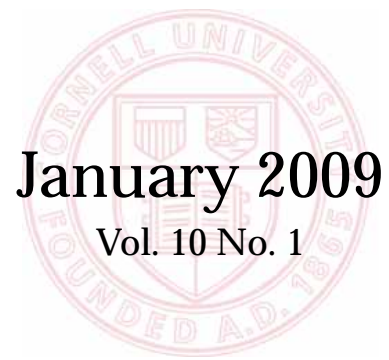


Eat Smart New York!



Produced By Cornell Cooperative Extension

Start the New Year with Happy Family Meal Time

Avoiding fights with your kids over food during meal time is a goal for most families. You can make mealtimes calm and happy by using the division of responsibility between adults and children. Adults are responsible for what foods and drinks are served for meals and snacks. They are also responsible for where the meals are served and for making meal time pleasant. Children are responsible for deciding whether to eat and how much to eat. As children grow, they can learn table manners too.



Five more ideas for calm and happy family meal times:

1. Make regularly scheduled meals a family priority. Young children need the comfort of structured meal times and snacks. Take time to sit down and eat with your child.
2. Avoid pressuring or forcing children to eat. Most adults have good intentions when they try to force children to eat healthy foods or to try new foods. Pressure does not work. Children like foods less if they are forced to eat them, or if they are given bribes or rewards for trying foods.
3. Model the habits you want children to develop. Young children do not automatically know how to eat healthy. They learn how to eat and learn table manners from watching the adults in their lives. You are your child's most important role model for developing lifelong healthy habits.
4. Enjoy the foods you want your children to enjoy. Children learn to eat and enjoy new foods by watching others. If you want your child to eat green vegetables, serve them often and eat them yourself. Talk about how the food makes you strong and healthy.
5. Have realistic expectations for mealtime behavior. It takes time for kids to learn new skills like table manners. Adults need to reinforce acceptable behaviors. Kids need to know ahead of time that they will need to leave the table if they continue misbehaving.

How many of you would say not having enough time is your biggest challenge for taking steps to being a healthy role model for your kids? Probably just about everyone. Here are some quick kitchen tips that will help to "lighten" up foods you already serve.

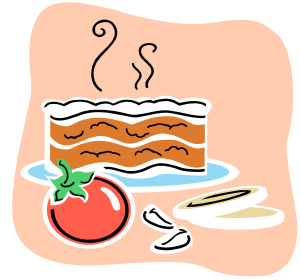
- Make burgers, meatloaf and tacos with extra lean ground beef. It may cost more per pound, but there is more meat and less fat once you cook it.
- Bake chicken and fish instead of frying it.
- Use low fat or fat free milk and yogurt and try fat free half-n-half for creamy dishes.
- Choose fruit canned in its own juice or water instead of syrup.
- Serve salsa or low fat ranch salad dressing for a dip.
- Use reduced fat or light salad dressings and mayonnaise.
- Choose whole grain crackers instead of saltines.

Try these yummy pasta recipes this month. Replace white pasta with whole wheat pasta and get more fiber into your family's meals.

Skillet Lasagna

Makes 8 1-cup servings

- 1/2 pound 90% lean ground beef
- 1/2 onion, chopped (about 1/2 cup)
- 2 cloves garlic, minced, or 1/4 teaspoon garlic powder
- 1 - 28 ounce jar spaghetti sauce
- 1 cup water
- 8 ounces lasagna noodles (try whole wheat!)
- 1 - 10 ounce package frozen chopped spinach, thawed
- 1 - 12 ounce container low fat cottage cheese
- 1/2 cup shredded part skim mozzarella cheese



Directions:

1. Cook ground beef, onions and garlic together in a large skillet. Stir often to prevent sticking. When ground beef is browned, scrape mixture into a colander set in the sink. Rinse mixture with hot water to remove grease. Return mixture to skillet.
2. Add spaghetti sauce and water to skillet and bring to a boil.
3. Add uncooked noodles and stir. Cover with a lid and turn down the heat. Cook for 5 minutes.
4. Squeeze thawed spinach in your clean hands to remove the water. Stir into the mixture in the pan. Cover and simmer 5 more minutes.
5. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese and put the lid on. Let it heat another 5 to 10 minutes until heated through and noodles are tender.

**Nutrition Facts: Serving Size – 1 cup, 280 Calories, 70 Calories from Fat, 7g Total Fat, 24% Calories from Fat, 3g Saturated Fat, 0g Trans Fat, 25mg Cholesterol, 520mg Sodium, 38g Total Carbohydrate, 4g Dietary Fiber, 10g Sugars, 14g Protein, 30% Vitamin A, 10% Calcium, 6% Vitamin C, 15% Iron.

Source: Iowa State University Extension 2008 Nutrition Calendar

Spaghetti with a Secret

Makes 4 servings

The "Secret" to this recipe is using a blender to mix vegetables with the pasta sauce before heating the sauce and adding it to the spaghetti.

- 8 ounces uncooked spaghetti (try whole wheat for more fiber- you get 5 grams more fiber per serving)
- 2 cups frozen broccoli, cauliflower and carrots mix (or other frozen vegetable mix of your choice)
- 1-28 ounce jar spaghetti sauce
- 4 tablespoons Parmesan cheese, grated



Directions:

1. Cook the spaghetti according to package directions, drain, and rinse with cold water; set aside.
2. Cook vegetables according to package directions.
3. Add vegetables and spaghetti sauce to blender and whirl until vegetables are completely blended.
4. Toss spaghetti with sauce and heat until hot.
5. Divide among 4 plates; sprinkle the cheese over top.

**Nutrition Facts: Serving Size – 1/4 recipe, 430 Calories, 70 Calories from Fat, 8g Total Fat, 16% Calories from Fat, 2.5g Saturated Fat, 0g Trans Fat, 10mg Cholesterol, 920mg Sodium, 74g Total Carbohydrate, 9g Dietary Fiber, 22g Sugars, 14g Protein, 120% Vitamin A, 15% Calcium, 80% Vitamin C, 15% Iron

Adapted from Alice Henneman, University of Nebraska-Extension at <http://lancaster.unl.edu>

Italian Broccoli and Pasta

Makes 4 servings

- 1/2 box fettuccini noodles, uncooked (try whole wheat!)
- 3 tablespoons chopped green onion (also called scallions)
- 2 cups broccoli florets (can use frozen)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 can (14.5 ounce) stewed tomatoes
- 2 teaspoons grated Parmesan cheese



Directions:

1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with nonstick cooking spray; stir-fry green onion and broccoli for 3 minutes over medium heat.
3. Add thyme, oregano, pepper and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

**Nutrition Facts: Serving Size – 1 1/4 cups, 240 Calories, 15 Calories from Fat, 1.5g Total Fat, 6% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 260mg Sodium, 48g Total Carbohydrate, 4g Dietary Fiber, 6g Sugars, 9g Protein, 25% Vitamin A, 8% Calcium, 70% Vitamin C, 20% Iron

Adapted from:

Discover the Secret to Healthy Living
California 5-a-Day—For Better Health! Campaign
California Department of Health Services

Macaroni Chick Pea Soup

Makes 4 servings

- 3 1/2 cups chicken broth, fat-free
- 1 cup water
- 1 3/4 cup dry macaroni
- 1/2 teaspoon onion powder (not onion salt)
- 1/2 teaspoon dried oregano
- 1-15 oz can stewed tomatoes
- 1 cup green beans (canned or frozen)
- 1-15oz can chick-peas (garbanzo beans)
- 1/4 teaspoon garlic powder

Directions:

1. In a large saucepan, bring broth and water to a boil. Reduce heat to low. Add macaroni, onion powder, and oregano. Simmer 4 minutes, stirring occasionally.
2. Add stewed tomatoes, green beans, chick-peas (drained), and garlic powder. Simmer 5 minutes, or until macaroni and beans are tender.

**Nutrition Facts: Serving Size – 1 1/2 cups, 370 Calories, 30 Calories from Fat, 3.5g Total Fat, 8% Calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 520mg Sodium, 69g Total Carbohydrate, 9g Dietary Fiber, 4g Sugars, 17g Protein, 8% Vitamin A, 8% Calcium, 20% Vitamin C, 25% Iron



Adapted from:

Senior Nutrition Awareness Project (SNAP) Newsletters
University of Connecticut Family Nutrition Program



It's citrus season!

Oranges, grapefruits, tangerines, lemons and limes are freshest during the winter months because it is the prime growing time for these fruits. Because they are in season now, chances are you will find these fruits at good prices at the supermarket and often they are on sale. Citrus fruits are very good sources of vitamin C, which can help to keep you and your family healthy this winter!

Distributed by:

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Wyoming County

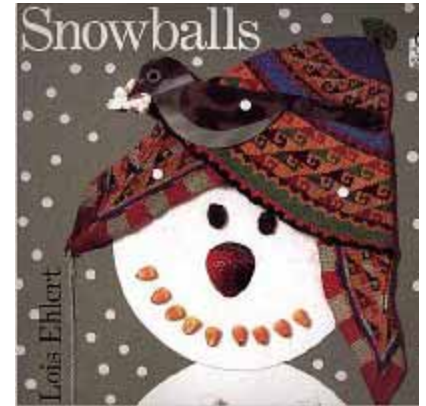
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KEEPING IN SHAPE

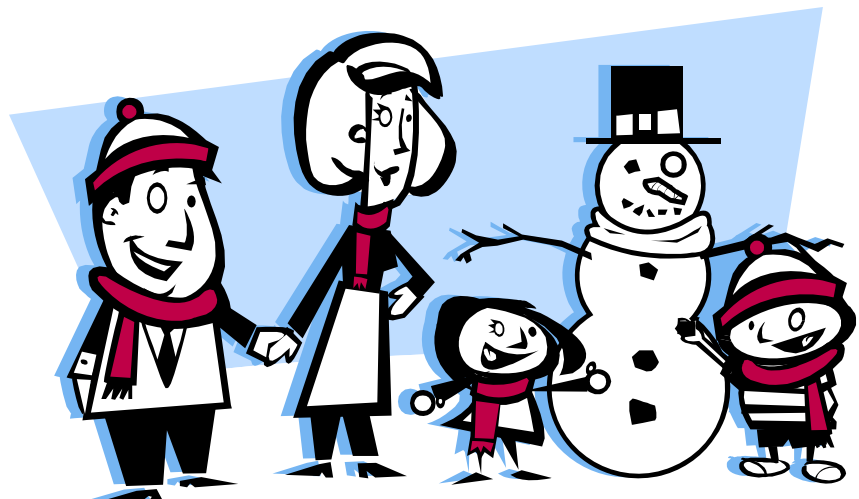
SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

MAKING TASTY MEALS

Take a trip to the local library and check out **Snowballs** by Lois Ehert. After you read the book with your child, head outside to make a snowman and get creative with what you use as snowman accessories. Have more than 1 child? Have a contest for the most creative snowman (and make sure everyone wins). Building a snowman is a great physical activity during the winter and one that allows your child to be creative too!



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