



Family Life

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It's back to school time and time to pack healthy lunches for you and your family

September always brings change. Summer and its carefree days are over and it's the time when families head back to school, to after school activities and begin full work schedules again. Healthy lunches are an important part of the day for your family. Eating a healthy lunch gives you energy to work or study during the afternoon and helps to give your brain a boost. A healthy lunch should contain vegetables, fruit, whole grains and lean protein.

Vegetables are easy to add to a lunch. Eat cherry tomatoes, baby carrots, sliced bell peppers or sliced cucumbers with a little of your favorite salad dressing or with hummus, add lettuce and tomato to sandwiches or eat soup full of vegetables.

Fruit is a natural addition to lunch. Fresh, canned in its' own juice, frozen or dried, all fruit is portable and adds a little sweetness to your meal.

Whole grains provide your brain with energy and help you to think clearly during the afternoon. Whole grains are easier to include than you might think - whole wheat bread, pitas or tortillas make excellent wraps to add sandwich ingredients to, whole grain crackers pair well with soup, light popcorn can add crunch and fiber to your lunch or try whole grain pastas for pasta salads. Brown rice makes a great addition to soup or added to last night's left over vegetables.

Lean protein comes in many forms other than deli meats. Try legumes like black beans, kidney beans or chick peas, hummus, nut butters, nuts, sunflower seeds, refried beans, tuna and other fish or seafood and eggs. Many of these lean protein sources may be less expensive than deli meats, so try something new with your family.

Lastly, always include water, 1% or fat free milk to drink with your meal.



Food Safety Tips for Packed Lunches

- If you pack your lunch at night, make sure to store it in the refrigerator overnight.
- If possible, use an insulated lunch bag with an ice pack to keep your lunch cold.
- If you don't have a microwave to reheat food, pack hot food in a thermos type container.



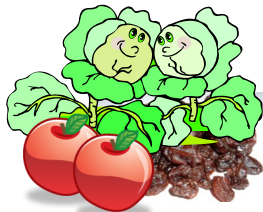
SEPTEMBER RECIPES

FRUITY CABBAGE SALAD

Serving size: 1/6th of recipe Yield: 6 servings

Ingredients:

- 2 medium apples
- 2 teaspoons orange juice
- 3 cups cabbage, shredded
- 1/2 cup raisins
- 1/4 cup low-fat vanilla yogurt



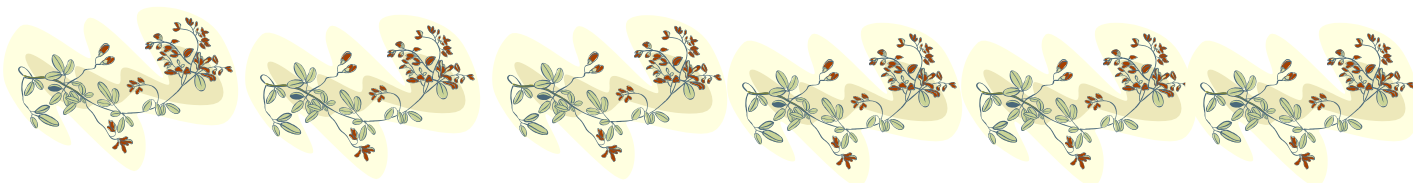
Directions:

1. Wash and core apples. Cut into small chunks and place in a large bowl.
2. Add orange juice and stir.
3. Add cabbage, raisins and yogurt.
4. Mix lightly and chill.

Source: Cornell University Cooperative Extension - New York

****Nutrition Facts:** Serving Size - 1/6th recipe, 80 Calories, 5 Calories from Fat, 0g Total Fat, 6% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 15mg Sodium, 19g Total Carbohydrate, 2g Dietary Fiber, 2g Protein, 4% Calcium, 2% Iron

City Nutrition & Health Programs Recipe Collection.



Roasted Root Vegetables

Yield: 4 servings

Serving size: 1/4 cup

Ingredients:

- 2 medium-sized sweet potatoes, cut into large chunks
- 2 medium-sized root vegetables (white potatoes, rutabagas, turnips, parsnips, beets), cut into large chunks
- 2 carrots, chopped
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 3 tablespoons Parmesan cheese
- 1 tablespoon dried rosemary



Directions:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, add all chopped vegetables, and pour oil over top.
3. Add Parmesan cheese and rosemary; mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.

****Nutrition Facts:** Serving Size - 1/4 cup, 180 Calories, 45 Calories from Fat, 5g Total Fat, 25% Calories from Fat, 1g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 95mg Sodium, 30g Total Carbohydrate, 4g Dietary Fiber, 7g Sugars, 5g Protein, 300% Vitamin A, 10% Calcium, 50% Vitamin C, 8% Iron

Source: SNAP-ED Connection

Summer Squash and Corn Sauté

Serving Size: 1 cup Yield: 6 servings

Ingredients:

- 1 teaspoon olive oil
- 2 teaspoons cumin seeds
- 2 cups fresh corn kernels (about 4 ears)
- 1 cup sliced onion
- 3 garlic cloves, minced
- 2 cups (1/4-inch-thick) sliced diagonally cut zucchini (about 3/4 pound)
- 2 cups (1/4-inch-thick) sliced diagonally cut yellow squash (about 3/4 pound)
- 1/2 teaspoon salt
- 1 (4.5-ounce) can chopped green chiles
- 2 tablespoons chopped fresh cilantro
- 1/2 cup (2 ounces) shredded reduced-fat Monterey Jack cheese



Directions:

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Cook cumin seeds for 30 seconds or until toasted, stirring frequently.
3. Add the corn, onion, and garlic; sauté 5 minutes or until lightly browned.
4. Add the zucchini, yellow squash, salt, and chiles, and sauté 6 minutes or until tender.
5. Stir in cilantro. Remove from heat.
6. Sprinkle with cheese. Cover and let stand 5 minutes or until cheese melts.

****Nutrition Facts:** Serving Size - 1 cup, 109 Calories, 32Calories from Fat, 3.5g Total Fat, 29% Calories from Fat, 1.4g Saturated Fat, 6mg Cholesterol, 517mg Sodium, 16.7g Total Carbohydrate, 3.4g Dietary Fiber, 6.1g Protein, 108mg Calcium, 1.3mg Iron

Source: www.eat3.org

Corn Chowder

Serving Size 1 cup Yield: 4 servings

Ingredients:

- 1 tablespoon vegetable oil
- 2 tablespoons finely diced celery
- 2 tablespoons onion, finely diced
- 2 tablespoons finely diced green pepper
- 1 package (10 ounces) frozen whole kernel corn
- 1 cup raw diced potatoes, peeled,
- 1 cup water
- 1/4 teaspoon salt
- Black pepper to taste
- 1/4 teaspoon paprika
- 2 cups milk, non-fat, divided
- 2 tablespoons flour
- 2 tablespoons chopped fresh parsley

****Nutrition Facts:** Serving Size - 1 cup, 210 Calories, 40 Calories from Fat, 4.5g Total Fat, 19% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 220mg Sodium, 35g Total Carbohydrate, 2g Dietary Fiber, 7g Sugars, 8g Protein, 10% Vitamin A, 15% Calcium, 20% Vitamin C, 2% Iron

Directions:

1. In medium saucepan, heat oil over medium high heat.
2. Add celery, onion, and green pepper; sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Pour 1/2 cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables; stir well.
6. Add remaining milk.
7. Cook, stirring constantly, until mixture comes to a boil and thickens.

Source: Recipe developed by the ESNY Program of CUCE-Chemung County

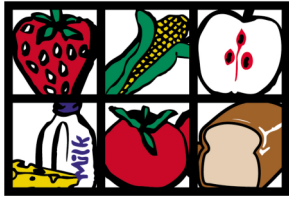
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START NOW!

KORNER IDS

It's back to school time and kids come home from school ready for a snack! With your help, let your kids make this healthy snack.

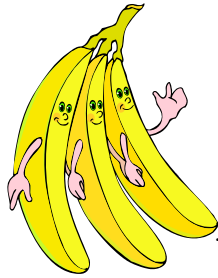


Crunchy Bananas

Serving Size: 5 slices Yields 4 Servings

Ingredients:

- 2 medium sized bananas, cut in 1/2 inch pieces (about 20 slices)
- 1/2 cup orange juice
- 1 cup unsweetened cereal



Directions:

1. Dip banana chunks into orange juice.
2. Roll in cereal
3. Insert a toothpick into each slice.

**Nutrition Facts: Serving Size - 5 slices, 90 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 55mg Sodium, 23g Total Carbohydrate, 2g Dietary Fiber, 1g Protein, 11g Sugars, 4% Vitamin A, 0% Calcium, 25% Vitamin C, 10% Iron

Source: Cornell University Cooperative Extension-New York City Nutrition and Health Programs Recipe Collection, 2006

This month at the farmers' market

September is a bountiful month at the farmers' market and produce is plentiful. New this month is Brussels sprouts, kale, grapes and watermelon. You will also find apples, peaches, pears, plums, green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, collard greens, corn, cucumbers, herbs, onions, peppers, potatoes, Swiss chard, summer squashes and tomatoes.



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