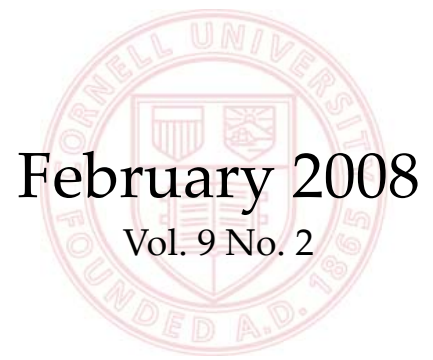


Eat Smart New York!



Produced By Cornell Cooperative Extension

Healthy Eating Start with the Basics

As parents, you are the gatekeepers who decide what food comes into your home and your kitchen. As a gatekeeper, it is up to you to offer your children a variety of healthy foods. Once you offer these foods, it is up to your child to choose what they eat and how much they eat from the foods offered.



Sensible Snacks for you and your family

Frozen 100%
fruit bar

Baked tortilla chips
and salsa

Hummus and
whole grain
crackers

Popcorn
(for children 4 years
and older)

Low-fat cheese
stick

Bowl of hot or
cold whole grain
cereal

As a parent, you can:

- ◇ **Be a great role model and eat meals with your children.** At these meals, let your kids see how much you enjoy fruits, vegetables, whole grains and low-fat milk.
- ◇ **Tune in - to hunger cues that is!** Stop the mindless eating that many of us do and teach your kids to eat when they really are hungry. Many of us eat because it's a habit to (when we watch TV) or take second helpings just because the food is sitting in front of us.
- ◇ **Teach your children to eat until they are satisfied, not until they are stuffed.** Many of us grew up with the "clean plate club" but teaching kids to eat just until they are full will help them and you to stay at a healthy weight.
- ◇ **Keep healthy snacks** available within your child's reach. On the low shelf in the refrigerator, keep whole pieces of fruit or cut up raw vegetables to snack on. Choose one cabinet to be the snack cabinet for kids and keep snacks like fat free pudding cups, whole grain crackers (in snack size baggies) and cereal bars where your children can reach them.
- ◇ **Start your family's day with a nutrition packed breakfast** including low-fat dairy, whole grains and fruit.

Adapted from Kidnetic.com "Real Life Guide for Parents"

Winter Pasta Meals

On a dark and cold February night, try a pasta meal. Pasta is filling, inexpensive, delicious, and healthy and makes a quick meal. To increase the fiber in your pasta dish, replace half of your white pasta with the same shape whole wheat pasta.



Chicken Fajita Orzo

Makes 6 servings

- 1 pound orzo, ditalini or other small sized pasta, uncooked
- 1 teaspoon vegetable or olive oil
- 4 boneless, skinless chicken breast halves, cut into strips
- 2 large green peppers cut into small pieces (or 1 bag frozen chopped peppers)
- 1 large onion, sliced thin
- 1- 14.5 ounce can diced tomatoes, drained
- 1 bunch green onions, thinly sliced or about 1/4 cup onion cut into very small pieces
- 1 jalapeno pepper, seeded and chopped into very small pieces
- 3/4 cup lime juice
- 1/2 teaspoon salt
- 1/4 cup low-fat sour cream

Directions:

1. Cook pasta according to directions on box; drain and set aside.
2. While the pasta cooks, heat the oil in a frying pan over medium heat. Add chicken and stir often so it does not burn. Add the green peppers and onion and continue to cook until chicken and vegetables are done, about 5 minutes.
3. In a bowl, make a salsa by mixing the tomatoes, green onions, jalapeno, lime juice and salt.
4. Toss together the cooked pasta, salsa and chicken mixture. Top each serving with a spoonful of sour cream.

Nutrition Facts per serving: 468 calories, 28% calories from fat, 15 g fat, 13 g protein, 74 g carbohydrate, 6 g dietary fiber, 0 mg cholesterol, 648 mg sodium

Adapted from Saving Dinner by Leanne Ely

Pasta and Beans

Makes 4 servings

- 2 tablespoons vegetable or olive oil
- 2 cloves garlic chopped very small
- 1- 14.5 ounce can diced tomatoes
- 1/2 teaspoon dried oregano
- Pinch of crushed red pepper or a dash of hot sauce
- 1- 15-ounce can cannellini beans, rinsed
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- 8 ounces orecchiette, radiatore or other short pasta
- 1 pound kale or spinach, stem ends trimmed, rinsed and cut into 1 1/2-inch pieces
- 1/4 cup grated Parmesan cheese

Directions:

1. Put a large pot of water on to boil for cooking pasta.
2. Heat oil in a large skillet over low heat. Add garlic and cook, stirring, until fragrant but not colored, about 1 minute. Add tomatoes, oregano and crushed red pepper. Cover and increase heat to medium. Cook about 5 minutes.
3. Add beans; reduce heat to low and simmer, covered, until heated through. Season with salt and pepper.
4. Meanwhile, cook pasta in the boiling water for 4 minutes. Add kale or spinach and cook until the pasta is just tender and the kale or spinach is tender, 4 to 5 minutes more.
5. Scoop out 1/2 cup of the cooking liquid.
6. Drain the pasta and kale or spinach and place in a large bowl. Add the tomato mixture and the 1/2 cup cooking liquid; toss to coat. The dish should be slightly soupy. Sprinkle each serving with cheese.

Nutrition Facts per serving: 460 calories, 20% calories from fat, 10 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 480 mg sodium, 76 g carbohydrate, 19 g protein

<http://www.eatingwell.com>



Mexican Lasagna

Makes 6 servings

- 1/2 pound ground turkey
- 1/2 envelope taco seasoning mix
- 1 can enchilada sauce
- 1 - 14.5 ounce can diced tomatoes
- 3/4 cup salsa
- 1 - 14.5 ounce can black beans, drained
- 9 ounces lasagna noodles
- 2 cups low-fat cottage cheese
- 3 cups low-fat Cheddar cheese, shredded

Directions:

1. In a frying pan, brown the turkey. Drain and rinse the grease. Add taco seasoning and one half of the recommended amount of water on the package. Simmer for 5 minutes. Set aside.
2. Preheat oven to 375 degrees F.
3. In a medium bowl, stir together the enchilada sauce, tomatoes (with their juice) and salsa. Stir in the black beans.
4. To make the lasagna: Use a 13x9 pan. Spoon in 1/3 of the tomato sauce mixture and spread evenly. Add lasagna noodles until the sauce is covered. Add all the meat, spreading it evenly over the noodles. Add 1 cup of cottage cheese and spread evenly. Sprinkle 1 cup of cheddar cheese next. Spoon half the remaining sauce on top.
5. Add another layer of noodles. Cover with remaining 1 cup of cottage cheese. Sprinkle 1 cup of cheddar cheese next. Add another layer of noodles, the rest of the tomato sauce and last 1 cup of cheddar cheese.
6. Loosely cover with foil.
7. Bake 45 minutes or until noodles are tender. Wait 5 minutes before cutting lasagna.



Nutrition Facts per serving: 547 calories, 13 g fat (22% calories from fat), 44 g protein, 62 g carbohydrate, 7 g dietary fiber, 57 mg cholesterol, 1072 mg sodium

Adapted from Saving Dinner by Leanne Ely

FIVE

Easy Ways to Enjoy More

Mealtimes Together



1 Plan one more family mealtime in every week. Try breakfast or lunch or set aside time on the weekend.

2 Plan to enjoy tasty menus for family meals together. The best meals are simple, delicious and planned together. Let everyone choose a favorite menu.

3 Plan to set an appealing table for family meals. A little extra attention to the actual table setting can set the mood for relaxed time around the table. Try a candle, colored napkins and wipe clean plastic placemats for children.

4 Plan to enjoy conversation at the table. Children learn new words from adults and adults are able to share their values with children. Choose topics that are positive and allow everyone to talk.

5 Plan to enjoy distraction free meals. TVs, DVDs, phone calls and text messaging can distract anyone, making it difficult to eat or carry on a conversation. Declare mealtime an electronics-free zone.

Material provided by the Cattlemen's Beef Board and National Cattlemen's Beef Association and funded by the Beef Checkoff

KORNER I D S

What is Your Favorite Meal?

Distributed by:

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BUDGETING

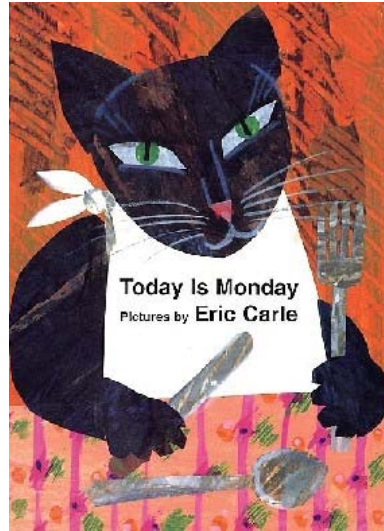
KEEPING IN SHAPE

SAVING MONEY ON FOOD

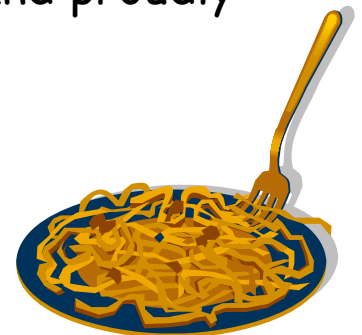
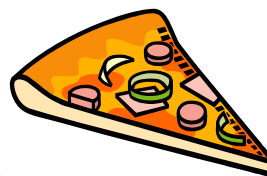
COOKING

EATING HEALTHY

MAKING TASTY MEALS



Head to the library this month
and borrow *Today is Monday* by
Eric Carle. When you finish
reading the book with your child,
ask your child what his or her
favorite meal is and why. Have
your child draw a picture of
their favorite meal and proudly
display it!



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