



## ***Nourishing the Next Generation***

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

Material funded by USDA SNAP. USDA is an equal opportunity provider. Newsletter developed by Mary Meck Higgins, Ph.D., R.D., L.D., K-State Research and Extension Human Nutrition Specialist and Associate Professor, Dept. of Human Nutrition. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "Nourishing the Next Generation."



## **Teaching Youngsters to "Eat Smart"**

An important skill to teach your grandchildren is to "read it before you eat it." Empower them to eat smart by showing them how to read the Nutrition Facts label. A fun family activity is to let your young ones serve themselves their preferred-size portion of a snack. Before eating or drinking any of it, measure the amount using a measuring cup. Then look at the snack's Nutrition Facts label together and show them where the serving size is listed. Use a measuring cup to measure the serving size amount shown on the label. Talk about the differences between that and your grandchildren's portions.

Eating the right amount of nutritious foods increases a child's health. Read Nutrition Facts labels to help get less of some nutrients, and get enough of others. *Source: www.fns.usda.gov*

| Start Here                    | <b>Nutrition Facts</b>                                |                       |
|-------------------------------|---|-----------------------|
|                               | Serving Size 1 cup (228g)<br>Servings Per Container 2 |                       |
|                               | Amount Per Serving                                    |                       |
|                               | Calories 250  | Calories from Fat 110 |
|                               | % Daily Value*  |                       |
| Limit these Nutrients         | Total Fat 12g   | 18%                   |
|                               | Saturated Fat 3g                                      | 15%                   |
|                               | Trans Fat 1.5g  |                       |
|                               | Cholesterol 30mg                                      | 10%                   |
|                               | Sodium 470mg  | 20%                   |
| Get Enough of these Nutrients | Total Carbohydrate 31g                                | 10%                   |
|                               | Dietary Fiber 0g                                      | 0%                    |
|                               | Sugars 5g   |                       |
|                               | Protein 5g  |                       |
|                               | Vitamin A   | 4%                    |
|                               | Vitamin C   | 2%                    |
|                               | Calcium   | 20%                   |
|                               | Iron  | 4%                    |



## ***Nourishing the Next Generation***

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### **Food-Safe Families Wash Often**

As a grandparent, you know that young hands can get very dirty very fast. But did you know that one in six people living in the U.S. likely will get sick from food poisoning this year? Those most vulnerable are young children, people over the age of 65, and a person of any age whose immune system is compromised. The problem is more serious than many people realize. But, it doesn't have to happen to you!

What's the single most important way to keep your family safe from food poisoning? It's simply to wash often.



- \* Wash your hands before and after handling food, and after using the bathroom, changing diapers, wiping a nose or handling a pet. Use warm water and soap for 20 seconds.
  - \* Teach your young ones to wash their hands often, too. Their list of when to wash is the same as yours, and also includes before naps and after playing with shared toys or crawling.
  - \* Rinse fresh fruits and vegetables under cool running tap water before cutting them. This even includes fresh fruits and vegetables with skins and rinds that you don't eat.
  - \* Wash your utensils, counter tops, cutting boards and dishes after each use and before going on to prepare the next food. Use hot water and soap.
- \* Wash cloth towels and cloth shopping bags often, using hot water and detergent. If you use kitchen sponges, once a day microwave them wet for a minute.

*Source: [www.FightBac.org](http://www.FightBac.org)*

### **New Foods? Be a Taste Buddy!**

No matter what their ages, encourage everyone who gathers around your table to try new foods. Let each one choose how much to eat after his or her first taste bite. Have a family rule that no rude remarks about a food are allowed! Offer a new food multiple times, cold and hot, in different recipes, and always in a pleasant appealing way. Be patient. Involve your grandkids in food preparation, and talk about the new foods you serve. Since children copy what adults do, set a good example.

*Source: [www.fns.usda.gov](http://www.fns.usda.gov)*

