Introduction

*Family Food and Fitness: A Guide to Healthy Eating and Exercise* provides families with information about healthy eating and active lifestyles. It is our hope that families use this knowledge to help them buy fresh food, prepare nutritious meals, and have fun being active. We encourage families to include their children while shopping for food, preparing meals, and cooking. Children who participate in cooking enjoy eating and make healthier food choices.

*Family Food and Fitness: A Guide to Healthy Eating and Exercise* will help families plan healthy meals. It includes information about

- Nutrition
- Food Safety
- Meal Planning and Preparation
- Budgeting
- Physical Activity

The recipes in this book are fun, easy to prepare, use few ingredients, and are child-tested. We hope that you find *Family Food and Fitness* helpful, providing information to help you make healthy food choices.

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**Note:** If you are a person on a special diet, have food allergies or intolerance to certain foods or food textures, follow the guidelines given to you by a registered or licensed dietician or your primary care physician.
ALL FAMILIES FACE THE CHALLENGE of eating a healthy diet and doing enough exercise. It is a struggle in today’s economy to buy foods that are nutritious and stay within the family’s budget. Not only is a balanced diet important but children and their families also need regular exercise.

Sometimes parents are unsure on how to start eating nutritional foods. *Family Food and Fitness: A Guide to Healthy Eating and Exercise* provides families with information on healthy eating, the nutritional value of foods, and how much food is required to maintain a balanced diet. The authors discuss the challenges that parents may face in making changes in their child’s diet from junk and fast foods to healthy foods. The book also suggests ways to include exercise into the family’s daily life.

The authors have provided simple, healthy, low cost recipes for families to use. Children can participate in helping their parents prepare these recipes. This not only involves the child in the planning and preparation of meals but gives them a life long skill.

I trust this book will be very useful for families and their children. A healthy lifestyle is beneficial for the entire family.

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*Research Instructor*

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*Center for Child and Human Development*

*Washington, DC*

PROPER NUTRITION AND EXERCISE are vital to maintaining good health. The authors of *Family Food and Fitness: A Guide to Healthy Eating and Exercise* provide recommendations on nutrition and exercise in an easy to follow format. This guide explains the importance of a healthy lifestyle and includes healthy, tasty, child-friendly ideas for meals and snacks, and fun games and activities you can do with your children.

This guide is for families. Children are more likely to develop healthy living habits when they learn them at home. Also, children will stick with a healthy lifestyle if the habits are started early. As your children become involved in athletics and other activities, healthy eating will help them to play better, be stronger, and have more fun.

*Family Food and Fitness: A Guide to Healthy Eating and Exercise* is an excellent resource for families to start their children on the road to good health.

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*Certified Strength and Conditioning Specialist*
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Food Facts

Feeding Your Baby

Breastfeeding

- Your baby needs only breast milk for the first 6 months of life.
- Continue breastfeeding while you introduce solid foods until your baby is at least 12 months of age, or longer if desired.
- When breastfeeding is not possible, feed your baby a commercial iron-fortified formula.
- Babies may have whole cow’s milk when they are one year of age.
- After two years of age, skim or low-fat milk can be given.

Feeding Mom When She Breastfeeds:

- Eat a well-balanced diet and drink plenty of liquids; 2-3 quarts of water a day.
- Do not go on a strict weight-loss diet.
- Eat a variety of foods when you feel hungry. (Mothers who breastfeed are hungry more often)
- Avoid caffeinated beverages such as coffee or soda. Caffeine may make your baby jittery, irritable, or he/she may have a hard time going to sleep.
- Limit alcoholic beverages.
- Avoid smoking or other tobacco use.
- Check with your doctor before taking medications.

<table>
<thead>
<tr>
<th>BENEFITS OF BREASTFEEDING</th>
<th>FOR BABY</th>
<th>FOR MOTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fewer food allergies</td>
<td>Helps reduce the size of the uterus</td>
<td></td>
</tr>
<tr>
<td>Fewer stomach problems</td>
<td>May help lose the extra “baby fat”</td>
<td></td>
</tr>
<tr>
<td>Fewer respiratory tract problems</td>
<td>May lessen the risk of breast cancer</td>
<td></td>
</tr>
<tr>
<td>Fewer ear infections</td>
<td>Breastfeeding is convenient and readily-available</td>
<td></td>
</tr>
<tr>
<td>Lower chance of obesity in childhood</td>
<td>Promotes mother-infant bonding</td>
<td></td>
</tr>
<tr>
<td>Promotes infant-mother bonding</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Introducing Solid Foods

- Most babies only need breast milk or formula until they are 6 months old.
- Introduce solid foods to your baby with a spoon, NOT in a bottle.
- Start only one new food at a time.
- Allow a few days to one week to pass before introducing new foods.

What Your Infant Needs to Eat

1. A baby’s nourishment comes from the breast milk or formula you feed him/her.
2. Babies like to try new foods gradually. When your baby is about 6 months of age, introduce baby foods one at a time (see chart page 3).
3. Babies should be fed when they let you know they are hungry. For most babies, this is about every 3-4 hours when they are very young.
4. Babies need water and they like it! They do not need juice as it has too much sugar.
5. Babies need the kind of fat they get from drinking breast milk or formula.
6. When your baby is about 6 months of age, introduce fruits, vegetables and whole grains. They don’t need to eat a lot; a tablespoon full is enough. Remember they are still getting their nutrition from breast milk or formula.
7. After 8 months of age, choose foods with calcium (yogurt, cottage cheese), iron (strained meats), and zinc (peas, strained meats).
## Food Facts: Feeding Your Baby

### BABY'S AGE

<table>
<thead>
<tr>
<th>BABY'S AGE</th>
<th>DEVELOPMENTAL SIGNS</th>
<th>FOODS TO SERVE</th>
</tr>
</thead>
</table>
| Birth through 5 months | Can only suck and swallow  
Poor control of head, neck, chest area | *Liquids Only:*  
Breast milk  
Iron-fortified infant formula |
| 4 months through 6 months | Moves tongue up and down  
Sits up with support  
Opens mouth when he sees food | *Add Baby Foods:*  
Infant cereal with iron  
Cooked, pureed or strained potato, squash, green beans, sweet potato  
Cooked, pureed or strained peaches, applesauce or pears  
Pureed bananas |
| 5 months through 9 months | Can make a munching movement  
Sits alone  
Uses thumb and pointer finger to pick up objects | *Add Semisolid Foods:*  
Mashed or diced fruit, such as bananas or applesauce  
Mashed or soft-cooked vegetables like green beans and peas, pasta or potatoes  
Cooked and strained meat/poultry, fish, dried beans and lentils, and tofu |
| 8 months through 11 months | Moves tongue from side to side  
Begins spoon feeding with help  
Has some teeth and begins to chew  
Can finger feed  
Drinks from a cup with help | *Add Modified Table Foods:*  
Mashed beans, lentils  
Finger foods: small pieces of soft cheese cubes, sliced bread, pears, peaches, kiwi, plums, melons, soft-cooked vegetables, toast, crackers, cooked pasta, cereal  
Juice in a cup |
| 10 months through 11 months | Can chew  
Puts spoon in mouth  
Holds cup | *Add Table Foods:*  
Chopped food and small pieces of soft, cooked table food |

*Adapted from The University of Maine Cooperative Extension Bulletin #4061: “Feeding Your Baby”*
Feeding Your Preschooler (2-6)

1. Young children should eat a variety of foods.
   - Offer children a variety of foods so they receive the necessary amounts of nutrients each day.
   - Offering new foods at the beginning of a meal when the child is most hungry may help increase the child’s acceptance of the item.
   - You can also try giving new foods with a favorite food so the child will associate the new food with the tastiness of the favorite food.

2. Balance the amount of food your child eats with active play.
   - A child’s diet should include a variety of foods that contain the right number of calories based on the child’s size and activity level. The more active your child is, the more food he/she needs.

3. Children need plenty of fruits, vegetables, and grains like bread and rice. These foods are filled with nutrients that help kids grow.
   - Children need fats in their diet too, but only a little.

4. Choose a diet:
   - With variety
   - Full of fruits and vegetables
   - Low in fat, saturated fat, and cholesterol
   - Moderate amounts of salt
   - Moderate amounts of sugars


**Picture shows dietary guidelines for adults and children. Children should never drink alcoholic beverages
Nutrients: The Building Blocks of Food

Children need different nutrients to grow big and strong. Some nutrients can be made in the body. Other nutrients we get from food. Nutrients give us energy and help us grow. There are six types of nutrients that children need: Carbohydrates, Fats, Proteins, Vitamins, Calcium, and Water.

Carbohydrates

- Carbohydrates are good for the body because they provide a lot of quick energy.
- Carbohydrates are sugars, starches, whole grains, and fibers.
- 45% to 65% of what a child eats should be carbohydrates.
- Whole grains contain the entire grain kernel. Examples of whole grains include whole wheat bread, brown rice, and oatmeal.
- Children and adults should try to eat a lot of whole grains and less refined grains and sugars because whole grains have the most nutrients.

Fiber:

- Dietary fiber helps soften the stool and prevent constipation. Fibers are carbohydrates that are not digested.
- Dietary fiber is important to help a child digest food. Fruits and vegetables contain lots of fiber.
- To figure out how many grams per day of fiber your child needs in his or her diet, add 5 to your child’s age. For example, a child 6 years of age needs 11 grams of fiber per day.

<table>
<thead>
<tr>
<th>CHOOSE COOL CARBS</th>
<th>INSTEAD OF...</th>
<th>CHOOSE...</th>
</tr>
</thead>
<tbody>
<tr>
<td>White bread</td>
<td>Whole wheat or whole grain bread and muffins</td>
<td></td>
</tr>
<tr>
<td>Fruit juice</td>
<td>Fresh, raw fruit, including the skins of apples, peaches, etc., dried fruit</td>
<td></td>
</tr>
<tr>
<td>Processed cereal like Lucky Charms or Cocoa Puffs</td>
<td>Whole grain or bran cereal, like Shredded Wheat, Grape-Nuts, Raisin Bran or All-bran, Cheerios, oatmeal (Also try adding raisins, bananas, dates, or other raw fruit to cereal)</td>
<td></td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice</td>
<td></td>
</tr>
<tr>
<td>Green beans, lettuce, celery, cauliflower</td>
<td>Corn, peas, kidney beans, lima beans, other dried peas and beans, spinach, carrots, brussel sprouts</td>
<td></td>
</tr>
<tr>
<td>Mashed potatoes, French fries</td>
<td>Baked potatoes with skins</td>
<td></td>
</tr>
<tr>
<td>Pretzels or chips</td>
<td>Unbuttered popcorn, nuts for children over 3 years of age</td>
<td></td>
</tr>
</tbody>
</table>
**Fats**

- Fats protect our bodies.
- Fats do not dissolve in water.
- There are many different kinds of fats: saturated fats (butter, shortening, stick margarine), unsaturated fats (corn oil, olive oil), triglycerides (vegetable oil, animal fats), and cholesterol (egg yolk, mayonnaise, shell fish).
- Children need all these kinds of fats but not much.
- Fats are a source of energy and can be stored in our bodies for later use.
- 30% of a child’s diet should come from fat.

### FINE FATS FOR FITNESS

<table>
<thead>
<tr>
<th>INSTEAD OF…</th>
<th>TRY…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frying meat, poultry, fish</td>
<td>Baking, broiling</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato</td>
</tr>
<tr>
<td>Using butter, margarine, oil or shortening for browning meat, frying eggs or greasing pans</td>
<td>Using non-stick pans or vegetable oil spray</td>
</tr>
<tr>
<td>Eating skin and fat on meat</td>
<td>Remove skin from poultry and visible fat from meat before cooking.</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Skim, 1%, or 2% milk</td>
</tr>
<tr>
<td>Ham, hot dogs, cold cuts</td>
<td>Chicken, turkey, and fish</td>
</tr>
<tr>
<td>Tuna packed in oil</td>
<td>Tuna packed in water</td>
</tr>
<tr>
<td>Canned fruit in syrup</td>
<td>Canned fruit in juice or “Lite” fruit</td>
</tr>
<tr>
<td>Sausage, salami, bologna</td>
<td>Sliced chicken or turkey</td>
</tr>
<tr>
<td>Cream sauces</td>
<td>Herbs, spices, lemon juice, tomato juice</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Oil and vinegar, tomato juice or low cal dressings, yogurt</td>
</tr>
<tr>
<td>Swiss, cheddar, American cheeses</td>
<td>Low fat mozzarella, ricotta, or cottage cheeses</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Low fat sour cream or plain yogurt</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Popcorn without butter or pretzels</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Sherbert, frozen yogurt, low fat dairy dessert, Italian ices, sorbets</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Light mayonnaise or equal parts of mayonnaise and yogurt</td>
</tr>
</tbody>
</table>
Proteins

- Proteins that we eat are broken up in the body and then used to help build stronger muscles and blood.
- Young children should receive 5% to 20% of total calories in the diet from proteins while 10% to 30% of total calories should come from proteins for older children.

**Powerful Proteins:**
- Beef, poultry, pork, and lamb
- Fish and shellfish
- Dairy products: cottage cheese, milk, yogurt, cheese
- Eggs
- Dry beans, peas, oats, and legumes
- Tofu and soy products
- Nuts and seeds

Vitamins

- Vitamins help our bodies by helping our cells work.
- We need vitamins in our food because our bodies cannot make them.

---

**VITAL VITAMINS**

<table>
<thead>
<tr>
<th>VITAMIN</th>
<th>GOOD SOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A: Helps with vision and growth, helps prevent infections, helps babies develop during pregnancy</td>
<td>Liver, milk, cheese, sweet potatoes, spinach, broccoli, carrots, squash, cantaloupe, apricots, mangoes, papaya, peaches, eggs</td>
</tr>
<tr>
<td>Vitamin D: Builds strong bones</td>
<td>Milk, fish oils, sardines, salmon</td>
</tr>
<tr>
<td>Vitamin E: Protects body tissues</td>
<td>Vegetable oils, nuts, peanut butter, avocado, mango, apples, whole grains, cabbage, asparagus, sweet potatoes</td>
</tr>
<tr>
<td>Vitamin K: Helps stop bleeding, helps make proteins</td>
<td>Broccoli, spinach, turnip greens, green beans, liver, cauliflower</td>
</tr>
<tr>
<td>Thiamin: Helps nerves function</td>
<td>Sunflower seeds, pork, whole and enriched grains, dried beans, peas, brewer's yeast</td>
</tr>
<tr>
<td>Riboflavin: Helps turn food into energy</td>
<td>Milk, mushrooms, spinach, liver, enriched grains</td>
</tr>
<tr>
<td>Niacin: Helps turn food into energy</td>
<td>Mushrooms, bran, tuna, salmon, chicken, beef, liver, peanuts, enriched grains</td>
</tr>
<tr>
<td>Pantothenic Acid: Helps turn food into energy</td>
<td>Mushrooms, liver, broccoli, eggs</td>
</tr>
<tr>
<td>Biotin: Helps turn food into energy</td>
<td>Cheese, egg yolks, cauliflower, peanut butter, liver</td>
</tr>
<tr>
<td>Vitamin B-6: Helps turn food into energy, used for blood and nerve function</td>
<td>Whole grains, spinach, broccoli, potatoes, cauliflower, bananas, avocado, dates, cantaloupe, watermelon, meat, fish, poultry, beans, nuts, seeds, milk, cottage cheese</td>
</tr>
<tr>
<td>Folate: Helps babies develop during pregnancy, promotes digestion, makes red blood cells</td>
<td>Green leafy vegetables, asparagus, orange juice, sprouts, sunflower seeds, beans, eggs, oranges, strawberries, cantaloupes, grain products, liver</td>
</tr>
<tr>
<td>Vitamin B-12: Used for blood and nerve function</td>
<td>Animal foods, oysters, clams</td>
</tr>
<tr>
<td>Vitamin C: Helps heal scrapes and cuts, needed for healthy teeth, gums, skin, blood and bones</td>
<td>Citrus fruits, strawberries, pineapples, tomatoes, potatoes, cauliflower, broccoli, greens</td>
</tr>
</tbody>
</table>
**Calciun**

- Calcium is an important mineral for bone health. Children need calcium to help teeth and bones grow strong and decrease the risk of developing osteoporosis later in life.
- Milk, cheese, and yogurt are all good sources of calcium.
- Children should eat at least three servings of dairy every day.

**Be Clever with Increasing Calcium**

- Be a role model: Drink Milk!
- Children are more likely to drink milk if flavored or if served in a favorite cup.
- Fruit, yogurts, cheese cubes, and milk are good snack foods.

**Water**

**Wonderful Water Ways**

- Water is very important in the human body and makes up about 50% of the body.
- Children like water.
- Water helps to remove waste products, regulates body temperature, lubricates joints, and makes important fluids such as saliva, bile, and the fluid that surrounds a baby during pregnancy.

- Infants need about 2 ounces of water and other fluids combined per pound of body weight per day. Usually, human milk or formula alone is enough to meet this requirement.
- Toddlers need 5 cups of water per day.
- Older children need up to 9 cups of fluid per day.
How to Know What a Food Contains: Read Food Labels

Food labels contain information about the amount and types of nutrients that are in the product. The U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition suggests using this guide when you look at food labels.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250
Calories from Fat 110

% Daily Value*
Total Fat 12g 18%
  Saturated Fat 3g 15%
  Trans Fat 3g
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
  Dietary Fiber 0g 0%
  Sugars 5g
Protein 5g

Vitamin A 4%
Vitamin C 2%
Calcium 20%
Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Quick Guide to % DV
• 5% or less is Low
• 20% or more is High

Check Calories
Get Enough of these Nutrients
Limit these Nutrients
Start Here
Footnote
1. **The Serving Size**
   - Begin by checking the serving size and number of servings in the package.
   - Remember: The suggested serving size is often much smaller than what people actually eat. If you eat twice the suggested serving size of an item, you will consume double the amounts given for each of the nutrients.

2. **Calories (and Calories from Fat)**
   - Number of calories in a food item gives an idea of how much energy is provided in one serving.
   - Calories from fat listing tells you how much of the food is fat.

3. **The Nutrients: How Much?**
   - Using these sections can help you limit the less healthy nutrients and increase the healthier ones.
   - Nutrients listed first on the label are ones most people get plenty or too much of.
   - Saturated fat, trans fat, cholesterol, and sodium are all nutrients that we should try to limit in our diets because of their links to certain diseases, such as heart disease, some cancers, and high blood pressure.

4. **Understanding the Footnote on the Bottom of the Nutrition Facts Label**
   - Footnote is required to be on all food labels.
   - More detailed information is included when package size allows.
   - Detailed information will ALWAYS be the same because it does not contain specific information about the product.
   - Gives recommendations for all Americans about how much of the main nutrients are needed based on how many calories a person eats each day.

5. **The Percent Daily Value (%DV)**
   - Helps determine if a serving of food has a lot or a little of a particular nutrient.
   - Food items that provide 5% DV or less are LOW in a nutrient.
   - Items that provide 20% DV or higher are HIGH in a nutrient.
In the last section we provided you with information on what a child needs to grow. Every child needs vitamins and minerals and other nutrients to build strong bones and muscles. Vitamins, minerals, and other nutrients give children the energy needed to play, learn, and actively participate in the world.

This section, Fabulous Food, presents information on preparing foods safely. It also provides healthy recipes of foods that children will enjoy making and eating. Most of the recipes are simple and use few ingredients. Using the recipes will help your child learn basic concepts of nutrition. Cooking is a great way to help your child learn basic skills like simple math and science. It also helps preschoolers learn things like matching, numbers, and colors. Children starting at about age 2 really do enjoy helping around the house. It is a great time to introduce children to the fun of cooking and the importance of preparing healthy meals.

Eat healthy and you will be healthy! Teach healthy eating habits early, kids will keep these habits forever.

Food Safety

Four Steps for Safe Eating
To keep food safe follow four easy steps:

From the Partnership for Food Safety Education, www.fightbac.org
Wash hands and surfaces often
You can’t see, taste, or smell them. They’re sneaky little critters, and they can spread throughout the kitchen and get onto cutting boards, utensils, sponges, countertops, and food. They’re foodborne bacteria — and if eaten, they can cause foodborne illness. **So on your mark, get set, go . . . clean!**

The Big 3
Use these tips to keep your hands, surfaces, and utensils squeaky clean!

1. Splosh, Splash
Wash hands, utensils, and surfaces in hot, soapy water before and after food preparation and especially after preparing raw meat, poultry, eggs, or seafood. Also, remember to wash your hands after using the bathroom, changing diapers, or handling pets.

2. All A-board
Cutting boards (including plastic, non-porous, acrylic, and wooden boards) should be run through the dishwasher or washed in hot, soapy water after each use. Discard boards that are excessively worn.

3. Towel Toss
Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine.

BAC! Attack
How long should you wash your hands to send bacteria down the drain?

a. 5 seconds
b. 10 seconds
c. 15 seconds
d. 20 seconds

Using a disinfectant cleaner or a mixture of bleach and water on surfaces can provide some added protection against bacteria.
Fruit & Veggie Recipe for Safety

Here's a simple formula for keeping fruits and veggies clean.

Prep the Kitchen — Before preparing fruits and vegetables, wash your hands and clean your cutting board and utensils with hot, soapy water.

Add Water — To remove any lingering dirt, thoroughly wash fresh produce under running water.

Scrub Thoroughly — Use a vegetable brush to scrub fruits and vegetables that have firm surfaces, such as potatoes, carrots, etc.

Cut Accordingly — Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.

Fridge Messages of the Day

- Wipe up spills immediately.
- Clean refrigerator surfaces with hot, soapy water.
- Once a week, throw out perishable foods that should no longer be eaten.

TIPS

When cooking, don’t forget to wash your food thermometer after each use. Wash out lunchboxes or totes every night.

Did You Know?

20% of consumers don’t wash hands and kitchen surfaces before preparing food. Clean hands and surfaces are your first step in safe food handling.

FDA/USDA Consumer Survey, 1998

Fight BAC!
Keep Food Safe From Bacteria

If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at (800) 535-4555 or (202) 720-3333 (Washington, DC area). The TTY number for the hearing impaired is (800) 258-7072.
- The U.S. Food and Drug Administration (FDA) Food Information Line at (888) SAFE FOOD.
- The Fight BAC!® Web site at: www.fightbac.org

Partnership for Food Safety Education  •  655 15th St. NW, Suite 700  •  Washington, DC 20005

A Guide to Healthy Eating and Exercise
Combat Cross-Contamination

Get it straight – it’s safe to separate!
Did you know that improper handling of raw meat, poultry, and seafood can create an inviting environment for cross-contamination? As a result, bacteria, that yucky germ known as BAC!, can spread to food and throughout the kitchen.

Learn more about preventing cross-contamination by using this helpful chart, and remember to spread the word — not the bacteria!

Separate . . . Don’t Cross-Contaminate

Keep it Clean!

Lather Up
Always wash hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, and seafood.

Take Two
If possible, use one cutting board for fresh produce and use a separate one for raw meat, poultry, and seafood.

Clean Your Plate
Never place cooked food back on the same plate or cutting board that previously held raw food.

Watch those Juices!

Safely Separate
Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.

Seal It
To prevent juices from raw meat, poultry, or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags.

Marinating Mandate
Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked foods, unless it is boiled before applying.

If you have questions or concerns about food safety, contact:

- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at (800) 535-4555 or (202) 720-3353 (Washington, DC area). The TTY number for the hearing impaired is (800) 256-7072.
- The U.S. Food and Drug Administration (FDA) Food Information Line at (888) SAFE FOOD.
- The Fight BAC!® Web site at: www.fightbac.org

Partnership for Food Safety Education  •  655 15th St. NW, Suite 700  •  Washington, DC 20005
Cook It Right . . .
Foods are properly cooked when they are heated for a long enough time — and at a high enough temperature — to kill harmful bacteria that can cause foodborne illness. And these temperatures vary, depending on the food.

. . . And Keep It Hot
When serving up hot food buffet-style, remember . . .
* On a buffet table, hot foods should be kept at 140° F or higher. Keep food hot with chafing dishes, crock pots, and warming trays.

When bringing hot soup, chili, or crab dip to an outdoor party . . .
* Keep it all piping hot before serving. Before the party, place these foods in insulated thermal containers. Keep containers closed until party time.

“Eating Out” Tip of the Day
Choose menu items that are thoroughly cooked. If it appears that any food, such as beef, pork, chicken, fish, or eggs, has not been thoroughly cooked, return the food for additional cooking.

Cook to Proper Temperatures
Cooking food safely is a matter of degrees! Before delving into these “hot” food safety topics, check out the quiz below and see how your safe cooking know-how measures up.

Safe Cooking Quiz
1. Fill in the blanks: Bacteria in food can be destroyed by thorough __ __ __ __ __ __ __.
2. What’s the best way to make sure meat and poultry are cooked thoroughly?
   a. Feel it with your fingers.
   b. Judge it by its color.
   c. Use a food thermometer.
   d. Taste it.
3. After you’re done checking the temperature of a food, what should you do with the food thermometer before using it again?
   a. Wipe it off with a paper towel.
   b. Place it in another food item and check its temperature.
   c. Shout “hooray!”
   d. Wash the food thermometer in hot, soapy water.
4. Who Am I? I’m an All-American favorite, especially among kids. Before eating me, make sure I’m steamy hot. (Hint: I’m also called a weiner.)

ANSWERS
1. Cook it
2. 0 — You can’t tell whether food has been cooked thoroughly by its taste. Look at food’s internal temperature.
3. 3. 3 — Wash the food thermometer in hot, soapy water.
4. A hot dog
To keep food safe, cook it thoroughly. Always use a clean food thermometer to check the internal temperature of the foods below.

**Safe-Cooking Temperature Chart**

**Beef/Pork**
- Cook **beef roasts and steaks** to 145°F for medium rare or to 160°F for medium.
- Cook **ground beef** to at least 160°F.
- Cook **raw sausages** to 160°F.
- Reheat **ready-to-eat sausages** to 165°F.
- Cook **pork roasts, chops, or ground patties** to 160°F for medium, or 170°F for well done.

**Poultry**
- Cook **whole poultry** to 180°F.
- Cook **chicken breasts** to 170°F.
- Cook **stuffing** to 165°F.

**Eggs**
- Cook **eggs** until the yolks and whites are firm.
- Don’t use recipes in which eggs remain raw or only partially cooked.

**Fish**
- Cook **fish** until it’s opaque and flakes easily with a fork.
- For food safety reasons, avoid eating uncooked oysters or shellfish. People with liver disorders or weakened immune systems are especially at risk for getting sick.

**Leftovers**
- When reheating **leftovers**, heat them thoroughly to at least 165°F.

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**3 Sizzling Cooking Tips**

1. **Thumbs Up for “Thermyn™”—** Use a clean food thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, eggs, casserole, and other foods are cooked all the way through.

2. **Microwave Musts** — When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. For best results, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

3. **Shake, Rattle, and Roll** — Bring sauces, soups, and gravies to a rolling boil when reheating.

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**Did You Know?**
Only 2% of consumers regularly use a food thermometer when cooking ground meat.
Food Marketing Institute, 1999

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Refrigerate Promptly

Bacteria grow most rapidly in the Danger Zone — the unsafe temperatures between 40° F and 140° F — so it’s key to keep foods out of this temperature range. And since cold temperatures keep most harmful bacteria from growing and multiplying . . . be sure to refrigerate foods quickly!

The Top 4 Cool Rules

1. The Chill Factor — Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours or less. Marinate foods in the refrigerator.

2. The Thaw Law — Never defrost food at room temperature. Thaw food in the refrigerator, in cold water, or in the microwave if you’ll be cooking it immediately.

3. Divide and Conquer — Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.

4. Avoid the Pack Attack — Don’t over-stuff the refrigerator. Cold air must circulate to keep food safe.

Serve & Preserve

When serving cold food at a buffet, picnic, or barbecue, keep these "chilling" tips in mind.

• Cold foods should be kept at 40° F or colder.
• Keep all perishable foods chilled right up until serving time.
• Place containers of cold food on ice for serving to make sure they stay cold.
• It’s particularly important to keep custards, cream pies, and cakes with whipped-cream or cream-cheese frostings refrigerated. Don’t serve them if refrigeration is not possible.

Fridge Quiz

Put your knowledge of proper refrigeration to the test.

1. Should hot food be placed directly in the refrigerator?
   YES or NO

2. Refrigeration prevents bacterial growth. TRUE or FALSE

3. At what temperature should you set your refrigerator? ___ ° F

Answers:

1. NO
2. TRUE
3. 40° F to slow the growth of harmful bacteria
   - Prevents foodborne illness
   - Prevents food spoilage
   - Prevents condensation on shelves but does not
   - ruined your food.

For further educational resources on food safety, visit the website of the Food Safety and Inspection Service (FSIS) of the U.S. Department of Agriculture (USDA).

A Guide to Healthy Eating and Exercise
Foods must remain at a safe temperature while thawing. Now is the perfect time to learn about the DOs and DON'Ts of defrosting.

**Defrosting DOs**
- Defrost food in the refrigerator. This is the safest method for all foods.
- Short on time? Thaw meat and poultry in airtight packaging in cold water. Change the water every 30 minutes, so the food continues to thaw.
- Defrost food in the microwave only if it will be cooked immediately.
- You can thaw food as part of the cooking process, but make sure food reaches its safe internal temperature.

**Defrosting DON'Ts**
- Avoid keeping foods in the Danger Zone — the unsafe temperatures between 40°F and 140°F.
- Don't defrost food in hot water.
- Don't thaw food on the counter. Food that's left out at room temperature longer than 2 hours is not within a safe temperature range and may not be safe to eat.

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**Hit the Road!**

When traveling with food, be aware that time, temperature, and a cold source are key. Here are some tips to help keep your travels cool!
- Keep frozen foods in the refrigerator or freezer until you're ready to go.
- Always use ice or cold packs and fill your cooler with food. A full cooler will maintain its cold temperatures longer than one that is partially filled.
- When traveling, keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk.
- If you've asked for a doggie bag to take home from a restaurant, it should be refrigerated within 2 hours of serving.

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**Did You Know?**

23% of consumers' refrigerators are not cold enough!
Audits International, 1998

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Breast Milk and Formula

1. *Always* wash hands with hot water and soap before handling bottles.

2. *Wash* the top of the formula can before opening to prevent dust or other substances from contaminating the formula.

3. *Heat* tap water to a boil before using it in the formula if the formula requires water to be added.

4. *Refrigerate* formula until your baby is ready to eat it.
   - It can be stored in the refrigerator for up to 24 hours.

5. *Store* pumped breast milk in the refrigerator or freezer in either sterilized bottles or disposable plastic nursing bags.
   - Pumped breast milk can be kept in the refrigerator for up to 48 hours.
   - Pumped breast milk can be kept in the freezer for up to 2 weeks. Keep it in the back of the freezer where it is the coldest.
   - Once the milk is thawed, DO NOT refreeze it!

6. *Discard* any unused portions of formula or breast milk after feeding.

7. *Use caution* when using the microwave to heat bottles. Microwaves cause fluids to heat unevenly, causing hot spots.

8. *Do not overheat* breast milk.
   - Over-heating destroys the protective substances found in breast milk.
   - Do not heat milk or formulas in the microwave—it can change the nutrients.

Food Allergies

- Prevent attacks before they occur!
- Know the foods your child is allergic to.
- Know what symptoms to look for if the child is having an allergic reaction from food.
- Contact your child’s physician if you suspect your child may be allergic to a particular food.
- Common foods that children are allergic to include:
  - Peanuts
  - Wheat
  - Soy
  - Fish, Shellfish
  - Milk
  - Egg
  - Tree nuts like walnuts
  - *www.foodallergy.org is a helpful website*

Common Reactions to Food Allergies:
- Tingling on the tongue
- Hives or Rash
- Swelling
- Difficulty breathing
- Vomiting
- Diarrhea
- Eczema
**Tips to Prevent Choking**

- Supervise your child at all times while eating.
- Don’t hurry your child when eating.
- Cut food into small pieces: No larger than one-half inch in any direction.
- Avoid foods that are likely to cause your child to choke.

- Cut grapes, hot dogs slices or anything else that is round into 4 pieces.
- Learn how to provide first aid and CPR to your child. Contact the American Red Cross.

---

**FOODS THAT MAY CAUSE CHOKING**

- Slippy, firm, smooth foods that can easily slide down the throat before chewing
  - Hotdogs, hard candy, peanuts, grapes

- Dry, small, or hard foods that are difficult to chew and easy to swallow whole
  - Popcorn, chips, nuts, seeds, raw carrots

- Tough, or sticky foods that don’t break apart easily
  - Peanut butter, tough meat, dried fruits, raisins, dates, rice

- String foods
  - String beans, celery

**SAFE & HEALTHY FINGER FOOD SUGGESTIONS**

- O-shaped cereals
- Well-cooked carrots
- Whole-wheat toast (with crust removed)
- Scrambled egg whites
- French toast (without egg yolk)
- Cooked peas (no pod)
- Very ripe pear chunks
- Well-cooked apple chunks
- Canned peaches, pears, fruit cocktail
- Soft, cut green beans
- Cooked pasta pieces
- Tofu chunks
- Avocado dip or chunks
Meal Preparation: Fun, Fundamental, and Functional

Preparing meals and snacks can be fun for kids and can help children learn basic skills that they need in school and in life to be social and useful.

- Kids love to cook and even enjoy cleaning. Involve your children as much as possible in cooking activities to expose them to healthy food preparation. They will learn more about nutrition by cooking along with you.

- Make cooking fun by playing games with your child.
  - Have a contest to see who can scrub the cleanest vegetable.
  - Pretend you and your child are planning a party or entertaining someone special.
  - Make shapes in cookie or bread dough with your hands or cookie cutters and encourage your child to tell you stories about each shape he is making.
  - Or make up your own idea. Be creative and have fun!

### INVOLVE YOUR KIDS!

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<tr>
<th>AGE</th>
<th>FUN</th>
<th>FUNDAMENTAL</th>
<th>FUNCTIONAL</th>
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| 2 Years | Let your child play with the foods such as puddings, mashed potatoes, jell-o | Your child is beginning to learn about different textures, weights, size, and colors | Wipe table top
Tear lettuce greens
Wash salad greens
Play with wooden spoons and plastic bowls
Bring ingredients from one place to another |
| 3 Years | Make shapes out of dough | Learning forms, shapes, colors
Understanding numbers
Developing small muscle strength and coordination | Wrap potatoes in foil for baking
Knead and shape dough
Pour cold liquids
Mix ingredients
Shake liquids
Spread soft spreads
Place things in trash |
| 4 Years | Make shapes of animals with fruits and vegetables | How to measure
Math skills
Matching words with pictures in recipes
How to put different foods into categories
Vocabulary building | Learning to safely use scissors
Peeling fruits
Mashing
Setting the table |
| 5 Years | Baking
Frosting a cake
Making holiday cookies | Math
Reading
Science
Vocabulary building | Measure ingredients
Cut with a dull butter knife
Use an egg beater
Helping wash dishes |
**Yummies for the Tummy**

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*Family Food and Fitness*
CRISP AND COLORFUL

Vegetable Soup

INGREDIENTS:
Vegetables: carrots, potatoes, celery, green peppers, any other vegetables you wish
6 cups of water
2 cups of tomato juice
6 teaspoons bouillon (any type)
1/2 cup of butter

UTENSILS:
Cutting board
Knife
Large pot
Teaspoon
Measuring cup
Spoon

1. Wash vegetables.
2. Cut-up vegetables.
3. Put vegetables into large pot.
4. Add 6 cups of water and 2 cups of tomato juice.
5. Boil 30 minutes.
6. Add 6 teaspoons bouillon and 1/2 cup butter.
7. Simmer 30 more minutes.
8. Enjoy!
CRISP AND COLORFUL

Veggie Bundles

INGREDIENTS:
2 to 3 carrots
10 celery stalks
10 scallions
10 green beans
Bacon strips, precooked but not crispy

UTENSILS:
Knife
Baking sheet
Spatula or fork
Small pot
Oven preheated to 350°
Cutting board

1. Scrape carrots with knife. Trim ends off carrots.

2. Cut carrots into long strips.

3. Fill small pot with water. Put carrots in the pot.


5. Place carrot strips on plate or napkin.

6. Repeat steps 1-5 for green beans, celery, scallions.

7. Gather one of each vegetable and make a bundle.

8. Wrap a bacon strip around bundle and tie ends into a knot.

9. Place bundles on baking sheet.

10. Bake 3 to 4 minutes.
CRISP AND COLORFUL

Layered Salad

INGREDIENTS:
1 cup of broccoli pieces
1 cup of shredded lettuce
1 cup of cooked green peas
1 cup of grated carrot
1 cup of cauliflower pieces
1 cup of ranch dressing

UTENSILS:
Knife
Cutting board
Large salad bowl

1. Clean vegetables.

2. Cut vegetables into small pieces.

3. Put one layer of a vegetable in the bottom of a salad bowl.

4. Place different color vegetable on top of the first layer.

5. Continue layering all vegetables.

6. Pour the salad dressing over top like icing.

7. Serve with large spoon and enjoy!
CRISP AND COLORFUL

Zucchini Freight Train

INGREDIENTS:
Large zucchini for the train
1 package mixed frozen vegetables for freight
Cooked and cooled extra long spaghetti noodles for the track
Carrot sticks to join the train cars

UTENSILS:
Serving tray or plate
Knife
Cutting board
Small bowl
Spoon
Small pot

1. Place two long strings of spaghetti noodles on a serving plate.

2. Cut three spaghetti noodles into 3-inch pieces.

3. Place the 3-inch pieces of spaghetti noodles across the long spaghetti noodles to create a train track.

4. Slice the zucchini in half lengthwise with a knife.

5. Cut the zucchini halves into 3- or 4-inch sections.

6. Hollow out a hole in the center of each zucchini section with a spoon.

7. Poke a hole in both ends of the zucchini sections with the point of a knife.

8. Stick the carrot sticks through the holes of the zucchini to attach the sections of the train cars together.
**Crisp and Colorful**

**Zucchini Freight Train**

9. Arrange the zucchini train on the train tracks.

10. Cook mixed vegetables in a small pot until warm.

11. Remove cooked vegetables.

12. Spoon them into open holes on zucchini train.
CRISP AND COLORFUL

Banana Boats

INGREDIENTS:
Bananas
Lemon juice in a small cup, at least 2 tablespoons
Fish crackers

Any choices of favorite fruits, such as: watermelon, cantaloupe, strawberries, pineapple, berries, apple slices

UTENSILS:
Knife
Cutting board
Paper towel or pastry brush

1  Place the unpeeled banana on the cutting board so it curves upright like a boat.

2  Find the natural ridges of the banana.

3  Cut a long slice down one side of the inside curve of the banana, around the end and up the other side of the banana with a knife.

4  Peel the cut-out section only, not the whole banana.

5  Scoop out some of the banana inside.

6  Dip a paper towel into the lemon juice and paint the inside of the banana.

7  Cut fruits into designs, sections, and shapes.

8  Arrange the fruits inside the banana boats like people and cargo riding inside.

9  Sprinkle fish crackers around the banana boat.

10 Serve and Enjoy!
Crisp and Colorful

Cucumbers in Sour Cream

INGREDIENTS:
Cucumbers
Low-fat sour cream

UTENSILS:
Spoon
Bowl

1. Wash Cucumbers.

2. Remove skin from cucumbers.

3. Cut the cucumbers into small pieces.

4. Place cucumbers into bowl.

5. Add enough sour cream to coat all cucumbers.

6. Refrigerate until ready to serve.
CRISP AND COLORFUL

Fresh Fruit Salad

INGREDIENTS:
Banana
Apple
Tangerine
3 Tablespoons plain yogurt
1 teaspoon vanilla

UTENSILS:
Knife
Bowl
Measuring spoons
Spoon

1 Cut fruit into small pieces.

2 Mix together.

3 Add in plain yogurt and vanilla.

4 Stir.
Baked Chicken

**INGREDIENTS:**
One whole chicken or chicken pieces

**UTENSILS:**
Shallow baking dish

1. Preheat oven to 350°.

2. Wash chicken under running water.

3. Lightly season with salt and pepper.

4. Place chicken into baking dish.

5. Cook for 20 minutes per pound.

6. Serve and Enjoy!
Plain and Simple

Burritos

INGREDIENTS:
10 large flour tortillas
1 pound lean ground beef
1/2 cup of chopped onion
1/2 cup of chopped green pepper
10 oz. can refried beans
10 to 12 oz. jar salsa
Cheddar cheese

UTENSILS:
2 large pans
Can opener
Large spoon
Large baking pan
Cutting board
Grater
Sharp knife
Spatula
Measuring cups

1. Chop onions and green peppers into small pieces.

2. In a large pan cook ground beef, onion, and green pepper until the pink is gone from meat. Drain grease.

3. In another large pan, heat the refried beans for about 10 minutes. Or heat in the microwave in a large bowl for 2 minutes. Stir well.

4. Soften the tortillas by package directions.

5. When all ingredients are ready, place about two spoonfuls of beans and two spoonfuls of ground beef on each tortilla.

6. Roll tortilla and tuck in sides to keep filling inside. Place in baking pan with sides down.
PLAIN AND SIMPLE

Burritos

7. Grate cheese.

9. Preheat oven to 350° and bake for 10-15 minutes, until the cheese is melted.

8. Top tortillas with salsa and grated cheese.

10. Enjoy!
PLAIN AND SIMPLE

Easy Pizza

INGREDIENTS:
Bagels or English muffins
Plain pasta or pizza sauce
Shredded cheese
Assorted vegetables
Peppers
Mushrooms
Onions
Olives

UTENSILS:
Knife
Small spoon
Baking pan or microwaveable plate
Toaster

1. If baking, preheat oven to 425°.

2. Cut bagels or English muffins in half and lightly toast.

3. Spread pasta or pizza sauce across toasted bagels or muffins and sprinkle cheese and desired toppings.

4. Bake in the oven for five minutes or microwave on high for 30 to 45 seconds.

5. Let the pizzas cool before eating.
**PLAIN AND SIMPLE**

**Pasta**

**INGREDIENTS:**
Dried pasta  
Sauce, optional

**UTENSILS:**
One large pot  
Colander (strainer)

1. Boil water in a large pot.

2. Add a pinch of salt and the pasta to boiling water.

3. Boil pasta uncovered according to the directions on the package or until soft, but firm.

4. Drain the pasta and serve plain or with sauce.
SMOOTH AND CREAMY

Quick Macaroni and Cheese

INGREDIENTS:
8 ounces uncooked macaroni
1 cup milk
8 ounces grated cheddar cheese (2 cups)

UTENSILS:
Large pot with lid
Casserole dish
Measuring cups
Grater
Colander
Potholder
Cutting board
Sharp knife
Large spoon
Oil

1 Preheat oven to 350°.

2 Cook macaroni, then drain.

3 Pour macaroni, milk, and 1 1/2 cups of cheese into a lightly oiled casserole dish. Stir well.

4 Sprinkle remaining cheese on top.

5 Bake for 15-20 minutes.

6 Serve and Enjoy!
**SMOOTH AND CREAMY**

**Mashed Potatoes**

**INGREDIENTS:**
1 3/4 pounds of potatoes (peeled and cut into chunks)
1/2 stick (or 1/4 cup) butter or margarine
1 cup 2% milk

**UTENSILS:**
Large pot
Potato masher (or large fork)

1. Bring potatoes and water to a boil and cook until tender, about 15-30 minutes.

2. Drain all excess water.

3. Use a potato masher or large fork to mash potatoes.

4. Stir in the butter or margarine, when it has melted add the milk.

5. Stir until smooth.

6. Enjoy!
SMOOTH AND CREAMY

Pineapple Pop

INGREDIENTS:
1/2 glass of pineapple juice
Club Soda

UTENSILS:
Glass or cup
Spoon

1. Pour 1/2 glass of pineapple juice.

2. Add Club Soda.

3. Stir.

4. Drink and Enjoy!
**SMOOTH AND CREAMY**

**Instant Banana Pudding**

**INGREDIENTS:**
- Banana
- 3 Tablespoons applesauce
- 1 teaspoon plain yogurt

**UTENSILS:**
- Bowl
- Spoon
- Fork

1. Mash 1/2 small banana with fork.

2. Add applesauce.

3. Add plain yogurt.

4. Stir.
SWEETS AND SNACKS

Popsicles

INGREDIENTS:
1 cup low fat vanilla yogurt
6 oz. orange juice concentrate
1-2 cups skim milk

UTENSILS:
Mixing bowl
Measuring cups
Large spoon
3 oz paper cups or ice cube tray

1. Mix the yogurt, juice and milk in a mixing bowl.

2. Pour into paper cups or ice cube tray.

3. Place in freezer, when Popsicles are halfway frozen stick in Popsicle sticks.

4. Continue to freeze until fully formed.
**SWEETS AND SNACKS**

**GORP (Good Old Raisins and Peanuts)**

**INGREDIENTS:**
- Raisins
- Peanuts

**UTENSILS:**
- Large mixing bowl
- Large resealable plastic bag

1. Mix equal amounts of peanuts and raisins in a large bowl.
2. Pour raisin and peanut mixture into the large plastic bag.

**VARIATIONS**
- Add other dried fruit such as cranberries
- Add pretzels or other nuts or dry cereals
- Use chocolate or yogurt covered raisins too
SWEETS AND SNACKS

Peanut Butter Pals

INGREDIENTS:
Whole wheat bread
Peanut Butter
3 banana slices per person
10 raisins per person

UTENSILS:
Toaster
Knife
Napkins

1. Cut bananas into slices.

2. Toast bread.

3. Spread peanut butter on toast.

4. Place 2 bananas for ears and 1 for nose.

5. Add raisins for eyes and mouth.

6. Enjoy!
SWEETS AND SNACKS

Monster Toast

INGREDIENTS:
Milk
Whole wheat bread
Butter

UTENSILS:
Toaster
Food coloring (Red, Blue, Green)
Small cup for each color
Brushes or napkins to apply color

1. Pour milk into cups.

2. Add a different color of food coloring in each cup of milk.

3. Use the food coloring and a brush or napkin to paint a monster on the bread.

4. Toast.

5. Butter lightly.

6. Munch your Monster!
SWEETS AND SNACKS

Pinwheel Sandwiches

INGREDIENTS:
Whole wheat slices of bread
Cheese
Sandwich Spreads, such as
Tuna Salad  Egg Salad  Cheese Spreads
Peanut Butter  Apple Butter  Jam
Cream Cheese  Cinnamon

UTENSILS:
Knife
Cutting board
Rolling pin or Smooth cup
Spreading knife
Toothpicks

1. Cut crusts off bread with knife.

2. Flatten bread with rolling pin or smooth cup.

3. Spread 1 Tablespoon of sandwich spread on bread.

4. Roll the bread up.

5. Secure with toothpick.

6. Slice the roll into sections.

7. Serve and Enjoy!
SWEETS AND SNACKS

Tomato Summer Sandwiches

INGREDIENTS:
Medium tomatoes
2 slices whole wheat bread per person
2 slices low-fat cheese per person

UTENSILS:
Oven preheated to 350° F
Knife
Cutting Board
Baking Sheet

1 Slice tomato into thin slices.
2 Place bread on baking sheet.
3 Add a slice of cheese to bread.
4 Place baking sheet in oven.
5 Bake until cheese melts, about 2 to 4 minutes.
6 Remove from oven.
7 Place tomato slice on each piece of bread.
8 Bake briefly to heat through.
**SOMETHING SPECIAL FOR THE SEASONS**

**FALL: Baked Apples**

**INGREDIENTS:**
- 4 large baking apples
- 4 teaspoons brown sugar
- 4 teaspoons margarine
- 4 teaspoons nutmeg
- 4 teaspoons cinnamon
- 1/2 cup raisins

**UTENSILS:**
- Sharp knife
- Measuring cups
- Measuring spoons
- Baking dish (non-metal)
- Potholder

1. Wash and core apples. Do not make a hole all the way through the center.

2. Place each apple in baking dish.

Variation for other fillings: cranberry sauce, slivered almonds, chopped walnuts, currant jelly

3. Fill each apple with 1 teaspoon brown sugar, 1 teaspoon margarine, 1 teaspoon nutmeg, 1 teaspoon cinnamon, and 2 Tablespoons currants or raisins.

4. If using a regular oven, preheat to 350°F then bake for 40-60 minutes. If using a microwave, cook for 7 minutes.
SOMETHING SPECIAL FOR THE SEASONS

WINTER: Trees in Snow

INGREDIENTS:
1/2 cup cottage cheese
Broccoli florets, precooked, steamed lightly or raw uncooked
1 Tablespoon Italian dressing

UTENSILS:
Measuring cup and spoon
Small dish

1. Spread the cottage cheese in a thick layer in a small dish.

2. Arrange the broccoli pieces so they stand in the cottage cheese, resembling trees in the snow.

3. Drizzle a little Italian dressing over the broccoli florets to flavor the salad.

4. Serve the Trees in Snow with a fork.
**SOMETHING SPECIAL FOR THE SEASONS**

**SPRING: Bunny Pears**

**INGREDIENTS:**
- 1 can pear halves
- Lettuce leaves
- Squirt can of whipped cream, optional
- Selection of foods, such as:
  - Toasted almonds
  - Strawberries
  - Raisins
  - Blueberries

**UTENSILS:**
- Can opener
- Strainer
- Plate

1. Open can of pears.
2. Drain pears in strainer.
3. Arrange lettuce leaves on a plate.
4. Place pear halves, rounded side up, on the lettuce leaves.
5. Use other ingredients to make pear into a bunny.
6. If desired, squirt a whipped cream tail on the bunny.
SOMETHING SPECIAL FOR THE SEASONS

SUMMER: USA Berries

INGREDIENTS:
2 Strawberries
5 Blueberries
Shredded coconut

UTENSILS:
Paper cup

1. Put berries in a small paper cup.
2. Sprinkle with shredded coconut.
More Food Fun

Incorporate activities into meal preparation to make it a fun, family event. Activities can be performed before, during, or after eating the meal. Many songs, books, and crafts involve food. Try to choose an activity that relates to the meal. The following is a list of suggestions for you to try with your family.

Books
Stone Soup by Marcia Brown
Oodles of Noodles by L. Hymes and J. Hymes
Green Eggs and Ham by Dr. Seuss
Growing Vegetable Soup by Lois Elhert
The Berenstain Bears and Too Much Junk Food by Stan & Jan Berenstain
Cloudy with a Chance of Meatballs by Judi Barrett
Gregory, the Terrible Eater by Mitchell Sharmat
If You Give a Moose a Muffin by Laura Joffe Numeroff
On Top of Spaghetti by Tom Glazer
One Hungry Monster by Susan O’Keefe

Songs and Rhymes
Muffin Man
Hot Cross Buns
Pat-A-Cake
This Little Piggy
On Top of Spaghetti

Arts and Crafts
Macaroni Necklaces
Fruit Loop or Cheerio Necklaces or Bracelets
Food collages with different noodles, beans, cereal pieces
Tracing vegetables and decorating the pictures
Finger painting with chocolate syrup, Karo syrup, or yogurt
Weaving paper strips to make a placemat

Activities and Games
Hot Potato
GORP Hike
Going to a Pick-Your-Own Farm
Going to a Pumpkin Patch
Chicken Dance
Bunny Hop
Duck Duck Goose
Burrito Roll-Up
Treasure Hunt for ingredients in the pantry
Being Food Frugal

Tips for Managing Your Meal Budget

Do It Yourself
Home cooked meals are cheaper and healthier than store bought meals or restaurant meals. Frozen TV dinners, mixes, prepared sauces, boxed dinners, and kits are high in calories, fat, and salt. It is often easier and healthier to prepare the same meal at home by buying the separate ingredients.

Shop Smart
1. Write out a shopping list for all the food you will need for a week's worth of meals and stick to it, don’t buy anything not on the list.
2. Be a coupon clipper and user. Check for coupons: look in the Sunday paper, in the grocery aisles, or at the front of the store for a coupon booklet. Use the coupons to buy only the items on your shopping list. Don’t buy something only because you have the coupon.
3. Buy only as much perishable food as you can keep fresh. If you are throwing away a lot of uneaten food because it’s gone bad, you are buying too much. When it comes to perishables, buying in bulk is not always a money saver.
4. Buying in bulk is a good idea for non-perishable foods, like canned goods. Bulk foods are often much less expensive than non-bulk foods.
5. Don’t always buy name brands. Store brands are often the same product, just in a different box and at a reduced price.
6. Keep your kitchen stocked with staples. (See next page).

Eat Wisely
1. Drink more water. Not only is this healthier, it will save you money. Fruit drinks, Kool-Aid, Lemonade, Powerade, Gatorade, and punch are mostly just costly sugar water. Sodas and soft drinks are expensive and are not healthy.
2. Buy fresh fruits and vegetables in season and use frozen fruits and vegetables at other times.
3. Red meat is expensive. Try substituting chicken, turkey, beans, or eggs for protein in meals.
## Simple Kitchen Staples

### IN THE FRIDGE
- **Cheese:** Monterey jack, cheddar, and cottage cheese
- **Yogurt:** plain and fruit-flavored, low fat
- **Vegetables:** carrots, celery, peppers, mushrooms, onions, tomatoes, broccoli, lettuce, potatoes
- **Condiments:** mustard, ketchup, mayonnaise

### IN THE BREADBOX
- Whole Wheat:
  - Sliced Bread
  - English muffins
  - Crackers
  - Pretzels

### IN THE PANTRY
- Pancake mix
- Biscuit mix
- Cornbread mix
- Salad dressing
- Peanut butter
- Pasta
- Brown and white rice
- Soy sauce
- Spaghetti sauce
- Canola oil
- Olive oil
- Cooking spray
- Vinegar
- Herbs and spices can add flavor, buy in small containers when you need it for a recipe
- Canned foods: fruits, olives, tomatoes, variety of beans, evaporated milk, soups, tuna, canned vegetables

### IN THE FREEZER
- Frozen vegetables
- Fruits
- Juices
- Lean meats, poultry, fish
Bag It!

Nutritious and delicious brown bag lunches
Packing lunches can be healthy and money saving. Be careful not to use expensive pre-made lunch kits. School-aged children enjoy making their own lunch.

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>VEGETABLE</th>
<th>FRUIT</th>
<th>BEVERAGE</th>
<th>DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>SANDWICH</td>
<td>CHOOSE 1 OR 2</td>
<td>Apples</td>
<td>Skim or Low Fat Milk</td>
<td>OPTIONAL</td>
</tr>
<tr>
<td>Peanut</td>
<td>Carrots</td>
<td>Oranges</td>
<td>Apple Juice</td>
<td>Nuts and Raisins</td>
</tr>
<tr>
<td>Butter and Jelly</td>
<td>Celery</td>
<td>Bananas</td>
<td>Orange Juice</td>
<td>Trail Mix</td>
</tr>
<tr>
<td>Ham and Cheese</td>
<td>Green or Red Pepper</td>
<td>Peaches</td>
<td>Juice Boxes</td>
<td>Popcorn</td>
</tr>
<tr>
<td>Turkey and Cheese</td>
<td>Sliced Tomato</td>
<td>Grapes</td>
<td></td>
<td>(without butter)</td>
</tr>
<tr>
<td>Roast Beef</td>
<td>Cucumber</td>
<td>Fruit Salad</td>
<td></td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Tuna Fish</td>
<td>Carrot and Raisin Salad</td>
<td></td>
<td></td>
<td>Cookies</td>
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<tr>
<td>Peanut</td>
<td>Cheese</td>
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</tr>
<tr>
<td>Peanut and Banana</td>
<td>Sticks</td>
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</tbody>
</table>

*If you do not include a sandwich, include a starch such as crackers, potato salad, macaroni salad, etc.

Note: Refrigerate lunches if they contain eggs, cheese, meat, dairy, or salads. If you cannot put the lunch in the refrigerator put a freezer pack in the lunch bag.
Fun Fitness

We all know that staying active is very important. Our bodies need to be active to grow strong. Exercise doesn't have to be a chore. It is more important to play games and be active than to be an athlete. Your child's favorite playmate is YOU! Join in and make activity a family affair. Like healthy eating, being active starts early.

Physical Activity

Why is exercise so important?
Exercise keeps you and your kids healthy and can even extend your life span. Keeping fit helps reduce blood pressure and your risk of heart disease. Regular exercise can also prevent diabetes and some kinds of cancer. Exercise can also be fun and improve your mental well-being.

How much exercise is needed to stay healthy?
Children above the age of 2 need at least 30 minutes of exercise each day. This does not mean that they have to be running or biking for 30 minutes. Playing tag, going to the park, or just playing outside is enough exercise for kids.

Adults also need about 30 minutes of exercise every day. Thirty minutes of brisk walking or just 20 minutes of jogging is enough to remain physically fit. Start with five to ten minutes a day and build up to thirty minutes over the course of two or three weeks. Starting slowly will prevent muscle strain or injury.

Exercise Guidelines

Infants

- Keep infants in a safe setting without hard floors or sharp corners.
- Allow infants to move around. Do NOT restrict their movement.
- Help your child learn to sit up, look around, roll over, and crawl.
- Supervised “Tummy Time” when they are awake and alert is important to develop muscles. Place your baby on his/her tummy.

- Play games with your baby such as leg bicycling during a diaper change or “So Big.”

Toddlers

- Toddlers should not sit still for more than 45 minutes at a time.
- Toddlers should be encouraged to move around and play.
- Play simple games like peek-a-boo and hide and seek to keep your toddler moving.
Safety Tips
• Always prepare to exercise by stretching and warming up.
• Warm ups: stretches of the muscles that will be used during the exercise, such as muscles in the legs and back, plus some gentle aerobic exercise, such as slow jogging.
• Make sure that protective gear is always worn such as shin pads, kneepads, mouth guards or helmets.
• Exercise should always stop if a child is in pain, feeling dizzy or faint, feeling sick or very tired.
• It is best to avoid exercise, or only exercise very lightly, if the child isn’t feeling well.

Staying Safe in the Summer Heat
• Drink more fluids, especially water, regardless of your activity level. Don’t wait until you’re thirsty to drink.
• Don’t drink liquids that contain caffeine, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
• If it is really hot, you may need to stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health

Exercise Safety

Preschoolers
• Should be active for no less than 60 minutes every day.
• Play imitation games with a preschooler like “Simon Says.”
• Dance with your preschooler.
• Take your preschooler to the park and let him or her climb and swing.
• Make walking to the bus active. Try walking backward or sideways, skipping, jumping, or hopping.
• Have your preschooler help you around the house by picking up toys, dusting, or sorting clothes.

Children 5-8 years (and beyond!)
• Walk, skip, cycle, use a scooter, or run places instead of going in the car.
• Kick, throw, hit balls.
• Look for and use local playgrounds.
• Water activities can be fun, but should always be supervised.
• Take pets for a walk or run.
• If you want, this is a good age to begin organized sports like soccer, basketball, or baseball.
• Biking, Frisbee, skating, hula hoops, jumping rope.
• Play Twister Game.
• Introduce your child to some “old” favorites like ping pong, bowling, flying kites, hopscotch, jumping in leaves.
• Activities around the house such as cleaning/picking up bedroom or making the bed.

Fun Fitness

Family Food and Fitness
department to see if there are any heat-relief shelters in your area.

• Electric fans may provide comfort, but when the temperature is in the high 90s fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

• Wear lightweight, light-colored, loose-fitting clothing.

• NEVER leave your child in a closed, parked vehicle.

• Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
  • Infants and young children
  • People aged 65 or older
  • People who have a mental illness
  • Those who are physically ill, especially with heart disease or high blood pressure

• Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children need much more frequent watching.

If you must be out in the heat:

• Limit your outdoor activity to morning and evening hours.

• Cut down on exercise. If you must exercise, drink two to four glasses of water every hour.

• Don’t wait until you are thirsty to drink water.

• Try to rest often in shady areas.

• Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 30 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

This information provided by NCEH’s Health Studies Branch.
**LETS GET FIT!**

*Kids like to keep track of their activities. It is fun to see how much they are doing. Here is a simple chart that you and your child can fill out to keep track.*

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