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# HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky  
College of Agriculture,  
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## Take a hike!

Does your family enjoy the great outdoors? June is National Camping month, a time when many Americans will be venturing outside for adventures. Before heading out, think about your nutritional needs. There are a lot of choices besides just grabbing energy bars and water. Take time to map out a safe and wholesome food plan.

Your food and water intake needs may be higher during times of greater physical activity. How long is the trip? What food and drinks will you need? Do you need to carry a cooler?

Before heading out on a hike, you may want to drink water before you go. A good rule of thumb is to plan to drink 2 cups of water for each hour you hike. Choose foods that will not weigh your backpack down but will pack a nutritional punch like trail mix, nuts and seeds, fresh fruit, granola, or energy bars.

If the trip involves many days, choosing food can be a challenge. You will



be able to eat out of your cooler on the first day, but after that, you may need lots of shelf-stable choices. You might want to choose nut butters, cereal, squeeze pouches of fruit, tuna pouches, or whole-grain tortilla shells.

Being outside can put your food at a higher risk of germs if not kept cold. Do not forget that food should not be out of the cooler for more than one

hour if the temperature is above 90 degrees. Pack food safety essentials such as hand sanitizer, throwaway wipes, bowls, plates, can opener, cooking pot and/or pan, knives and forks, ice packs, trash bags, thermometers for the cooler and cooked meat.

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**SMART TIPS**

# Ways to keep kids active during the summer



**D**on't let your child spend their summer sitting on the couch. Help your child stay moving this summer.

**Check out these ideas:**

- Sign your child up for local sports camp or swimming lessons.
- Make going for a walk, run, or bike ride together a scheduled event.
- Go hiking and have the kids tell you 10 points of natural interest to enjoy.
- Start a new hobby together, such as inline skating, tennis, or hiking.
- Run through the sprinkler when it's hot outside.
- When it's raining, stay inside, turn on some music and have a dance party.

- Set up neighborhood contests such as jump rope, hula hoop, or hopscotch.
- Start community kickball, soccer, or softball games or relay races.
- Host a bicycle wash on your street.

Being active also helps lower the risk of life-long health problems later in life. Support your kids and take part in at least 60 minutes of physical activity daily. Teaching the value of staying active while your kids are young will help them keep up the habit when they're older. Don't forget to lead by example by also staying active.

Adapted from <https://www.eatright.org/fitness/exercise/family-activities/family-exercise-ideas-for-every-season>

**PARENT CORNER**

## Make fun food for picnics

- Cut triangle-shaped wedges of cucumber and add a stick in the rind end for a fruit popsicle.
- Make sandwich kabobs with small pieces of bread, cheese, grape tomatoes, sandwich meat, and olives.
- Enjoy some "fruit caterpillars." Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four v-shaped cuts on the outside of cucumbers. Slice cucumbers into slices to form flower petals.
- Try some "banana sushi." Spread a whole-grain tortilla with peanut butter or other spread. Next, place a banana inside and roll. Cut into slices.
- For a kid-favorite dessert, try making a "dirt dessert" with low-fat, calcium-rich chocolate pudding sprinkled with chocolate cookie crumbs and a couple of gummy worms.

Adapted from NDSU Extension

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Follow food safety rules to keep from getting sick. Wash your hands often and always before and after eating. If you cannot wash your hands, use hand sanitizer with 60% alcohol to reduce germs. Keep raw meats and ready-to-eat foods apart. Cook food to proper temperatures. While on a hike, refrigerate foods to below 40 degrees F within two hours, but without a refrigerator, pack foods that can spoil into a cooler with ice or ice packs and make sure the temperature stays below 40 degrees F. Keeping the cooler in the shade will help. And if possible, keep the cooler closed as much as you can.

Now you are ready to take a hike!

Adapted from <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/food-tips-for-camping-and-hiking>





## FOOD FACTS

# Blueberries

- **Season:** Mid-June through July
- **Nutrition facts:** One half cup of blueberries has 40 calories and adds 22% of the Daily Value of fiber. Blueberries are rich in vitamin C and do not have any fat or sodium.
- **Selection:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is called a bloom.
- **Storage:** Cover and keep blueberries chilled for up to 14 days. Wash them just before using.
- **Preserving:** To freeze, place blueberries, unwashed and fully dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, move them to plastic freezer bags or freezer containers.
- **Preparation:** Serve blueberries fresh or in a cooked dish. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

Adapted from <https://fcs-hes.ca.uky.edu/commodity/blueberry>

## COOKING WITH KIDS

# Strawberry Smore

No campfire needed for these fruity graham cracker snacks.

- 2 strawberries
  - 1 graham cracker (broken in half)
  - 1/8 cup yogurt, low-fat vanilla
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Rinse the strawberries in water.
  3. Slice the strawberries.
  4. Add the yogurt and strawberries to half of the graham cracker.
  5. Top with the other half of the graham cracker.
  6. Enjoy at once.

Notes: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

Nutritional facts per serving:  
100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 6g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>



## RECIPE

# Barbecue Chicken Salad

- 1 head romaine lettuce
- 2 cups cooked shredded chicken
- 2 cups apples, diced
- 1/2 cup thinly sliced red onion
- 1 cup sharp cheddar cheese, shredded
- 1/3 cup reduced-fat ranch dressing
- 1/4 cup barbecue sauce

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large bowl, tear lettuce into pieces and place in bottom; layer lettuce, chicken, apples, red onion, and cheddar cheese.
3. In a separate small bowl, whisk together ranch dressing and barbecue sauce. If dressing is too thick, thin with a little water.

4. Drizzle salad dressing over salad mixture and toss. Or serve dressing on the side.
5. Serve at once.

Servings: 6  
Serving size: 2 cups

Nutritional facts per serving:  
360 calories; 12g total fat; 1g saturated fat; 0g trans fat; 90mg cholesterol; 630mg sodium; 27g carbohydrate; 5g fiber; 16g total sugar; 0g added sugar; 30g protein; 0% daily value of vitamin D; 20% daily value of calcium; 15% daily value of iron; 15% daily value of potassium.

Source: Healthy Choices for Every Body Curriculum: Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator, University of Kentucky Cooperative Extension Service

## BASIC BUDGET BITES

### More ways to save

**O**utdoor eating can be quite cheap. Keep things simple. Buy whole ingredients. You can avoid the cost and unhealthiness of processed foods. Sandwiches, peanut butter crackers, veggies and dip all make great outdoor foods that won't break your wallet. Use baked potatoes for an easy and filling meal on a campfire. Or make some wraps with your favorite cold cuts and veggies and wrap in aluminum foil to heat over the fire. Eggs can serve as a tasty and quick meal for breakfast or any meal while camping. If it's chilly in the evening, a warm mug of soup can hit the spot. Using either homemade soup or canned soup will be a low-cost meal for a family.



## LOCAL EVENTS

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

VISIT US ONLINE AT  
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)