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HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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Start off the new year the MyPlate way

Step 1: Reflect and act

What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?

Step 2: Start simple

Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.

Step 3: Plan to eat more meals at home when possible

Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.

Step 4: Make a plan for grocery shopping

Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.

Step 5: Celebrate success

Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.



Source: Adapted from USDA, FNS Pub No. 924, December 2021

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BASIC BUDGET BITES

Unit pricing

What is unit pricing? The price tag on the shelf includes a lot of helpful information. Learn what the numbers mean.

- **Retail price:** This is the price you pay for each item.
- **Unit price:** This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two price tags on a shelf. Based on the unit price, you can see that the large container is a better buy because you get more for your money.



How is the unit price found?
Total Price ÷ Size = Unit Price

Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

SMART TIPS

Fruit and vegetable peels contain many nutrients

Eating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.



Source: Heather Norman-Burgdolf, University of Kentucky Extension specialist in food and nutrition, September 2021

PARENT CORNER

Winter is a great time for families

The winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much. But inside your home you can create meaningful family experiences and lots of wonderful memories.

Family time promotes positive emotional health in children. Experts say it leads to a greater likelihood that they will avoid risky behaviors such as drug use. They will also have a lower risk for depression.

Here are some ideas to think about doing with your children:

- **Story time:** Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story.
- **Kitchen time:** Spend family time cooking in the kitchen. Whip up something sweet to share for an after-meal treat. Have your children help you prepare food items. You will be teaching them valuable math and life skills.
- **Dance party:** Dancing to music is a great way to improve everyone's mood and get your hearts pumping. Let each have a turn selecting a song. Keep music at the right age level for young children.
- **Scavenger hunt:** Give children a list of objects to find and bring back to you. It can be as long or short as you wish. Start by making a list of items found around your home. Then add items that may require finding a "buried treasure."

Source: David Weisenhorn, University of Kentucky Extension FCS senior specialist for parenting and child development education, December 2021

COOKING WITH KIDS

Wally Wildcat Superhero Muffins

- 2 cups blueberries
- 1 cup sugar, divided
- 1 1/2 cups all-purpose flour
- 1 cup whole-wheat flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1/2 cup vegetable oil
- 1 cup 1% milk
- 1 1/2 teaspoons vanilla extract
- Cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat the oven to 350 degrees F. Spray an 18-cup muffin tin with cooking spray or insert paper liners in muffin cups.
3. Place 1 cup of the blueberries and 1 tablespoon sugar in a small saucepan and simmer over

medium heat, mashing berries and stirring often, for about 6 minutes until mixture is thickened and reduced to about a 1/4 cup. Cool.

4. In a large mixing bowl, stir together the remaining sugar, all-purpose flour, whole-wheat flour, baking powder, and salt.
5. Make a well in the center of the dry ingredients. Add eggs, oil, milk, and vanilla. Whisk together the liquid ingredients. Use a rubber spatula to fold together the liquid and dry ingredients, just until moistened. Fold in the remaining blueberries.
6. Divide batter equally among the muffin cups, filling about two-thirds full.
7. Spoon approximately 1/2 teaspoon of cooked berry mixture onto each cup of batter. Use a skewer

or dinner knife to gently swirl the berry topping into the batter.

8. Bake 17 to 19 minutes until muffin tops are golden. Cool for several minutes before transferring to a cooling rack.
9. Store muffins in an airtight container for up to four days or freeze up to three months.

Makes: 18 servings

Serving size: 1 muffin

Nutrition facts per serving: 180 calories; 7g total fat; 1g saturated fat; 0g trans fat; 120mg cholesterol; 220mg sodium; 27g total carbohydrate; 1g dietary fiber; 14g total sugars; 11g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension specialist, University of Kentucky Cooperative Extension Service



RECIPE

Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is

cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture to the edge of the skillet to make a hole in the middle. Crack the egg in the open area and scramble it until it is cooked through.
7. Stir all ingredients together and serve.

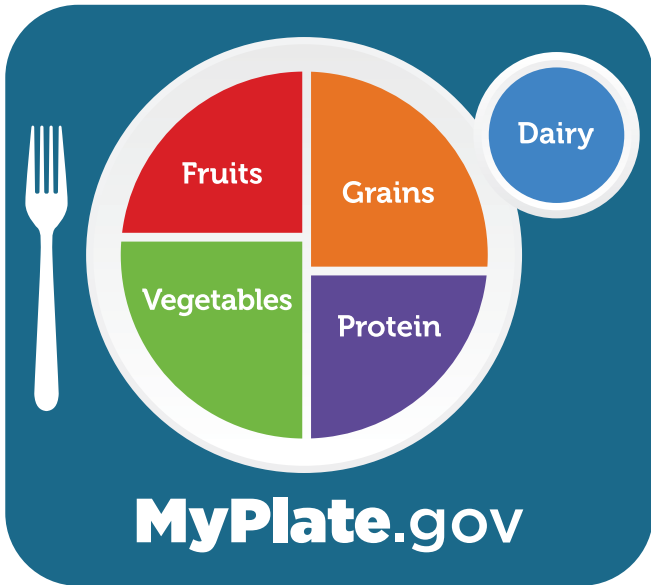
8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 1 cup

Nutrition facts per serving: 220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program assistant senior



LOCAL EVENTS

FOOD FACTS

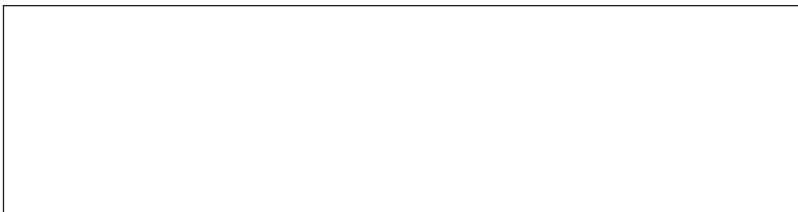
What's MyPlate all about?

Using the MyPlate meal plan is a simple and easy way to remember to eat in a healthy way. The MyPlate plan begins by making half your plate fruits and vegetables. But it does want you to eat more veggies than fruit. The other side of the plate is grains and protein. It calls for having a little bit more grains than protein. Dairy is on the right side of MyPlate to remind us that it is important for good health.

- **Fruits:** Focus on whole fruits.
- **Vegetables:** Vary your veggies.
- **Grains:** Make half your grains whole grains.
- **Proteins:** Vary your protein routine.
- **Dairy:** Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Source: Adapted from What's MyPlate All About? USDA, FNS-895 March 2021

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



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