

Solutions for

BETTER LIVING

Cooking

Third Edition

Savvy Shopping

Tips and tricks to make the most of your food budget

In Season

Making the most of seasonal fruits and vegetables

Cooking with Kids

Encourage youths to choose healthy meals

Keep it Safe

Tips to prevent foodborne illness

Move More

Easy ways to get your daily exercise





Funded in part by the USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go online to mydss.mo.gov/food-assistance

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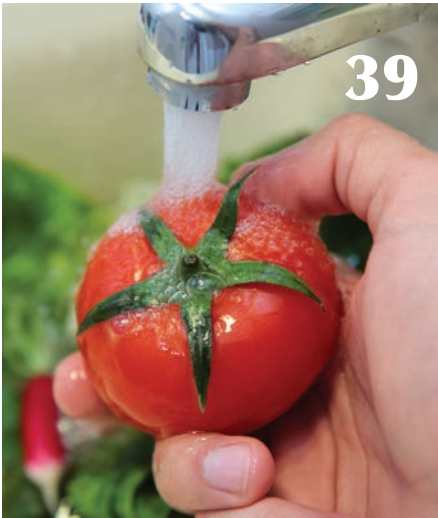
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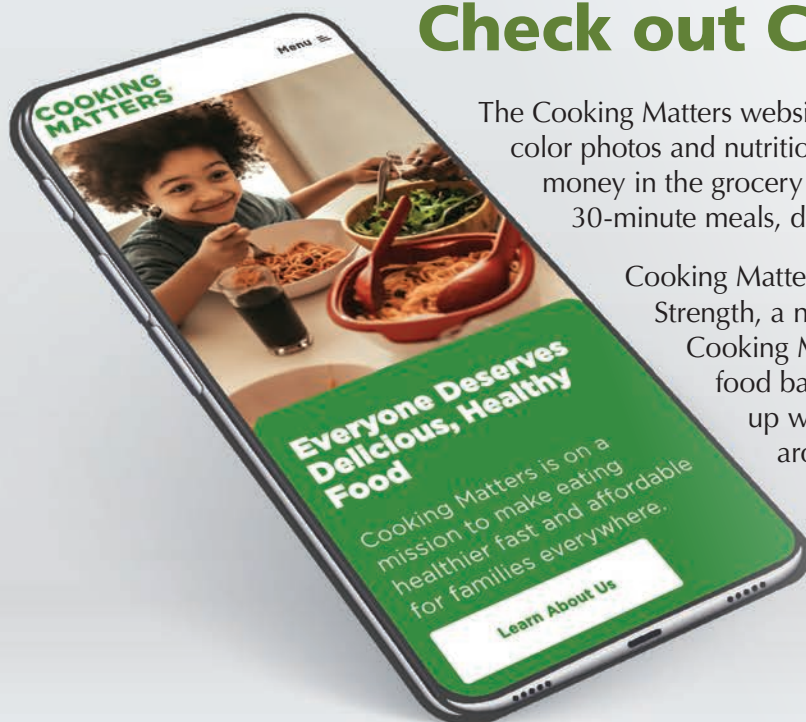


Looking for Healthy, Easy, and Affordable Recipes?

Check out **CookingMatters.org**

The Cooking Matters website provides more than 90 chef-developed recipes with color photos and nutrition information. Users can pick up easy tips to save money in the grocery store and filter recipes by meal categories such as 30-minute meals, diabetes friendly, one-dish, seasonal, and kid-approved.

Cooking Matters is part of a national program operated by Share Our Strength, a nonprofit dedicated to fighting hunger. In Missouri, Cooking Matters is administered by Operation Food Search, a food bank in St. Louis. Operation Food Search has teamed up with MU Extension to offer Cooking Matters courses around the state to families with limited resources.



COOKING MATTERS®

- A growing body of scientific evidence shows that energy drinks can have serious health effects, particularly in children, teenagers, and young adults.
- In several studies, energy drinks have been found to improve physical endurance, but there are limited studies on long-term effects. While energy drinks may enhance alertness and improve reaction time, they may also reduce the steadiness of the hands.
- The amounts of caffeine in energy drinks vary widely, and the actual caffeine content may not be identified easily. Some energy drinks are marketed as beverages and others as dietary supplements. There's no requirement to declare the amount of caffeine on the label of either type of product.
- Large amounts of caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure. Caffeine also may harm children's still-developing cardiovascular and nervous systems.
- Caffeine use may also be associated with anxiety, sleep disturbance, digestive problems, dehydration and increased risk-taking.
- Guarana, commonly included in energy drinks, contains caffeine. Therefore, the addition of guarana increases the total caffeine content.
- A single 16-oz. container of an energy drink may contain 54 to 62 grams of added sugar; this exceeds the maximum amount of added sugars recommended for an entire day.

Energy Drinks

Energy drinks are widely promoted as products that increase energy and enhance mental alertness and physical performance. Next to multivitamins, energy drinks are the most popular dietary supplement consumed by American teens and young adults. Men between the ages of 18 and 34 years consume the most energy drinks, and almost one-third of teens between 12 and 17 years drink them regularly.

There are two kinds of energy drink products. One is sold in containers similar in size to those of ordinary soft drinks, such as a 16-oz. bottle. The other kind, called "energy shots," is sold in small containers holding 2 to 2½ oz. of concentrated liquid. Caffeine is a major ingredient in both types of energy drink products—at levels of 70 to 240 mg in a 16-oz. drink and 113 to 200 mg in an energy shot. (For comparison, a 12-oz. can of cola contains about 35 mg of caffeine, and an 8-oz. cup of coffee contains about 100 mg.) Energy drinks also may contain other ingredients such as guarana (another source of caffeine sometimes called Brazilian cocoa), sugars, taurine, ginseng, B vitamins, glucuronolactone, yohimbe, carnitine, and bitter orange.

Consuming energy drinks raises important safety concerns.

- The number of energy drink-related visits to emergency departments continues to increase, and many result in hospitalization.

- About 25 percent of college students consume alcohol with energy drinks, and they binge-drink significantly more often than students who don't mix them.
 - The CDC reports that drinkers aged 15 to 23 who mix alcohol with energy drinks are four times more likely to binge drink at high intensity (i.e., consume six or more drinks per binge episode) than drinkers who do not mix alcohol with energy drinks.
 - People who combine caffeinated drinks with alcohol may not be able to tell how intoxicated they are; they may feel less intoxicated than they would if they had not consumed caffeine, but their motor coordination and reaction time may be just as impaired.
- Drinkers who mix alcohol with energy drinks are more likely than drinkers who do not mix alcohol with energy drinks to report unwanted or unprotected sex, driving drunk or riding with a driver who was intoxicated, or sustaining alcohol-related injuries.
- Energy drink-related emergency department visits involved combining these beverages with alcohol or drugs (such as marijuana or over-the-counter or prescription medicines).

Source:
National Institute of Health

Baby Carrots



Myth: Baby carrots are cut from larger, gnarly carrots, then shaped into little carrots and dipped in a mixture of chlorine and water. Because their protective peeling has been removed, the carrots soak up an extra amount of chlorine which causes a white residue on the outside, which is dangerous to consume.

Fact: While cocktail carrots were once made from larger, poorly shaped carrots, baby carrots are now typically bred to be smaller, sweeter carrots. They are dipped in a chlorine water mixture to destroy or reduce microbial contamination. While it is true that carrots may be rinsed in a dilute solution of chlorine to rid bacteria, this has nothing to do with white blush. Instead of representing a cancer health hazard, carrot processing with chlorinated water is a health-protective step recommended by the US Food and Drug Administration to prevent foodborne outbreaks.

The amount of chlorine used in processing is many levels below the allowable limit for drinking water. Prior to packaging, the little carrots go through a plain tap water rinse.

If white blush is undesirable for fresh carrot eating, they are still great for cooking. Besides showing white blush, baby carrots may also get rubbery if packages are not sealed. Rubberly carrots are safe to eat and may be used for cooking instead of snacks. Finally, baby carrots that go beyond rubberly to soft and slimy should be tossed.

Baked Carrot Fries with Yogurt-Sunflower Seed Butter Dip

Yield: 6 servings

Ingredients:

1⁵/₈ cups Greek yogurt, non-fat plain
3/8 cup sunflower seed butter
6 cups baby carrots (fresh; or 1 pound 10 ounces)
1/4 teaspoon salt
2¹/₄ teaspoons canola oil

Directions:

Preheat oven to 400°F. In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside in the refrigerator to keep cold. In a medium bowl, combine carrots, salt, and oil. Toss. Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Serve carrot fries with dip.

- Contains milk (yogurt) and may contain tree nuts or peanuts. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.

Olive Oils

Extra Virgin Olive Oil (EVOO) is the most flavorful and the healthiest olive oil, because it is naturally produced without heat or chemicals. The oil may be strong and peppery, mild and buttery, or anywhere in between. It can be used for sautéing, grilling, roasting, baking and pan-frying. Extra virgin olive oil does best in cold applications like drizzling, dipping, dressings and marinades. **First Press, Cold Pressed or Cold Extracted** – Extra Virgin Olive Oils may use these marketing terms. All extra virgin olive oil is produced this way even if the label doesn't call it out.

Refined Olive Oil – During production, oil with high acidity or flavor or aroma defects will be refined to remove the defects, resulting in Refined Olive Oil. Lacks full health benefits. Best used for cooking, sautéing or frying.

Olive Oil is a blend of refined olive oil with some virgin or extra virgin olive oil added back for flavor. Olive oil has a mild flavor, making it a great oil to substitute for other common cooking oils without changing the taste of the recipe. It is well-suited for dressings, marinades, sautéing, grilling, roasting, baking and pan-frying.

Classic or Pure Olive Oil is the same as Olive Oil and always refers to a blend of refined oil with some Extra Virgin Olive Oil or Virgin Olive Oil added for flavor.

- The fat and calories are the same in ALL grades of olive oil.
- Olive oil does NOT get better with age. Look for the furthest out “best by date” when purchasing. Also only buy in a quantity you can use fairly quickly.
- Store olive oil, tightly covered, in a cool, dark place. Under these conditions, it should remain fresh for about 18 to 24 months. An open bottle of olive oil can also be refrigerated to extend its shelf life but refrigerating olive oil may cause the oil to become cloudy and even solidify; this will not affect the flavor or quality. At room temperature, the oil will return to its normal consistency and color. When stored properly, olive oil will be safe to consume after the “best date” but may not have the best flavor.

Source:

North American Olive Oil Association

A woman wearing a light-colored hijab and a white and grey striped long-sleeved shirt is smiling while looking at her smartphone. She is standing in a grocery store, with a green shopping basket in front of her containing several carrots. The background is slightly blurred, showing shelves of various products.

Savvy Shopping

Small changes in your shopping and food consumption habits can mean saving big money at the grocery store.

Squeezed by rising food prices?

Small changes in your shopping and food consumption habits can mean saving big money at the grocery store. This will likely involve planning ahead and changing habits, which can be hard. However if you try one or two changes each week they will soon become part of your normal shopping routine and you will see some relief in your grocery bills.

- **Compare brands and look at the cost of food per serving.** If you will use all of it, the economy size is often (but not always) a better price per serving. Bring a calculator to compare unit prices. Sales tags often do not recompute unit prices. Generic brands tend to be the best deal and they are often just as good as the name brand items.
- **Where you shop may cost you money.** Bulk food stores may not always be a good choice. You may be tempted to buy foods you don't need and can't store properly.
- **Buy non-food items from discount stores.** This includes pet food, cleaning supplies and personal care items. You pay more for these at the grocery store.
- **Stock up on non-perishable foods when they are on sale.** Take advantage of sales and stock up on foods that you will eat and will not go to waste.
- **You pay more for convenience foods** such as a ready-to-cook chicken breast. If you prepare it yourself, you save money and you have control over what goes in the food, such as less fat and salt.
- **Nutritious foods are a better value.** Foods high in fat and sugar – like cookies, chips, doughnuts and soft drinks – have fewer nutrients than nutritious fruits, vegetables, whole grains, low-fat milk and lean meats. Remember, the fiber in fruits and vegetables fills you up and keeps hunger away.
- **Shop the outer aisles** where you find fruits, vegetables, dairy products and meats. The inside aisles are where you find higher-priced processed foods and snacks.
- **Look high, look low.** Bargains are usually on the top or bottom shelves, not at eye level.
- **Track your store's loss-leader items.** Loss-leader items are low-priced items to get you into the store so you buy other higher-priced items. Different sections of the store are featured each week. Stock up on each week's loss-leader items, especially things like cereals and juice.
- **Store food properly.** Food that gets thrown out is money lost.



Look high, look low. Bargains are usually on the top or bottom shelves, not at eye level.

- **Serve smaller portions.** Most of us eat larger portions than we need. Serving food on smaller plates and drinks in taller, thinner glasses can help us eat or drink less.
- **Repackage large containers of food into smaller bags and containers.** This will make foods more convenient to grab and go. If you must have snacks on hand like cookies, smaller portions help you avoid overindulging.
- **Cook once, eat twice.** Buy enough ingredients to cook more than one meal and freeze meal-sized portions. Now there's no need to buy frozen dinners. This will also ensure that you use leftovers and don't waste food.

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Here's how to make two savory meals that are...

Chicken Noodle Soup

This is a good soup to make on the weekend. Save time on weeknights by using boneless chicken, which cooks in about 20 minutes. Makes 6 servings.

Ingredients:

- 1 medium onion, chopped
- 3 stalks celery, chopped
- 1 pound chicken pieces, thawed
- 3 large carrots thinly sliced
- 4 cups (6 oz.) dry noodles

Directions:

1. Heat 1 tablespoon oil in large pot. Add onion, celery and carrots. Stir until onion softens, about 3 minutes.
2. Add chicken pieces and 10 cups water. Cover, bring to boil, reduce heat and simmer until chicken is cooked through, about 2 hours. You can boost the flavor by adding a can of chicken broth or a couple of chicken bouillon cubes to the water. (This will

- add to the cost slightly, and will also increase the calories, fat and sodium content.)
3. With soap and water, wash hands, counter surfaces and equipment that came into contact with raw chicken.
4. Use tongs or slotted spoon to remove cooked chicken pieces from broth. Cool. Pull meat from the bone and return to broth.
5. Use a spoon to skim fat from surface of broth (fat will rise to surface).
6. Add pasta. Bring to boil and cook, uncovered, about 6 minutes.
7. Ladle into soup bowls.
8. Refrigerate or freeze leftovers within 2 hours of cooking. If refrigerated, use within 3 to 4 days. To reheat, bring to a boil.

Nutrients per serving:

Calories: 290
Fat: 8g
Sodium: 300g
Fiber: 2g

Chicken Pot Pie

Yield: 6 servings

Ingredients:

- 1²/₃ cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup, low-fat (10-³/₄ ounce, condensed)
- 1 cup baking mix, reduced-fat
- ¹/₂ cup milk (non-fat)
- 1 egg

Directions:

1. Wash hands with soap and water.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Spread evenly over the vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Nutrients per serving:

Calories: 189
Fat: 4g
Sodium: 716mg
Fiber: 3g

Source:

masnaped.org/recipes/easy-chicken-pot-pie/



Easy to fix, Great tasting, Good for your family

Broccoli, Ham, and Potato Brunch Casserole

Yield: 8 servings

Ingredients:

- 16 oz. frozen broccoli
- 4 oz. lean precooked ham, diced
- 24 oz. frozen hash browns
- 1 10-½ ounce can condensed cheddar cheese soup
- 1 soup can skim milk
- 4 oz. reduced fat cheese, shredded



Directions:

1. Preheat oven to 350 degrees F.
2. Mix together broccoli, ham and hash browns in a large, shallow casserole dish.
3. In a separate bowl, stir together condensed cheddar cheese soup and milk.
4. Pour the soup mixture over the broccoli, ham and hash browns. Mix well.
5. Sprinkle cheese on top.
6. Bake until cheese is brown and bubbly, about 25 minutes.

Nutrients per serving:

Calories: 220
 Fat: 11g
 Sodium: 740mg
 Fiber: 2g
 Excellent source of vitamins A, C; and calcium

Brunswick Stew

Yield: 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion (medium, chopped)
- 2 cups chicken broth, low-sodium
- 2 cups chicken or turkey (cooked, diced and boned)
- 2 cups tomatoes, canned or cooked (low sodium)
- 2 cups lima beans, canned or cooked
- 2 cups whole kernel corn, canned or cooked

Source:

masnaped.org/recipes/brunswick-stew/

Directions:

1. Wash hands with soap and water.
2. Heat oil in a large pan. Add onion and cook in oil until tender.
3. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
4. Makes 8 servings of about 1 cup each.

Nutrients per serving:

Calories: 180
 Fat: 4g
 Sodium: 324mg
 Fiber: 5g

These shopping tips can help you SAVE!

- Make a shopping list and stick to it!
- Check newspaper ads before you shop.
- Don't shop when you're hungry.
- Check the unit price and compare the price of sale items, store vs. name brands.
- Avoid convenience foods.
- Buy fruits and vegetables that are in season.
- Fresh is often cheaper.
- Choose wisely! Use MyPlate to guide your food choices.



Benefits of Family Meals

- Bonding and making memories
- Establishes routine which provides sense of security
- Develops healthy eating habits
- Allows all family members to contribute to meal preparation and clean up

Sheet Pan Meals for the Win

We are all looking for fast, easy, and healthy meals to help us get dinner on the table in a flash. Sheet pan meals are meals that can fit on a baking sheet and cook in the oven together, resulting in a meal that is hot and ready. The wonderful thing about sheet pan meals is there is no need for a new kitchen gadget or equipment to get started, all that you need is a baking sheet and an oven.



Timing is everything

When creating a sheet pan meal timing is everything. Place items on the pan that take longer times to cook first before adding other items that take less time to cook. A tip is to cut or slice items while the longer cook items are in the oven. Halfway through the cooking time, remove the sheet pan from the oven and add the items that take less cooking time.

Chunk it up but alike

Similar to individual items, cook times will vary depending on the size of the chopped item placed on the cooking sheet. Simply put, try to chop, or slice items similar in size when creating the sheet pan meals otherwise items will cook at different times. As a result, you might have overcooked smaller pieces or larger pieces that are undercooked.

Think flavor

Sheet pan meals are versatile and wonderful in amplifying flavor. Get creative with flavors or even create themes for your sheet pan meals.

As an example, you can create a fajita sheet pan dinner or even a Mediterranean sheet pan dinner. The wonderful thing about playing with flavors is it allow for those who need to restrict sodium intake to create big flavors without the extra sodium.

Go Seasonal

Nothing beats picking the perfectly ripe produce when shopping, but another added bonus to thinking in season is it saves big at the checkout line. In season produce will often be the sale item helping stretch those food dollars. Also, seasonal sheet pan dinners can highlight the wonderful seasonal flavors of the year. As an example, nothing says welcome autumn like roasted butternut squash, brussel sprouts, and fennel.

Food safety always

When adding animal protein to your sheet pan keep a meat thermometer on hand. This allows you to check the internal temperature to assure it has reached the safe to eat zone. Meat thermometers are the most accurate measure for “doneness”.

Also, a great side

Although we have been talking about creating a full meal, sheet pan methods are also a creative way to create a quick side while preparing other elements of a meal. Simply put any stray or left over produce onto the pan picking the size pieces and flavors to create a wonderful colorful side.

For recipes visit <https://counties.agrilife.org/parker/files/2021/05/Sheet-Pan-Meals.pdf>



a series of simple recipes
using canned foods

Rice

Easy-to-prepare recipes using rice as a main ingredient.

Enchiladas

Yield: 6 servings

Ingredients:

- 12 (6-inch) whole-wheat tortillas
- 1 can (16 ounces) fat-free refried beans
- 2 cups cooked rice, brown or white
- 1 can (15 ounces) diced tomatoes with chiles
- 1 cup shredded reduced fat cheddar cheese, divided
- 1 can (16 ounces) enchilada sauce, divided
- (optional) 1 can (2¼ ounces) sliced olives, drained

Directions:

1. Wash hands and surfaces.
2. Arrange the tortillas in 2 stacks and place in a cold oven. Heat the oven to 400°F. Remove the tortillas after 10 minutes and cover with a warm, damp towel.
3. Mash the refried beans in a medium bowl with a fork. Add the rice, 1/3 cup cheese, tomatoes and olives (if desired).
4. Coat the bottom of a 9-by-13-inch baking dish with a thin layer of enchilada sauce. Save about half the sauce to use as a topping.
5. Spoon about 1/3 cup rice mixture over the center of a tortilla; roll it up. Set in the baking dish seam-side down. Fill the remaining tortillas and place them in the baking dish, squeezing them into place.
6. Pour the remaining enchilada sauce over the rolled tortillas and sprinkle remaining cheese over the top.
7. Bake, uncovered for 30 to 35 minutes until hot and bubbly. Let stand a few minutes before serving.
8. Refrigerate leftovers immediately.



Recipe adapted from the Canned Food Alliance, mealtime.org



Vegetable Soup

Yield: 4 servings

Ingredients

- 4 cups broth (or prepared bouillon)
- 1 cup rice (uncooked)
- 1 cup canned mixed vegetables, drained
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ tablespoon parsley (dried)

Directions

1. Wash hands and surfaces.
2. Place broth and uncooked rice in a saucepan over medium-high heat. Cover the pan.
3. Bring the broth and rice to a boil and then turn the heat to low.
4. Stir and simmer for 15 minutes.
5. Add remaining ingredients.
6. Simmer for 10 to 15 minutes until the vegetables are heated through.
7. Refrigerate leftovers immediately.

Adapted from USDA



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Becky's Brunch Bars

Yield: 12 servings

Ingredients:

- Nonstick cooking spray
- $\frac{3}{4}$ cup firmly packed brown sugar
- $\frac{1}{4}$ cup butter, softened
- $\frac{1}{2}$ cup peanut butter
- 1 large egg
- 1 tablespoon vanilla
- 2 cups rice, cooked
- 1 cup whole-wheat flour
- $1\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- 2 cups of mixed nuts and dried fruit (or use chocolate chips or other ingredient that you would add to cookies instead of nuts and dried fruit.)

Directions:

1. Preheat oven to 375°F.
2. Wash hands and surfaces.
3. Beat sugar, butter, peanut butter, egg and vanilla in a large bowl.
4. Stir in flour, baking powder, salt and cinnamon.
5. Fold in rice, mixed nuts and dried fruit.
6. Spray a 9-by-13-inch baking dish with nonstick spray and spread evenly into dish.
7. Bake 25-30 minutes until golden brown; cool, cut and serve. Refrigerate leftovers.



Fried Rice

Yield: 4 servings

Ingredients

- 1 tablespoon vegetable oil
- 2 eggs (beaten)
- 3½ cups rice, cooked
- 1 can (10 ounces) chunk chicken, drained*
- 1 can (8.5 ounce) peas and carrots, drained
- Soy sauce or hot sauce to taste (optional)

Directions

1. Wash hands and surfaces.
2. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir-fry rice, breaking up lumps by pressing rice against pan for a couple of minutes.
4. Add chicken and vegetables. Stir-fry until heated.
5. Add reserved eggs. Add sauce to taste. Serve hot.
6. Cover and refrigerate leftovers immediately.

Adapted from myplate.gov



Cheesy Broccoli Casserole

Yield: 4 servings

Ingredients

- 2 cups, broccoli, cut into small chunks
- 1 can (10 ¾ ounces) cheddar cheese soup
- 1 can (12 ounces) chunk chicken, drained*
- 2 cups cooked rice
- ½ cup milk
- 1 cup shredded cheddar cheese

Directions

1. Heat the oven to 350°F.
2. Wash hands and surfaces.
3. Combine broccoli, soup, chicken, rice, milk and ½ cup cheese in a 2-quart casserole dish.
4. Bake for 15 minutes, top with remaining cheese and bake another 15 minutes. Let cool slightly before serving.
5. Refrigerate leftovers immediately.

***Substitute fresh or frozen chicken for canned chicken by using the preparation instructions below:**

- **Wash** hands before and after handling poultry.
- Completely **thaw** poultry before cooking. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature. Thawed food should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165 degrees F. Use a food thermometer.
- Never place cooked food on a plate that previously held raw poultry or other types of meat.
- Rinsing poultry under water is not a safety step.
- Let the chicken cool and shred before adding to recipes.

In Season

Choose fruits and vegetables in season and you get all the benefits — food that tastes good, that is good for you and is reasonably priced. Eat a variety daily.



Seasonal and Simple

Seasonal and Simple: A Guide for Enjoying Fresh Fruits and Vegetables is a guide to help you select, store and prepare fresh fruits and vegetables. The recipes use simple preparations and seasonings, so you can taste the goodness of a fruit or vegetable at the peak of its flavor. The great variety of colors, flavors and textures of fruits and vegetables makes eating them a sensual pleasure.

The fruits and vegetables are listed in the guide by their growing season: spring, summer and fall. Recipes combining fruits or vegetables only contain fruits or vegetables grown in the same season.

Serving suggestions and recipes can be both a starting point and an inspiration for your seasonal eating. When you find a recipe that uses a preparation method

that fits with your cooking experience or equipment — like roasting or grilling — you can try the method with other vegetables. Likewise, if you enjoy a seasoning — like basil or garlic — on one vegetable, then try the seasoning on other vegetables.

Nutrients and associated health benefits are listed with each fruit or vegetable. The colors of fruits and vegetables are indicators of phytochemicals — examples of chemicals plants produce are lycopene, lutein and quercetin. These chemicals are studied for how they contribute to a longer, more healthful life. The message from the studies is simple: Eating a variety of colors of fruits and vegetables is an easy way to enjoy all the goodness of the wide array of nutrients found in different fruits and vegetables.

You can continue to enjoy the fruits and vegetables grown during the spring, summer and fall when you preserve them at the peak of their flavor and freshness. Visit the National Center for Home Food Preservation, nchfp.uga.edu, for current research-based recommendations for methods of home food preservation. In Missouri, most University of Missouri Extension county centers provide information about canning, freezing or dehydrating food. To locate an MU Extension center, or find additional food preservation information visit extension.missouri.edu.

Spring March, April, May and early June

Food	March	April	May	June
Asparagus				
Beets				
Broccoli				
Cabbage				
Carrots				
Cauliflower				
Greens (collards, kale, Swiss chard)				
Kohlrabi				
Lettuce				
Onions, green				
Peas				
Radishes				
Rhubarb				
Spinach				
Strawberries				
Turnips				

Learn more at
seasonalandsimple.info

Summer Late June, July and August

Food	June	July	August
Bell Peppers			
Blackberries			
Blueberries			
Cantaloupe			
Cherries, tart			
Cucumbers			
Eggplant			
Garlic			
Green Beans			
Okra			
Onions, dry			
Peaches			
Potatoes			
Raspberries			
Summer Squash			
Sweet Corn			
Tomatoes			
Watermelon			

Fall September, October, November, December

Food	September	October	November	December
Apples				
Beets				
Broccoli				
Cabbage				
Carrots				
Cauliflower				
Greens (collards, kale, Swiss chard)				
Lettuce				
Pumpkin				
Radishes				
Spinach				
Sweet Potatoes				
Turnips				
Winter Squash				

Seasonal & Simple

Seasonalandsimple.info is optimized for smartphones and easy to access online. It is based on the MU Extension publication *Seasonal and Simple*, which is a selection, storage and preparation guide for Missouri produce.

Find it Feature

The "Find It" feature enables consumers to find farmers markets in or near each Missouri county.

Learn more:
seasonalandsimple.info



Seasonal and simple: A guide for enjoying fresh fruits and vegetables

Beets

In season: May to June and September to November

Beets are a source of **folate**, which may reduce your risk of heart disease. Eating foods with **folate** before pregnancy helps lower the risk of delivering a baby with neural tube defects. Beets also provide **potassium**, **magnesium** and **fiber**. **Potassium** helps maintain healthy blood pressure, **magnesium** helps build and maintain strong bones, and **fiber** helps control cholesterol and keeps you regular.

Beet greens are a source of **vitamin K**, **calcium** and **magnesium** which help build and maintain strong bones. **Vitamin A** in beet greens helps maintain eye health.

Store:

Cut leaves from roots. Wash greens in a cool water bath and swish until dirt and sand are removed. Drain leaves and wrap in a paper towel. Store wrapped greens in a perforated plastic bag in the crisper. Store roots in a plastic bag in the refrigerator 2 to 3 weeks.

Prepare:

Clean beets gently to prevent tearing the thin skins. Cook before cutting or peeling to retain color and flavor.



Choose beets that are similar in size, smooth, round and are a deep red color. If available, choose beets with fresh, dark green tops.

Serving suggestions:

Roasting is the best way to keep the sweet taste. To roast, rub a light coat of olive oil on the skins, wrap each beet in foil and roast for 1 hour at 400 degrees F.

Add grated raw beets to a salad just before serving because beets stain other vegetables.



Roasted Beet Salad

Ingredients:

- 12 to 16 red beets (2 bunches), washed and dried without tops
- 1 cup spinach, rinsed
- ½ cup olive oil
- 2 tablespoons lemon juice

Directions:

Preheat oven to 400 degrees F. Place beets on a baking sheet. Drizzle with olive oil and sprinkle with salt. Roast for 30 to 45 minutes to desired tenderness. (A knife should be able to pierce the beet with little resistance.) Remove beets from the oven and cool for 20 to 25 minutes. Remove beet skins. They should easily come off after roasting. Cut beets to half pieces and toss with some olive oil. Add 1 tablespoon lemon juice. Combine remaining olive oil and lemon juice with spinach. Serve beets on bed of spinach.



Pickled Beets

Ingredients:

- 4 to 6 beets (1 bunch), greens removed
- ¼ cup cider vinegar
- 1 tablespoon sugar
- 1 tablespoon olive oil
- ½ teaspoon dry mustard
- Salt and pepper

Directions:

Boil beets for 30 minutes or until a fork can easily pierce beets. Drain liquid from beets and rinse in cold water. Remove beet peels with fingers. Mix cider vinegar, sugar, olive oil and dry mustard. Add salt and pepper to taste. Combine beets and marinade. Let mixture set for 30 minutes at room temperature. Store pickled beets in the refrigerator. Allow at least two weeks before tasting for flavor to develop.

Adapted from Simply Recipes



Add thin-cut strips of beet leaves to soups.

Seasonal and simple: A guide for enjoying fresh fruits and vegetables

Sweet Corn

In season: June to September

Sweet corn is a source of potassium, magnesium and fiber. Potassium helps maintain healthy blood pressure, magnesium helps build and maintain strong bones, and fiber helps control cholesterol and keeps bowel movements regular. Sweet corn is also a source of folate, which may reduce your risk of heart disease. Eating foods with folate before pregnancy helps lower the risk of delivering a baby with neural tube defects.

Selection:

Choose corn, in fresh-looking green husks, that has well developed kernels. Kernels should be large enough so that they are compact and have no space between the rows.

Store:

Refrigerate cobs in husks.

Prepare:

To shuck corn, pull the husks down and snap off the stem at the base. To remove silk, rub the ear in a circular direction under cold running water or use a vegetable brush.

Serving:

Try brushing with olive oil and sprinkle on dried herbs. Herbs like thyme, paprika, chives, lemon balm, chervil, garlic powder and pepper bring out the flavor of corn. Grill corn in foil or straight on the grill.



Corn and Tomato Salad

Yield: 4 servings

Ingredients:

- 1½ cups fresh corn kernels
- 3 large tomatoes
- ¼ cup unsweetened 100 percent apple juice
- 2 tablespoons balsamic vinegar
- ½ teaspoon cornstarch

Directions:

Preheat oven to 425 degrees F. In a small saucepan, combine the apple juice, vinegar and cornstarch. Stir over medium-high heat until clear and thickened. Set aside to cool. Spread the corn on a baking sheet in a single layer. Coat lightly with olive oil pan spray. Roast corn in oven until it begins to brown, about 5 minutes. Slice the tomatoes and arrange on salad plates. Scatter the corn over the tomatoes and drizzle the sauce around the vegetables.

Nutrition Facts	
servings per container	
Serving size	(221g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 432mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

From Harvest to Health



Chicken BLT Salad

Yield: 4 servings

Ingredients:

- 4 turkey bacon strips
- 8 cups lettuce (green leaf, iceberg, red leaf or romaine) washed and torn into bite-sized pieces
- 2 cups tomatoes, chopped
- 2 cups chicken breast (boneless and skinless), cooked and chopped
- 4 tablespoons light salad dressing

Directions:

1. Cook bacon according to package directions. Crumble or cut up into small pieces.
2. Put two cups of lettuce on each plate.
3. Top each plate of lettuce with 1 strip of bacon (about 2 tablespoons pieces) and ½ cup tomatoes. Add ½ cup chicken and 1 tablespoon salad dressing.

Tips:

Cook chicken your favorite way (until internal temperature is 165°F). You could grill, bake, boil, or sauté it.

Two cups of cooked, cubed chicken is about 1½ pounds raw chicken breast (boneless and skinless).

Nutrition Facts

4 servings per recipe
Serving Size: 1 salad

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 370mg	16%
Total Carbohydrates 8g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 694mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

From Harvest to Health

Green Beans:

Dilled Green Bean Salad

Yield: 4 servings

Ingredients:

- 1 pound fresh green beans, 2-inch pieces
- 2 tablespoons fresh dill
- 4 to 6 green onions, chopped

Directions:

Steam green beans about 5 minutes, until tender crisp. Combine beans, dill and onions. Whisk together dressing, (recipe below) and pour over bean mixture. Mix well and serve at room temperature.

For dressing, whisk together:

- 2 tablespoons olive oil*
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- salt to taste
- freshly ground pepper to taste

*Another vegetable oil may be substituted.



Using and Preserving Apples:



Apple butter cooked down on top of the range requires constant stirring to prevent scorching. No time to stir? Pour apple pulp mixture into a large roasting pan and bake at 300° F in the oven, stirring only occasionally. The butter thickens as it bakes without scorching.

From Harvest to Health

Blueberries:

Blueberry Oat Bread

Yield: 16 servings

Ingredients:

- 2 eggs
- $\frac{2}{3}$ cup brown sugar, packed
- $\frac{3}{4}$ cup low-fat milk
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup whole wheat flour
- $1\frac{3}{4}$ all-purpose flour
- 1 cup quick-cooking oats
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- 1 cup fresh or frozen blueberries

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Coat bottom of 8- or 9-inch loaf pan with cooking spray.
3. Break eggs into a large bowl. Wash hands with soap and water after cracking raw eggs.
4. Add brown sugar, milk, and oil to eggs. Mix well.

5. Combine remaining ingredients (except blueberries) in a medium-sized bowl.
6. Add dry ingredients to egg mixture. Stir to combine.
7. Fold in blueberries. Pour into pan. Sprinkle with additional oats if desired.
8. Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
9. Loosen sides of loaf from pan. Remove from pan to wire rack to cool.



Blueberry Banana Smoothie

Yield: 2 servings

Ingredients:

- 1 cup skim milk or unsweetened milk alternative
- 1 cup fresh or frozen blueberries
- 1 ripe banana, frozen*
- 1 cup fresh spinach
- (optional) $\frac{1}{4}$ teaspoon cinnamon

Directions:

1. Combine milk, blueberries, banana, spinach, and cinnamon. Puree on high speed in a blender and blend until smooth.
2. Serve or store in the fridge for later.

Tip:

*Using a frozen banana will make the smoothie more creamy but a regular banana can be used too. A ripe banana is recommended because it helps sweeten the smoothie.



Cooking with Kids

During the last 40 years, obesity rates among children have more than quadrupled. The obesity rate for children ages six to 11 has increased from 4.2 to 17.4 percent – as well as tripled for adolescents ages 12 to 19, climbing from 4.6 to 20.6 percent, according to the National Health and Nutrition Examination Survey (NHANES). The Centers for Disease Control and Prevention (CDC) indicate we have reached the point where one in six American children are obese and one out of three children are overweight or obese. Not only is the problem costly, — an estimated \$260.6 billion a year is spent on obesity related health care costs (National Institutes of Health) — but childhood obesity reduces quality of life.

Simple Changes Can Help Kids Avoid Obesity

Obese children are at a much greater risk for chronic diseases like heart disease, diabetes and asthma. About two in five U.S. youth aged six to 17 has a chronic health condition such as asthma, diabetes, or epilepsy (CDC, 2022). Data suggests that obesity may shorten the lives of children today by two to five years compared to their parents. Much of the weight gain and chronic health problems among children could be prevented with increased physical activity and improved nutrition. Parents have a tremendous influence on what children eat and how active they are, however, with busy lifestyles, being a healthy role model can be a challenge. Implementing small changes in diet and physical activity — rather than trying to alter everything at once — is easier to manage and leads to greater long-term success in maintaining a healthy weight and lifestyle.

Parents may feel overwhelmed on how to begin, so try starting with these simple changes:

- Serve kid-friendly portions. With today's larger plates, it is easy to for children to get into the habit of eating portions that are way too large. Studies find preschoolers eat more when large servings are on their plate.
- Limit sugar-sweetened beverages and drink more water. Children can consume too many extra calories from fruit juice, soda, sweet tea and fruit drinks. Drinking a 12-ounce can of soda each day could lead to 10 extra pounds in a year. Serve these sugary drinks as occasional treats, rather than every day.
- To boost nutrition and reduce calories, fill half your plate and your child's plate with a rainbow of colorful vegetables.



- Physical activity will also help balance calories. Children should participate in at least 60 minutes of active play most days of the week. It's also important to help children avoid too much sedentary time with electronics (tablet, phone, TV, computer, etc.). Here are some simple ways parents can help kids reduce screen time:

- Take the electronics (tablet, phone, computer, TV, etc.) out of your child's bedroom.
- Set clear limits on screen time with your kids, allowing a limited amount of time on using electronics — and be a good role model by also following those limits.
- Don't keep the TV and/or tablet on all the time, only watch specific shows.
- Create a list of fun, physical activities to do instead of watching TV or tablet, using the computer, or playing on your phone.

Be Active Ideas

- Go to the park for play time.
- Plant a garden.
- Do a scavenger hunt.
- Go on a bike ride.
- Have a family dance party inside.
- Go for on a nature walk as a family.

Food Pantry Educational Postcards

Each month, MU Extension distributes educational postcards to food pantries throughout the state. Each card contains nutritional information, two seasonal recipes, and a physical activity tip. For more information about this program or get become a part of this campaign check out our website at extension.missouri.edu/programs/fnep/food-pantry-educational-materials.



Sweet Potato Fries

Ingredients:

- 4 small sweet potatoes (about 1½ pounds), washed, peeled and cut into wedges or slices*
- 2 tablespoons olive oil (optional seasonings: dried basil, oregano, garlic, ginger, cinnamon)

Directions:

1. Preheat oven to 450 degrees F.
2. Wash hands and all surfaces. Rinse sweet potatoes under running water.
3. Drizzle the sweet potato wedges with olive oil. Sprinkle with optional seasonings. Toss the potato wedges to coat them with oil and seasonings.
4. On a baking sheet, arrange sweet potato wedges in a single layer.
5. Place the baking sheet in oven. Roast the potato wedges about 40 minutes, turning potatoes until they are cooked and crisp.
6. Enjoy!

Tip:

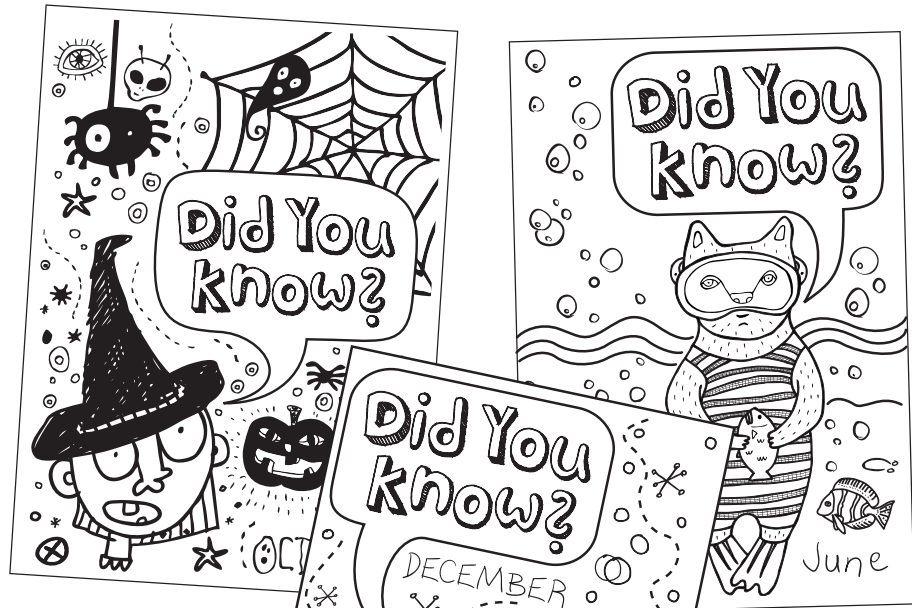
*Use an apple slicer to make slices if you cannot use a knife without supervision.)



Friday Backpacks

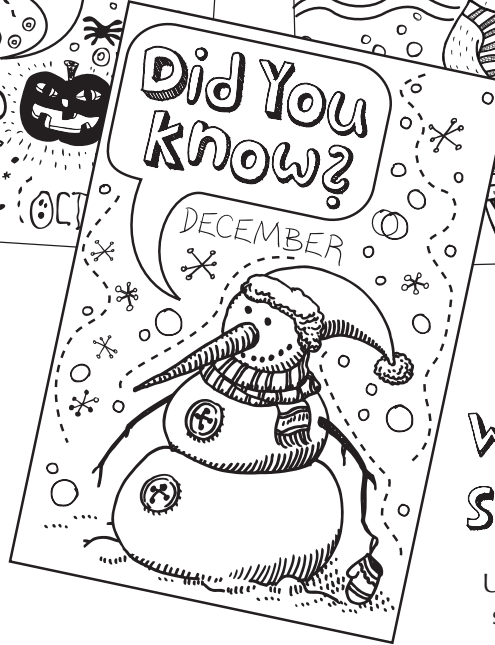
The Friday Backpack Program is a statewide program in which food banks provide children with ready-to-eat food in backpacks on Fridays to children in need. MU Extension complements this program by providing four items per month to be included in these weekly backpacks. The items include a seasonal fruit or vegetable activity sheet, a kid friendly recipe card, a “did you know” fun fruit and vegetable fact card and a reinforcement material.

To find out more about this program or to get your local school added to our backpack mailing list check out our website at: extension.missouri.edu/programs/fnep/buddy-pack-educational-materials.



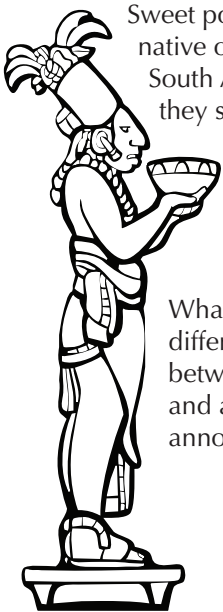
How does a ghost eat an apple?

By gobbling it.²



Winter Squash

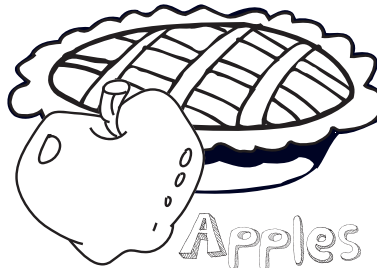
Unlike summer squash, winter squash (butternut, acorn, etc) have hard shells or skins.³



Sweet potatoes are native of Central and South America where they served as a staple for the Aztecs in Mexico and the Incas in Peru.¹

What's the difference between a yam and a television announcer?

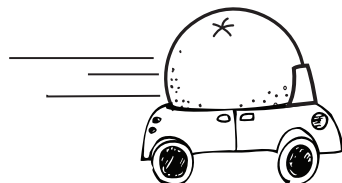
One is a sweet potato and the other is a common-tater.²



Apples

It takes 2 pounds of apples to make a pie.¹

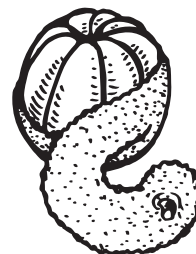
Why did the orange stop in the middle of the road?



It ran out of juice.²

Oranges

The United States produces sweet oranges while; Spain produces sour oranges, which are used to make marmalades.³



Deviled Eggs

Ingredients:

- 3 eggs
- 2 tablespoons light mayonnaise
- 1/4 teaspoon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 quart resealable bag
- saucepan
- water

Directions:

1. Cover eggs with water in saucepan. Bring to a boil.
2. Reduce heat to simmer and cook for 15 minutes.
3. Immediately rinse under cold water to stop cooking and ease peeling.
4. Refrigerate to cool.
5. Slice eggs into halves lengthwise and save the egg whites.
6. Place yolks in a 1-quart zip-lock style bag with remaining ingredients; press out air. Close bag and knead until ingredients are well blended.
7. Push contents toward corner of bag. Cut off corner of bag. Squeezing bag gently, fill reserved whites with yolk mixture. Chill to blend flavors.
8. Enjoy!



Roasted Pumpkin Seeds

Ingredients:

- Pumpkin seeds from carved pumpkin

Directions:

1. Wash hands and all surfaces.
2. Wash pumpkin seeds to remove pumpkin pulp.
3. Soak seeds overnight in salt water. Drain the water.
4. In preheated oven set to 375 degrees F, roast seeds until they are dry, about 20 minutes.
5. Place small pieces of butter on seeds or lightly spray with oil.
6. Sprinkle seeds with your favorite seasonings. Try seasonings like garlic powder, onion powder or Parmesan cheese.
7. Continue to heat the seeds for 5 to 10 more minutes at 400 degrees F, stirring the seeds often.
8. Enjoy!



Trail Mix

Ingredients:

- corn or rice crisp cereal
- oat cereal
- pretzels
- small animal shaped cookies
- raisins or other dried fruit
- resealable plastic bags

Note: Other cereals and dried fruits could be used for this trail mix.

Directions:

1. Put some of each food in a small bowl.
2. Take one spoonful from each bowl and place in baggie.
3. Shake the baggie to mix.
4. Enjoy!

Ants on a Log

Ingredients:

- 1 celery stalk
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions:

1. Clean celery.
2. Fill celery with peanut butter.
3. Place raisins on top of peanut butter for ants.
4. Enjoy!



Grow Eat Grow

This MU Extension guide is filled with a variety of ideas for growing fruits and vegetables and simple steps for preparing and enjoying them with kids. Start with the first Grow section for inspiration to begin or transform a garden. Or, go straight to the Eat section and find new ideas for preparing the fruits and vegetables you grow or buy.

Stuffed Bell Peppers

Equipment:

Pan
Knife
Measuring cup
Bowl
Spoon
Fork
Microwave-safe dish

Ingredients:

- 1 cup brown rice
- 3 ears of corn
- 1½ cups chunky salsa
- 4 large bell peppers, top and seeds removed
- 1 cup shredded cheese

Directions:

1. In pan, make rice according to package directions.
2. Cut corn off cob and mix in a bowl with cooked rice and salsa.
3. Poke each pepper 3 times with a fork. Place peppers in a microwave-safe dish and fill with corn mixture. Cover and cook for 10 minutes.
4. Sprinkle with cheese.



For more information on nutrition and physical activities you can do with your family, call MU Extension's Show-Me Nutrition Line at 1-888-515-0016.

Bell Pepper Nachos

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease. Everyone has their own calorie limit. Staying within that limit can help you lose weight or maintain a healthy weight.

Yield: 9 servings

Ingredients:

- 1 pound lean ground beef
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ¾ cup salsa
- 3 bell peppers, scrubbed with vegetable brush under water
- 1 cup Cheddar shredded cheese

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375 °F. Spray a baking sheet with non-stick cooking spray. Set aside.
3. In a large skillet, brown ground beef until internal temperature reaches 160 degrees when measured with a food thermometer. Drain fat.
4. In a small bowl, combine spices and salsa. Add to cooked meat.
5. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
6. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
7. Bake 10 minutes or until cheese is melted and peppers are hot.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



Kids in the Kitchen

The *Kids in the Kitchen* community course encourages youths to eat healthier meals and snacks as a result of hands-on cooking experiences. Youths will learn how to prepare simple, healthy foods that they can make for themselves and for other family members at home. They will also learn good food safety practices with each lesson. Kids in the Kitchen has three levels: Level A – Ages 6 to 9, Level B – Ages 10 to 12 and Level C – Ages 13 to 15.

French Toast Sticks

Yield: Serves 4

Equipment:

Knife and fork
Cutting board
Baking sheet
Mixing bowl
Pancake turner
Measuring spoons
Shaker
Hot pads
Timer (optional)

Ingredients:

4 slices whole-wheat bread
2 eggs
½ cup fat-free milk
powdered sugar and cinnamon for topping

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Spray a baking sheet with vegetable cooking spray and set aside.
4. Cut each slice of bread into four strips lengthwise. You'll have 16 strips in all.
5. In a small bowl, combine eggs and milk, beat with a fork until frothy.
6. Dip each "stick" of bread in egg mixture and place on baking sheet.
7. Bake for 12 minutes until brown.
8. Sprinkle lightly with powdered sugar and cinnamon.
9. Refrigerate leftovers immediately.

The *Kids in the Kitchen* curriculum and contact information can be found at extension.missouri.edu/publications/n800

Eating From the Garden

A nutrition and gardening program

School gardening may create self-esteem, help students develop a sense of responsibility and ownership, increase test scores, foster relationships with family members, and increase parental involvement. Children have the ability to positively influence their families. If parents are educated about gardening and growing healthy, nutritious fruits and vegetables, families are more likely to improve the daily intake of healthy and nutritious foods.

Gardening is a popular pastime that can be shared by people of all ages. Children and their families can often enjoy this creative and fun activity in their own backyard. Growing fruits and vegetables in a home or a school garden provides an environment where nutrition and plant science skills can be taught. The *Eating From the Garden* curriculum can be used to reinforce these lessons and skills, while also providing hands-on education.

School gardens have been expanding nationwide, which shows a willingness of children to taste and consume more fruits and vegetables. This is important because poor food choices and inadequate physical activity are contributing factors in today's obesity and health issues among youth. Most children do not eat the recommended amount of fruits and vegetables in their daily diets. The formative childhood years are an ideal time to promote healthy eating habits. Children can be encouraged to taste new foods and adopt healthier eating habits when growing fruits and vegetables in

an outdoor garden. These early efforts to increase physical activity and consume foods containing essential vitamins and minerals may continue into teenage and adult years.

Gardening offers youth opportunities to cross barriers of ethnicity, age and gender. Children learn to take great pride in their efforts and give back to the community. School gardening may create self-esteem, help students develop a sense of responsibility and ownership, increase test scores, foster relationships with family members, and increase parental involvement. Children have the ability to positively influence their families. If parents are educated about gardening and growing healthy, nutritious fruits and vegetables, families are more likely to improve the daily intake of healthy and nutritious foods.

Gardening provides students an opportunity to become part of an outdoor classroom and play in the dirt. So dig in and help children improve their health while eating from the garden.

For more information about the *Eating From the Garden* curriculum visit: extension.missouri.edu/publications/n755



Eating From the Garden

Healthy Carrot Cake Cookies

Yield: 48 cookies

Ingredients:

- 1/2 cup brown sugar (packed)
- 1/2 cup sugar
- 1/2 cup oil
- 1/2 cup applesauce (or other fruit puree)
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon (ground)
- 1/2 teaspoon nutmeg (ground)
- 1 teaspoon ginger (ground)
- 2 cups rolled oats (old fashioned, raw)
- 5 1/2 cups carrots (finely grated, about 3 large)
- 1 cup raisins (or golden raisins)

Directions:

1. Heat oven to 350 degrees.
2. In a large bowl, mix sugars, oil, applesauce, eggs, and vanilla thoroughly.
3. In a separate bowl, stir dry ingredients together.
4. Blend dry ingredients into wet mixture. Stir in raisins and carrots.
5. Drop by teaspoonfuls on greased baking sheet.
6. Bake 12 to 15 minutes until golden brown.
7. Store in airtight container.

Adapted from Food Hero:
<https://foodhero.org/recipes/healthy-carrot-cake-cookies>



Carrot Raisin Sunshine Salad

Yield: 4 Servings

Equipment:

- Knife
- Peeler
- Cutting board
- Grater
- Measuring spoons
- Small bowl
- Measuring cup
- Plastic wrap

Ingredients:

- 1 pound carrots (5 or 6), peeled and shredded
- 1/2 cup raisins
- 8 ounces low-fat vanilla yogurt

Directions:

1. Wash hands and surfaces.
2. Wash and peel carrots, and grate or shred into small pieces.
3. In a large bowl, mix all ingredients together.
4. Cover with plastic wrap and refrigerate for 15 minutes.
5. Toss again before serving.
6. Refrigerate leftovers.

Nutrients per serving:

- Calories: 157
- Sodium: 83 mg
- Fat: 1 g
- Carbohydrates: 35 g
- Protein: 3 g
- Cholesterol: 4 mg
- Fiber: 4 g
- Protein: 5 g



Cooking term

Shred: To cut into thin pieces with grater or other tool.

Eating From the Garden

Veggie Pillows

Yield: 2 servings

Equipment:

- Knife
- Peeler
- Cutting board
- Measuring spoons
- Small bowl

Ingredients:

- 1 celery stalk
- 1 carrot
- ½ green pepper
- 2 tablespoons low-fat ranch salad dressing
- 1 slice whole-wheat pita bread

Directions:

1. Wash hands and surfaces.
2. Wash celery and chop into small pieces.
3. Wash, peel and chop carrots into small pieces.
4. Wash and chop green pepper.
5. In a bowl, combine all vegetables and add dressing.
6. Cut pita bread in half and open pita pocket. Stuff veggies into pocket.
7. Refrigerate leftovers.

Nutrients per serving:

- Calories: 78
- Sodium: 338 mg
- Fat: .6g
- Carbohydrates: 17g
- Protein: 2g
- Cholesterol: 0 mg
- Vitamin C: 16mg



Cooking terms

Peel: To remove the outer covering.

Chop: To cut into pieces with a knife or other tool.





Show Me Nutrition Family Newsletters

Make choosing healthy foods the easy choice!

Show Me Nutrition is a comprehensive nutrition curriculum that teaches youths from preschool through junior high how to have a healthy lifestyle. In our updated curricula, we align the curricula lessons with the Missouri Learning Standards and support grade level expectations for math and communication arts, where appropriate; as well as the Missouri Grade Level Expectations for Health/Physical Education. Several important health themes are taught in each grade level, such as nutrition, food safety, physical activity and media influence. The grade levels are designed for continuity. Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels. The preschool through fifth grade curricula include family newsletters that help family members and caregivers support learning from each grade level. Each curriculum includes handouts to reinforce lesson content with families and caregivers.

For more information about the *Show Me Nutrition* curriculum visit: extension.missouri.edu/publications/smn100

Fiesta Scoop



Adults: Here's a tasty way to get your child to eat beans. Wash your hands, scrubbing for 20 seconds or as long as it takes to sing the ABCs.

Kids: Fill the scoops with the bean, salsa, cheese mixture.

Ingredients:

- 1 large bag baked whole corn tortilla scoops
- 16 oz. fat-free refried beans
- 24 oz. mild salsa with fruit
- 1 cup shredded low-fat cheese

Directions:

1. Wash all surfaces and hands.
2. Mix beans and salsa in a bowl. Blend in the cheese.*
3. Fill baked whole corn tortilla scoops with bean, salsa, cheese mixture.
4. Refrigerate leftovers immediately.

Tip:

* Can be served cold or warmed in the microwave.

How can you make choosing healthy foods the easy choice?

Have fruit ready for easy snacking



- Keep whole fresh fruit out on the counter in a bowl for easy snacking.
- Keep a snack box with cut-up fruit in the refrigerator for snacking.
- Cut up carrots and broccoli in small amounts and store in the refrigerator for on the go snacking.
- Keep frozen veggies on hand for quick microwaving.
- Cook extra barley or bulgur and freeze. Add to soups, stews and stir fry dishes.
- Keep whole grains on hand for snacking with dips: whole-wheat crackers, tortillas, pita bread and bagels.
- Keep spices and herbs on hand to flavor popcorn without butter. Try garlic powder, curry, cinnamon and other favorites.
- Keep plain fat-free or low-fat yogurt on hand as a topping for baked potatoes instead of sour cream.
- Keep reduced fat or low-fat cheese on hand to add to salads or as a snack with whole-wheat crackers.



Keep frozen veggies on hand



Cut up carrots and broccoli for on the go snacking.



Keep spices on hand



- Need a quick and easy protein treat for snacking on the go? Keep small tuna packages on hand.
- Keep hummus on hand as a dip for cut-up veggies or as a spread for whole-wheat bread or crackers.

Keep hummus on hand as a dip or spread.



Choose Breakfast

No-Bake Breakfast Bars

Yield: Makes 12 bars

Ingredients:

- 1 cup peanut butter
- ½ cup nonfat dry milk powder (optional)
- ¼ cup honey or maple syrup
- 3 large shredded wheat biscuits or 1 to 2 cups any whole-grain cereal (shredded wheat, whole-wheat flakes)
- ½ cup nuts, chopped or raisins (optional)

Directions:

1. Wash hands and surfaces.
2. Crush the shredded wheat biscuits or cereal.
3. Mix all the ingredients together.
4. Press the mixture firmly into an 8-by-8-inch pan. Cut into squares to serve.



Breakfast Bonanzas

- Microwave oatmeal with cinnamon and diced apple, pear or banana.
- Top whole-wheat toaster waffles with fresh berries.



Mix and Go Snack Mix

Yield: Serves 6

Ingredients:

- 1 cup raisins
- 1 cup dry whole-grain O's cereal
- 1 cup unsalted, dry-roasted peanuts

Directions:

1. Wash hands and surfaces.
2. In a medium mixing bowl, mix all ingredients.

Make breakfast the easy choice for you and your family.





- Plan your breakfast the night before.
- Get up earlier to leave time to eat breakfast or make your on-the-go breakfast.
- Have breakfast together in the morning.
- Put food on the counter the night before for quick access in the morning.
- Buy small 100 percent juice containers.
- Package whole-wheat crackers in small plastic bags for grabbing on-the-go in the morning.

Choose Fruits

Fruits: The Ultimate Fast Food

Satisfy your sweet tooth with fresh fruits. Cakes? No way! Cookies? Don't need 'em! Choose fresh fruits when in season or canned fruit in light juice. Fruit is fat-free and filling because it contains fiber. Fruit is nature's fast food; it's easy snacking on the go. Fiber in food is important because it helps us digest our food and helps prevent dangerous health issues like heart disease and cancer. When processed, food loses some fiber as the examples show below.

Which apple has the most fiber?

Fresh whole		more processed	
			
3g fiber (whole apple)	2.4g fiber (apple without peel)	1.8g fiber (applesauce)	0.2g fiber (3/4 cup apple juice)

If you chose the apple with peel, you're right! Whole fruits with peels like apples and pears have more fiber than fruits without the peel. And whole fruits are a better source of fiber than fruit juice.

Wash before you bite

Wash fruits in running water before preparing or cooking. Never use soap on fresh fruits. It's not safe to eat. Use a brush to scrub fruits with a hard peel or rind like melon.



Power snacks

- Cut up fruits with their peel.
- Looking for a satisfying and filling snack? Choose whole fruit instead of fruit juice.
- Spread apple slices with the peel on with peanut butter.
- Dip fresh fruit chunks with the skin on in low-fat vanilla or fruit-flavored yogurt.

Let your kids be produce pickers.

Help them pick fruits at the store.

Orange Velvet Smoothie

Yield: 4 servings

Ingredients:

- 2½ cups fat-free milk
- 1 6-ounce container low-fat vanilla yogurt
- 1 6-ounce can frozen orange juice concentrate, thawed
- 1 teaspoon vanilla
- Quart jar with tight-fitting lid

Directions:

1. Wash hands and surfaces.
2. Put all ingredients in jar and close lid tightly.
3. Shake the jar until the mixture is smooth with no lumps. Pour into cups. Enjoy!
4. Refrigerate leftovers immediately.



Frosty Grapes

Ingredients:

- Grapes, washed and air-dried
- Cookie sheet lined with plastic wrap

Directions:

1. Spread grapes on cookie sheet.
2. Cover with a layer of plastic wrap.
3. Freeze until firm, two to three hours.

Enjoy plain or dip in low-fat vanilla or fruit-flavored yogurt.

Frozen fruit will keep for several days in a freezer bag in the freezer.

Simply Fruit Smoothie

Yield: 1 serving

Ingredients:

- ¾ cup low-fat strawberry frozen yogurt
- 1 cup 100 percent orange juice

Directions:

1. Wash hands and surfaces.
2. Add ingredients to blender and blend until smooth.
3. Add a little extra juice if the smoothie is too thick.
4. Refrigerate leftovers immediately.



Choose Vegetables

How can you make choosing veggies the easy choice for you and your family? Be creative! There are many veggies from which to choose, especially when using as veggie dippers for dips (recipes included).

- carrot sticks
- pepper rings
- cauliflower flowerets
- turnip sticks
- mushroom slices
- sugar snap peas
- cherry or grape tomatoes
- jicama chunks
- broccoli flowerets
- celery sticks
- ... the list goes on!

Top five reasons to eat veggies every day!

1. They are great for on the go snacking.
2. They make great and filling snacks.
3. They are quick to fix.
4. They have lots of nutrients.
5. Most are low in calories.

Want your kids to reach for a healthy snack? Make sure veggies are in reach.



Tex-Mex Dip

Yield: 1 serving

Ingredients:

- 1 cup drained, rinsed canned kidney beans
- 2 teaspoons chili powder

Directions:

1. Wash hands and surfaces.
2. Mash beans with a fork until soft.
3. Add chili powder to beans. Mix.
4. Add a teaspoon of water if dip is too thick.
5. Refrigerate leftovers immediately.



Curry Dip

Yield: 1 serving

Ingredients:

- 1 container fat-free or low-fat plain yogurt
- 1½ teaspoons curry powder

Directions:

1. Wash hands and surfaces.
2. Stir curry powder into yogurt until blended.
3. Refrigerate leftovers immediately.



Hummus Dip

Yield: 2 servings

Ingredients:

- 2 cups chickpeas, drained
- 1 clove garlic, finely chopped or garlic powder to taste
- ¼ teaspoon salt
- ¼ cup water
- ½ teaspoon cumin
- Whole-grain crackers or whole-wheat pita bread (for the hummus)

Directions:

1. Wash hands and surfaces.
2. Mash beans and add all ingredients except the water. Use a blender or food processor to blend.
3. Add water a tablespoon at a time until a thick paste is formed. Continue to stir or process until smooth.
4. Chill until ready to eat. Serve with whole grain crackers or whole-wheat pita bread for dipping.



Baked Tortilla Chips

These baked chips have about half the calories and less than 2 grams of fat when compared to regular tortilla chips.

Yield: 4 servings

Ingredients:

- 8 small corn or whole-wheat tortillas
- Nonstick cooking spray
- Garlic powder or other seasonings like pepper or cinnamon (Mix 1 tablespoon sugar with ½ teaspoon cinnamon for a cinnamon and sugar mix to sprinkle on the tortilla wedges.)

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees F.
3. Cut each tortilla into 6 wedges. Lay wedges on cookie sheet that has been sprayed with cooking spray. Spray tops of tortillas lightly.
4. Sprinkle with garlic or other seasonings.
5. Bake 6 to 10 minutes or until golden brown.

Serve chips with dips, low-fat ranch dressing, hummus, salad or soup.



Kale Chips

Ingredients:

- 1 bunch kale, washed and thoroughly dried
- 1 tablespoon olive oil (nonstick cooking spray)
- 1 teaspoon seasoning – garlic powder or other seasoning



Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Line cookie sheet with parchment paper (or use aluminum foil).
4. Prepare kale: Remove thick stems from leaves. Tear into bite size pieces. In bowl, toss so kale is lightly coated with oil (or spray with nonstick cooking spray).
5. Sprinkle with seasoning.
6. Bake until the edges of the kale are brown but not burnt, about 10 to 15 minutes (ovens vary). They burn easily, so watch carefully.



Southwest Avocado Toast

Yield: 4 servings

Ingredients:

- 4 slices whole-wheat bread, toasted
- 1 avocado
- ½ cup black beans
- ½ cup corn
- ½ cup cherry tomatoes, halved
- 2 tablespoons red onion, diced
- Salt and pepper, to taste
- Lime juice, to taste

Directions:

1. Cut avocado in half, remove pit, and scoop out inside.
2. Spread avocado on each slice of bread.
3. In bowl, mix beans and corn (drained and rinsed if using canned ingredients), tomatoes, and onion.
4. Add mixture onto each slice of bread.
5. Top with salt, pepper, and lime juice.



Personal Snack Pizzas

Yield: 10 servings

Ingredients:

- Whole-wheat English muffins, whole-wheat bagels or whole-wheat tortillas
- ⅓ cup tomato or pizza sauce
- 1 teaspoon oregano
- ½ small onion, chopped
- ½ cup low-fat cheese, shredded
- Grilled chicken strips, diced

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.

Sweet Potato Tortilla Roll Up

Yield: 1 serving

Ingredients:

- 1 Sweet potato, washed and microwaved until soft
- 1 100% whole-wheat tortilla
- Cinnamon and raisins

Directions:

1. Wash hands and surfaces.
2. Remove sweet potato skin. Mash sweet potato together with cinnamon and raisins.
3. Spread sweet potato mixture over tortilla. Roll up.
4. Serve with fat-free or low-fat milk.



3. Put English muffins or bagels or tortillas on greased baking sheet. Mix sauce and oregano and spoon on top.
4. Sprinkle onions, cheese and diced chicken.
5. Bake for 15 minutes or until lightly browned.
6. Refrigerate leftovers immediately.

Option: Bake these personal pizzas in a toaster oven.

Keep it Safe

All consumers should follow the

Four Basic Steps to Food Safety:

1. Clean
2. Separate
3. Cook
4. Chill

More information is available from: www.fsis.usda.gov/food-safety

Americans throw out as much as 40 percent of the country's food supply, worth an estimated \$165 billion, much of it as a result of confusion about the dates found on the product.¹

¹The Natural Resources Defense Council and the Harvard Food Law and Policy Clinic study



Myth: Products are not safe to eat after their “sell by” date.

Answer: It depends.

How products are dated in the US can be very confusing and can lead to unnecessary food waste. This also makes it very difficult for small-scale food producers and processors to know how to date their products.

On the other hand, food safety personnel often tell consumers when considering a questionable food product, “If in doubt, throw it out.” How do we balance these two sides – reducing food waste, but also ensuring food safety? Hopefully, providing these key facts will help consumers protect themselves from potential food safety risks, but also not waste food unnecessarily.

The only food product on which expiration dates are federally regulated is infant formula. Therefore, do not buy or use baby formula after its “use-by” date, for both safety and nutritional reasons.

Some states do require dating of some foods, but other than infant formula, there is no regulated dating system across the US. However, USDA does provide the following definitions for various terms used on food product labels:

- **“Sell by” date:** Tells the store how long to display the product for sale. You should buy the product before that date.
- **“Best if used by (or before)” date:** Recommended for best flavor or quality. It is not a purchase or safety date.

- **“Use by” date:** The last date recommended by the manufacturer for the use of the product while at peak quality.

**Note that these dates generally refer to food quality, rather than safety. However, they can give a general idea of how long the food has been in the market.*

The most important thing consumers can do to impact the length of time they can safely keep and use food is to handle it properly. This includes the following:

- **If perishable, take the food home immediately after purchase and refrigerate it (at 40°F or below) within at least 2 hours.** Freeze it if you can't use it within USDA recommended refrigerated storage times.

Note that once a perishable product is frozen, microbial growth stops, so it will be as safe as it was when it went into the freezer.

- **Store foods at the proper temperature and length of time.** Do not leave perishable foods at room temperature for more than 2 hours. For example, if you know that a carton of milk has been sitting on the counter for more than 2 hours, throw it out.
- Follow the handling and preparation instructions on the product label.

Steps to Prevent Foodborne Illness When Eating Fresh Produce

Fruits and vegetables are an important part of a healthy diet but a recent study published in *Epidemiology and Infection* indicates the number of foodborne illness cases involving fruits and vegetables is on the rise.

Harmful bacteria in the soil or water where produce grows may come in contact with the fruits and vegetables, resulting in contamination. Fresh produce can also be contaminated with *E. coli* or *Salmonella* during handling, storage or preparation.

Follow these steps to reduce your risk for foodborne illness from produce:

- **Purchase produce that is not bruised or damaged.** Choose only the fresh-cut produce or bagged salad greens items that are refrigerated or surrounded by ice.
- **At home, wash your hands for 20 seconds, then clean the food preparation surfaces and utensils before handling produce.** Use a mixture of 1 teaspoon chlorine bleach in 1 quart of water to wipe down and sanitize your sink and counter.

- **Produce should be washed before eating.** The FDA does not recommend the use of detergents or commercial produce washes for washing fruits and vegetables. FDA recommends washing produce thoroughly under running water. Peel off and discard the outer layers of leafy vegetables.

Bagged produce clearly marked as “pre-washed” does not need to be re-washed at home.

- **Scrub firm produce** like melons, cucumbers or potatoes with a clean produce brush before slicing or peeling.
- To avoid cross contamination, **use separate utensils and cutting boards** for preparing fresh produce and raw meats.
- **Refrigerate fresh produce within two hours** of peeling or cutting.
- **Purchase pasteurized fruit juices** since pasteurization kills harmful bacteria.

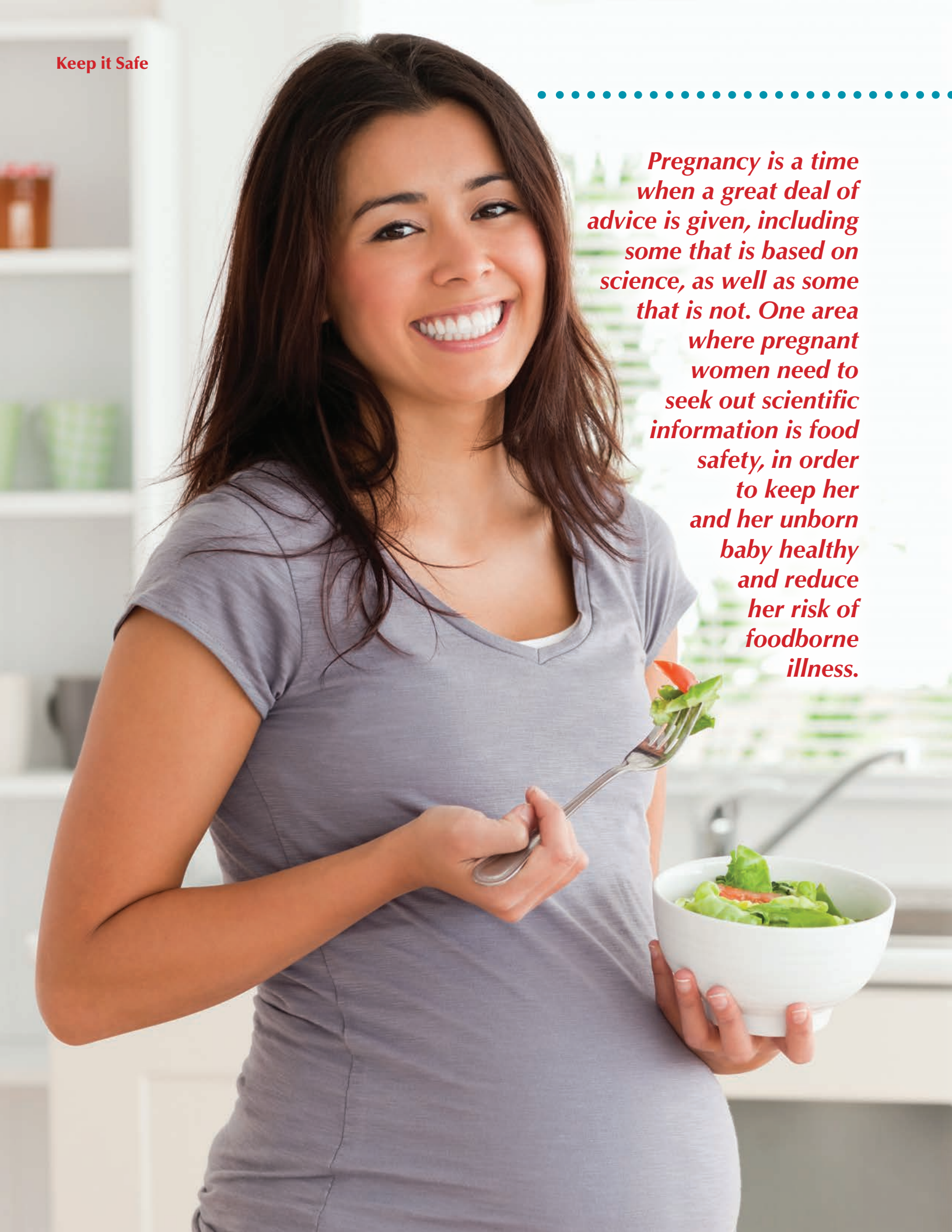


Eating contaminated produce can lead to foodborne illness which can cause serious — and sometimes even fatal — infections. Young children, pregnant women, frail elderly and individuals with compromised immune systems are at a greater risk for food poisoning.

- Avoid cross-contamination and ensure proper sanitation.
- If the product does have visible mold, off odors, the can is bulging or other similar signs,

this spoilage could be a sign that dangerous microorganisms may also be present, so with such products, use the “If in doubt, throw it out” rule.





Pregnancy is a time when a great deal of advice is given, including some that is based on science, as well as some that is not. One area where pregnant women need to seek out scientific information is food safety, in order to keep her and her unborn baby healthy and reduce her risk of foodborne illness.

Food Safety in Pregnancy

Why is food safety more important for pregnant women?

Pregnant women's bodies naturally undergo hormonal changes which also change their immune system, making their body more susceptible to foodborne illness. Further, her unborn child has an under-developed immune system, which also puts them at greater risk. All types of foodborne illnesses are a concern for everyone, particularly pregnant women and other vulnerable populations such as the very young, old, and immune-compromised people. However, there are certain harmful microorganisms that can easily transfer from a pregnant woman to her baby which causes them to be of greater concern, including the following:

- *Listeria monocytogenes*: can lead to a disease called listeriosis, which can cause miscarriage, premature delivery, serious sickness, or even death of a newborn baby.
- *Toxoplasma gondii*: a parasite found in numerous food sources, as well as dirty cat litter boxes and other areas where cat feces can be found. Toxoplasmosis can cause infant hearing loss, intellectual disabilities, and blindness.

What food choices can I make to lower my risk?

⊘ Higher risk	☑ Lower risk
Raw or undercooked meat or poultry	Meat and poultry cooked to a safe minimum internal temperature ¹
Raw or undercooked fish or seafood (i.e. sashimi); refrigerated smoked fish	Previously cooked seafood reheated to 165°F; canned fish and seafood; seafood cooked to 145°F ²
Unpasteurized (raw) milk	Pasteurized milk
Unpasteurized (raw) fruit juice or cider	Fruit juice or cider clearly labeled "pasteurized"
Foods containing raw/undercooked eggs, such as homemade raw cookie dough, homemade eggnog, homemade ice cream	At home, use pasteurized eggs/egg products in recipes calling for raw or undercooked eggs; when eating out, ask if pasteurized eggs were used.
Soft boiled or "over-easy" eggs	Fully cooked eggs with firm yolk and whites; dishes containing eggs (quiche, etc.) should be cooked to 160°F
Raw sprouts (alfalfa, bean, or any other)	Cooked sprouts
Unwashed fresh vegetables	Washed fresh vegetables; cooked vegetables
Soft cheeses made from unpasteurized (raw) milk, such as feta, Brie, blue veined, and queso fresco, etc.	Hard cheeses, processed cheeses, cream cheese, soft cheeses clearly labeled "made from pasteurized milk"
Hot dogs, deli meats eaten cold (not reheated)	Hot dogs, deli meats reheated to 165°F immediately before consumption
Unpasteurized, refrigerated pates or meat spreads	Canned or shelf-stable pates or meat spreads

¹ Use a food thermometer to check for the following temperatures: Beef, pork, lamb and veal steaks, chops and roasts: 145°F with a three (3) minute rest time after cooking; ground beef, pork, lamb and veal: 160°F; all poultry products, reheated foods: 165°F

² Pregnant women and young children should also monitor their consumption of fish containing mercury. More information is available from: <https://www.fda.gov/food/consumers/advice-about-eating-fish>

Move More

Daily exercise has many benefits including:

- lowering the risk of stroke and heart disease
- lowering high blood pressure
- keeping bones strong
- reducing the risk for diabetes
- helping control diabetes
- improving symptoms of depression,
- reducing pain associated with arthritis
- reducing the risk of falls.

If that is not enough, new research shows there are now even more reasons to exercise.

Exercise can:

- reduce the risk of certain cancers
- increase brain power
- help improve insulin sensitivity
- reduce or prevent visceral fat gain

Physical activity is an important part of good health. Children and teens need to aim for 60 minutes or more of physical activity every day. Make family time, active time. Do things together such as walking in the park (or mall if the weather is bad), playing games and swimming.

Try something new!

Can't think of any new ways to be active together? Here are some ideas:

- Play flashlight tag in the dark.
- Plant a garden and get active by maintaining it.
- Dance to music.
Make up new dance moves.
- Play indoor balloon volleyball as a family. Try to keep the balloon in the air.
- Throw lightweight scarves in the air.
Keep them in the air as you turn around in a circle and do other moves.



Myth: Jumping rope is not considered exercising.
Answer: BUSTED!

Jumping rope is possibly the single most comprehensive and beneficial form of exercise a person can do. People of all fitness levels and athletic abilities can learn to jump rope in a relatively short amount of time. It is an exercise that is fun, entertaining and highly enjoyable.

Jumping rope can burn up to 1,000 calories per hour, depending on the pace a person jumps and their weight at the time, making it one of the most efficient workouts possible. It tones muscles in the entire body. Jumping rope optimizes cardiovascular conditioning and maximizes athletic skills by combining agility, coordination, timing and endurance.

Jumping rope is extremely enjoyable and can easily become a fitness addiction. Once you become even modestly proficient, the natural jumping rhythm takes over and hides the fact that you are actually vigorously exercising. This might explain why many athletes, especially professional boxers and other highly-conditioned athletes are able to jump rope for long periods of time without tiring physically or mentally.

Physical activity: how much is enough?

When you engage in regular physical activity, you reduce the risk of adverse health outcomes such as type 2 diabetes, high blood pressure, osteoporosis, and heart disease. But do you know how much and what type of physical activity we need to obtain health benefits?

MyActivity Pyramid is based on the CDC's Physical Activity Guidelines for Americans. These guidelines were developed by a group of experts utilizing years of physical activity research. They can help you set goals to improve your health and reduce the risk of chronic disease. Different types of activity are highlighted in the pyramid. Let's take a look at the current recommendations, and examples of activities to help you understand how much is enough.

Lifestyle activities can include anything from yard work, to going to the grocery store or walking your dog. These activities should be done as often as possible. As such, it is important to pick activities you like and fit your lifestyle and schedule. Doing some physical activity is better than none, so if moderate intensity activity seems like too much – lifestyle activities can be a great place to start. Additionally, N.E.A.T. can be our friend in combating inactivity, helping us be aware of more lifestyle activity. You can learn more about N.E.A.T. on the next page.

Aerobic Activity recommendations are performing at least 150 minutes of moderate intensity activities each week, or



75 minutes of vigorous intensity activities. Whether it is walking, running, or playing any sport, moderate intensity activity happens at a conversational pace (you can talk while you do it, but you can't sing). On the other hand, during vigorous activity you would only be able to say a few words without stopping to catch your breath. A combination of moderate and vigorous activity is also ok if the weekly total meets the guidelines.

Strength and Balance training is recommended to occur at least twice a week. Strength training should consist of 1-3 sets of 8-12 repetitions and include all major muscle groups (chest, shoulders, back, core, legs, arms). For example, you could perform 10 squats (repetitions) three times (sets) to strengthen your leg muscles. Balance and flexibility activities should be performed at

least two days each week for a minimum of 10 minutes each day.

Inactivity When it comes to the top of the pyramid, limiting the amount of time you spend sitting is the best tool. The first step in knowing how much exercise we need, is realizing how much time we spend sitting. Easy ways to limit sedentary time include monitoring screen time and not sitting longer than 60 minutes at a time.

Additional Resources

muext.us/n388

muext.us/PAG508c



extension.missouri.edu/publications/n388



health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_OlderAdults_508c.pdf

N.E.A.T. Non-Exercise Activity Thermogenesis

Many individuals get caught up in exercise calorie burn or exercise energy expenditure, but a very important part of our day is N.E.A.T. This is non-exercise activity that contributes to total energy burn throughout the day. Choosing high N.E.A.T activities can add up the daily energy burn. For example, taking the stairs will contribute to more N.E.A.T calorie burn than taking the elevator. Even fidgeting will add a few more calories burned than just sitting still. Since lack of time is the most common barrier to meeting the recommended amount of physical activity, you can think about making your daily tasks N.E.A.T.. According to the Physical Activity Guidelines for Americans “Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits”(2018). This means simply getting up more often can be a good addition to your daily routine. In addition, the guidelines state “muscle strengthening

activities should be included as they provide additional benefits”. So, rise up and down on your toes while washing dishes, it’s better than nothing!

N.E.A.T. directly relates to sedentary behavior – which is a predictor of cardiovascular disease. In other words, simple movements such as the ones described, may play a role in our health. In addition, N.E.A.T. can also play a role in weight management. According to the American Council of Exercise, “Adding N.E.A.T. behaviors can increase daily caloric expenditure by as much as 350 calories per day and is particularly beneficial for obese individuals”. If your goal is to lose or maintain weight, N.E.A.T. is a great way to stay active without taking time away from your family, home, and responsibilities – it is perfect for those who find time is their worst enemy. Daily N.E.A.T. can be high or low, the choice is up to you!

NEAT Examples & Suggestions:

- Fidgeting
- Gardening
- Vacuuming
- Cooking
- Standing while working
- Taking the stairs
- Playing cards or doing a puzzle (over staring at a screen)
- Taking the dog for a walk
- Parking in the furthest spot and walking
- Talking on the phone while standing up and pacing
- Doing calf raises while cooking, brushing teeth, etc.
- Push-ups on the counter when taking bathroom breaks
- March in place while you scroll through your favorite social media site.



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Additional Resources

muext.us/n-e-a-t

muext.us/PAG2nd



acefitness.org/resources/everyone/blog/3757/the-n-e-a-t-way-to-exercise/



health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd-edition.pdf

Boost your mood and mental well-being with physical activity!

Feeling spent, anxious, and having little energy are common feelings. However, if left unaddressed, these feelings can lead to serious health concerns. The good news is, there is something we can do rather quickly to improve mood and change the outlook of our day. Research continues to support the benefits of physical activity for our physical as well as mental health. It may be hard to imagine being active if you struggle to make it through the end of the day. However, even a short bout of activity may be just what you need to increase energy and improve your mood. You don't have to run a marathon, do high-intensity activity, or even go to the gym. A short walk outside over lunch or going up and down the stairs can be quite impactful.

Just a single bout of activity can have immediate impacts like improving your mood, energy and focus and reducing anxiety, anger, and tension. Regular activity can have even greater lasting benefits. For example, meeting the weekly physical activity guidelines can lower the risk of depression and anxiety by about 20% in adults. Rather recently, activity is being incorporated into treatment plans for improving mental well-being because it can be self-administered and there are fewer negative side effects compared to medication. In addition, physical activity has been combined with other therapeutic approaches to improve chronic anxiety or depression. Being active

regularly is beneficial for us physically and mentally but you may struggle to find the right activity for you. Here are some tips for incorporating daily physical activity and sticking to it.

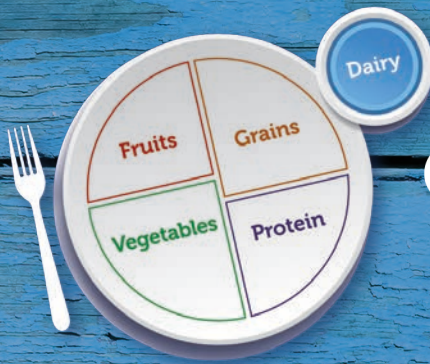
1. Find activities that fit your abilities and make sure you enjoy them. Not many people love exercise. If this is you, find an activity that increases your heart and breathing rate that you do enjoy. For example, gardening is a great physical activity that you might enjoy, and it can be quite productive. Walk a nature trail with kids and have them look for different insects or animals. Think back to activities that brought you joy as a child and try to replicate those with modifications as needed. If you like music, try playing your favorite playlist during an activity.
2. Be confident that you can do the activity. If you are not confident in your balance on wheels, roller blading or riding a bike may not be the right activity for you.
3. Are there any barriers to your activity? If you don't have good walking shoes at work, you may not be able to take a walking break as planned. Make an activity plan and develop ways to overcome barriers along the way.
4. Do you have any accountability partners that can be active with you? For example, schedule time with a co-worker to walk the halls. If you are able, walk outdoors. Being active outdoors has been shown to provide additional mood boosting benefits.
5. Find your motivation. It is difficult to care for others and complete daily tasks when you are not feeling your best physically and mentally. The beat of your favorite music might get you up and moving.
6. As always, it is important to speak with your health care team about physical and mental health concerns. They can help you develop an activity and treatment plan that is right for you.

So, the next time you're feeling down, tense, or angry, try going for a brief walk or engaging in an activity you enjoy and note your feelings.

Reference

https://www.acsm.org/docs/default-source/certification-documents/cert-resources/fitness-index-fit-pros-tip-sheet-final.pdf?sfvrsn=dcd7ead2_2





Yogurt

5 WAYS

MOVE TO LOW-FAT OR FAT-FREE DAIRY!

Red potato salad

- Plain yogurt (fat-free)
- Celery
- Mayonnaise (low-fat)
- Onion
- Yellow mustard
- Salt & pepper
- Red potatoes



Strawberry kiwi pops

- Vanilla yogurt (low-fat)
- Kiwi
- Strawberries
- Ice cube tray or paper cups



Cucumber yogurt dip

- Plain yogurt (low-fat)
- Garlic clove
- Cucumbers
- Cherry tomatoes
- Sour cream (low-fat)
- Broccoli florets
- Lemon juice
- Baby carrots
- Dill



Greek salad with chicken

- Romaine lettuce
- Plain Greek yogurt (fat-free)
- Cherry tomatoes
- Lemon juice
- Cucumber
- Olive oil
- Red onion
- Garlic clove
- Black olives
- Oregano
- Cooked chicken breast
- Salt & pepper
- Feta cheese



Peanut butter banana smoothie

- Bananas (frozen, ripe)
- Peanut butter
- Milk (low-fat)
- Unsweetened cocoa powder
- Vanilla yogurt (low-fat)
- Ice



Find these yogurt recipes here: <https://go.usa.gov/xN5tQ>
For more recipes go to: www.whatscooking.fns.usda.gov

**What's
Cooking?**
USDA MIXING BOWL





Find Us Online

MU Family Nutrition Education Programs

extension.missouri.edu/programs/fnep

MU Nutrition for Families

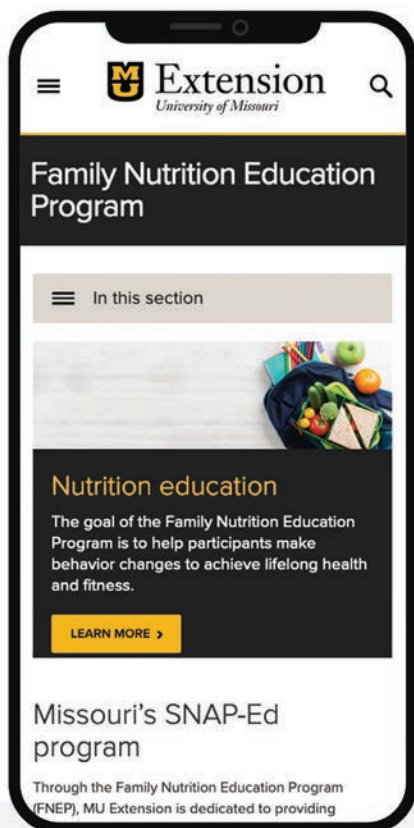
extension.missouri.edu/find-your-interest/youth-and-family/nutrition-and-health-education

Seasonal and Simple

seasonalandsimple.info

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