find great deals! Grocery stores, ethnic markets, dollar stores, retail supercenters, and wholesale clubs may offer good deals.
- **Read the sales flyers.** Most of the time sales flyers come out mid-week. Flyers can be found at stores (and their websites), and in newspapers.
- **Eat before you shop.** Grocery shopping while hungry can lead to impulse buying. It can also lead to food choices that are not healthy. Eat before you go to keep you on task.
- **Join your store's loyalty program.** Most stores offer a free loyalty program. Get special offers, coupons, and savings for being a member.

Source: Adapted from USDA, MyPlate



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



**LEFTOVERS
CAN BE KEPT IN
THE REFRIGERATOR
FOR 3 TO 4 DAYS.**

BASIC BUDGET BITES

Kitchen timesavers

Springtime weather means more time outside being active and less time in the kitchen. Try these kitchen timesavers to make less work for you. Take the stress and hassle out of cooking. You will have more time to enjoy meals and to spend with your loved ones.

- **Keep within easy reach items you often use**, such as cooking oils and sprays, spatulas, cutting boards, and spices. This will save you from having to search for them later.
- **Before you start to cook, clear off the counters.** This gives more room for prep space.
- **Double your recipe.** For your next casserole or stew, double the recipe and freeze the extra.

You will save time and make cooking next week's dinner a snap.

- **Freeze** leftover soups, sauces, or gravies in small reusable containers.
- **Leftovers must be refrigerated within 2 hours of cooking food.** Throw away food that has been left at room temperature for more than 2 hours (1 hour if the temperature is over 90 degrees, such as at an outdoor picnic during summer).
- **Leftovers can be kept in the refrigerator for 3 to 4 days.** Or they can be frozen for 3 to 4 months. Frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

Adapted from USDA, MyPlate



SMART TIPS

3 healthy tips that can save you money

- 1.** Drink water instead of sodas or other high-sugar drinks. Water is easy on your wallet and has zero calories.
- 2.** Save time, money, and calories by skipping the chip and cookie aisles.
- 3.** Choose checkout lanes without candy shelves if you have kids with you.

Adapted from USDA, MyPlate

FOOD FACTS

Added sugars

Added sugars are sugars and syrups that are added to foods and drinks when they are made. This does not include sugars found in milk and fruits. To build healthy eating habits and stay within calorie needs, people over age 2 should eat foods and drink drinks with little or no added sugars. Children under age 2 should not have them at all.

Adapted from USDA, MyPlate

COOKING WITH KIDS

Applesauce Pancakes

Keep a batch of these pancakes in the freezer for those busy mornings when you need a quick breakfast. Just pop them in the microwave or toaster and enjoy.

- 1 cup unsweetened applesauce
- 1/4 cup dry milk powder, non-fat, instant
- 1 cup water
- 2 eggs
- 1 tablespoon oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder
- Non-stick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Clean food preparation area.
2. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
3. Add flour, sugar, cinnamon, and baking powder.
4. Stir until mixture has only small lumps.
5. Place a large skillet on medium-high heat.
6. Spray skillet with non-stick cooking spray.
7. Pour 1/2 cup batter onto skillet.
8. Turn pancake when bubbles form on top of batter.
9. Cook the other side for about 1 minute or until golden brown. Serve.
10. Refrigerate leftovers within 2 hours.

Serving size: 1 pancake
Makes 6 pancakes

Nutrition facts per serving: 240 calories; 4g total fat; 1g saturated fat; 55mg cholesterol; 220mg sodium; 44g total carbohydrate; 2g dietary fiber; 10g total sugars; 4g added sugars; 8g protein; 0% Daily Value Vitamin D; 8% Daily Value calcium; 10% Daily Value iron; 4% Daily Value potassium

Source: Tennessee State University
Cooperative Extension Service

RECIPE

Quick and Easy Pizza

Next time they ask for pizza, you can feel good about saying “yes!” Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese, and lots of fresh fruits and veggies. Save money by cooking at home.

- 4 (6-inch) tortillas
- 1/2 teaspoon oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 medium green bell pepper, thinly sliced
- 1 medium red onion, thinly sliced
- 2 teaspoons minced garlic
- 1/2 cup no-salt-added tomato sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Clean food preparation area.
2. Heat oven to 400 degrees F.
3. Place tortillas on 2 large baking sheets.
4. Cook, flipping once, until crisp (about 10 minutes). Set aside.
5. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onion, and garlic.
6. Cook until all vegetables are soft and tender (about 10 minutes). Set aside.
7. Spread tortilla crust with 2 tablespoons tomato sauce, 1/4 cup vegetable mixture, 2 tablespoons mozzarella cheese, and 1/2 teaspoon Parmesan cheese. Repeat with remaining crusts and toppings.
8. Transfer pizzas to baking sheets.
9. Cook until cheese is melted and edges of tortillas are golden brown (about 10 minutes).

MyPlate tip: Set up a pizza-making station in the kitchen. Let kids choose their own favorite toppings, then pop pizzas into the oven to cook.

Serving size: 1 tortilla
Makes 4 servings

Nutrition facts per serving: 200 calories; 7g total fat; 3g saturated fat; 10mg cholesterol; 420mg sodium; 26g total carbohydrate; 2g dietary fiber; 5g total sugars; 0g added sugars; 9g protein; 0% Daily Value Vitamin D; 10% Daily Value calcium; 6% Daily Value iron; 6% Daily Value potassium

Source: The Best of La Cocina GOYA: Healthy, Tasty, Affordable Latin Cooking





PARENT CORNER

Meal planning

Make mealtime easier by planning a weekly menu of your meals. Post your weekly meal plan in a place where everyone can see it — the refrigerator door is always a good spot. Here are some tips to get started planning weekly meals.

- **See what you already have.** Look in your freezer, cabinets, and fridge. You can save money by using these items in planned meals.
- **Write down recipes to try.** Find new ideas for healthy and budget-friendly meals based on what you have, foods your family enjoys, and foods that are good buys.
- **Make a grocery list.** Write your grocery list by store section to make shopping quick and easy.
- **Buy a mix of fresh, frozen, and shelf-stable items.** Plan for a mix of fresh, frozen, and shelf-stable foods for your meals. Eat fresh food first so it does not go bad. Stock your freezer and pantry with items you can eat later.

Adapted from USDA, MyPlate

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

VISIT US ONLINE AT
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)