



K-State Research and Extension
Family Nutrition Program

May/June newsletter



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.

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Dear Reader,

You are holding the first issue of a new newsletter! It's designed for grandmothers and grandfathers who care for a child (or children) of any age: infants through teens. Others who may be interested include other family members, many child care providers, neighbors and friends.

Future newsletters will include information such as feeding a "picky" eater, family meals, nutrition for young athletes, cooking with your grandchild, healthful recipes, encouraging physical activity and snacking smart. We hope that you will find the recipes and topics helpful as you strive to keep the young ones you care for healthy and happy.

We value your feedback! Feel free to write to us at any time at the address shown above, or send an email to Mary at mhiggins@ksu.edu

Sincerely,
the K-State Research & Extension Family Nutrition Program and Kansas SRS



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Weight Concerns about Children?

A child's body weight can be confusing for grandparents. When does the healthy plumpness of a grandchild cross into overweight? Or, does your grandchild seem too thin? Health professionals use growth charts based on a child's age and gender to help answer questions about childhood body weight. Now, an easy-to-use Internet resource for caregivers of children 2 to 20 years old is available. Medical scientists at the USDA Children's Nutrition Research Center at Baylor College in Texas developed it, using growth charts recommended by the U.S. Centers for Disease Control and Prevention.

All it takes is a few minutes online. Log on at www.kidsnutrition.org/ and click on *Kids' BMI Calculator*. Enter the child's gender, age, weight and height. The computer will instantly calculate your youngster's BMI, or Body Mass Index. You will also be able to view the BMI as a percentile on a growth chart graph, and download a growth chart to keep. We recommend that you visit this handy website every six months or so to determine if your grandchild's weight gains or losses are heading in the right direction.

Source: Adapted from S Procter, Young Families, Kansas State University, Vol. 9, #4

Bring On the Barbecue! Tips for Grilling Foods Safely

- Keep meats cold (not at room temperature) until you're ready to put them on the grill.
- If starting with frozen foods, thaw them first in a refrigerator or microwave oven. (If thawing in a microwave oven, cook the food immediately after it is thawed.)
- If desired, pre-cook meats and vegetables in an oven or on the stovetop to shorten the grilling time needed, while still adding authentic grilled flavor.
- Wash platters and utensils after using them for raw foods and before using them for cooked foods.
- Use a meat thermometer to check internal temperatures. Cook meats as follows: beef steaks and fish until they reach 145 degrees F.; ground meats and all pork, 160 degrees F.; poultry, 165 degrees F.
- After taking foods off of the grill, keep them hot in a warming tray or in a slow cooker until serving time.
- Cover and refrigerate leftovers within two hours. Discard any perishable foods that were not promptly refrigerated.



Source: Adapted from K Blakeslee, Young Families, Kansas State University, Vol. 7, #4