



Food Matters



Family Newsletter

CHEF COMBO MAKES SENSE

Chef Combo helped your child learn how to use all five senses when choosing foods.

It only makes "sense" to look for healthful foods that don't cost a lot of "cents." Keep reading for tips on keeping food costs down and taste up.

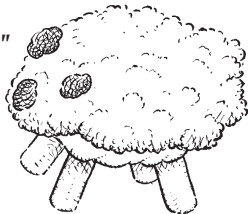


FASCINATING FOOD FACT

In a recent survey, seven out of ten children believed that their favorite foods were not good for them. Don't think of foods as "good" or "bad." Think of them as "everyday" or "sometimes" foods. Often serve "everyday" foods such as milk, meat, fruits, vegetables and bread. Serve "sometimes" foods such as cakes, cookies, and chips occasionally.

FEATURED RECIPE

This is a "Make-It-Myself" recipe that children love!



Food Sheep

- 1 piece of cauliflower (stem removed)
- 3 raisins
- ½ piece of string cheese
- 1 tablespoon cheese spread

Put a piece of cauliflower on the plate. Cut the ½ piece of string cheese into 4 equal pieces. Spread cheese spread over the flat side of the cauliflower. Attach the 4 pieces of string cheese to make legs. To make the eyes and nose, dip three raisins in the cheese spread and attach to the cauliflower. Happy crunching!

NIFTY NUTRITION NUGGETS: LOW-COST FOODS THAT ARE HEALTHFUL AND TASTE GREAT!

- Pile on the pasta. Make it spaghetti, macaroni, or noodles. Pasta just can't be beat for taste, cost, or convenience. And don't forget the cheese!
- Pour on the milk. Ounce for ounce, milk packs more nutrients and taste than any other beverage.
- Pass the cereal. Healthy snacking for pennies a bowl. Added bonus: children can prepare it themselves.
- Pick fruit. Kids love the taste and parents love the nutrients. Cheaper than a candy bar!
- Vary the vegetables. Buy in-season veggies for great taste at a low cost.
- Bite into bread. Any type, any time. Add cheese or peanut butter for extra taste and nutrients.

ASK CHEF COMBO

Question:

I want my children to be healthy, but I am on a budget. What can I serve my family that is healthy but doesn't cost much?

Answer:

*It's not important to be wealthy
For your family to eat healthy
When your grocery list includes
Low-cost but nutritious foods!
Grains like pasta, breads, and rice,
Are good for us...and worth the price.
Your tight budget's a real good reason,
To buy veggies and fruits that are
in season!
Pick up cheese, milk and yogurt...
all nutrient heroes,
But skip other aisles filled with
nutrient zeros!
Serving the Five Food Groups
is really sufficient
To serve healthy meals and be
budget-efficient.*