



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."



No-Cook Banana Nut Balls

"Making meals and memories together"

Makes 24 *This recipe is easy and fun to make, and healthful to eat!*

Ingredients:

3/4 cup crushed ready-to-eat cereal	1/4 cup peanut butter
2 tablespoons shredded coconut	1/3 cup non-fat dry milk powder
1/2 ripe medium-size banana	1/2 cup rolled oats

Directions:

1. Wash your hands and work area.
2. In a shallow bowl, stir together crushed cereal and coconut. Set aside.
3. In a sturdy mixing bowl, mash together remaining four ingredients.
4. Drop 1/2 tablespoon of the sticky mixture into the cereal mixture. Roll it around until covered. Place ball in a container with a lid. Repeat with all of the sticky mixture.
5. Cover and refrigerate until balls are firm. Serve cold. Leftovers may be frozen.



Nutrition Facts per ball: Calories 40; Fat 1.5g; Carbohydrate 4g; Protein 2g; Sodium 30mg



Nourishing the Next Generation

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



Start Every Day the Whole Grain Way

Help your grandkids get their days off to a healthy start! Serve whole grain versions of favorite ready-to-eat and cooked cereals, breads, pancakes, or waffles at breakfast.

It's easy to get your young ones in the habit of eating and enjoying whole grains, especially if you start when they are young. Toddlers like the shapes and crunch of a whole grain cereal. Avoid sugar-sweetened cereals, in order to benefit the health of their new teeth, as well as their appetite for more nutritious foods.



Make at least half of the grains you and your family eat at lunch, supper and snacks — such as breads, tortillas, pastas, rice and crackers — whole grains, too.

Whole grains make a difference for your loved ones. How? They give your grandchildren vitamins, minerals, fiber and other nutrients that help them be strong and healthy, and help them feel full longer so they stay alert to concentrate at school. Whole grains also help keep their hearts healthy, help protect against type 2 diabetes, and are good for digestion and a healthy weight. That's the goodness of whole grains. You and other adult family members will also benefit from eating whole grains.

Because some foods that seem to be whole grains are not, it's important to know what to look for. Taking a few extra minutes at the store to make sure you're buying whole grains is worth it. Here are three easy ways to tell if a food is a whole grain:

- The package has the phrase "100% whole wheat" or "100% whole grains" on the label.
- The ingredients list has the word "**whole**" before the **first** ingredient (for example, *whole* wheat flour).
- Oats, popcorn, and brown and wild rice are foods that are always whole grain.



Source: USDA, www.fns.usda.gov/fns/corenutritionmessages/whole_grains_page.htm

Vary Your Fruits and Vegetables

- Choose different colored fruits and vegetables for a wide variety of nutrients. Fresh, frozen, canned and dried fruits and vegetables are all smart choices. Buy some of each to last until your next shopping trip.
- Cut cooked or raw vegetables and ripe fruits into pieces that are easy for your youngster to eat. Put bowls of these healthful snacks and side dishes in your refrigerator where they are easy to see, reach and serve.

