



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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Attention Grandparents Raising Grandchildren!

What: A reliable source of free information and tips for grandparents and other older adults who take care of infants, children and teens.

Where: Online, at www.usa.gov/Topics/Grandparents.shtml

Why: This one resource is filled with links to many sites about grandfamilies' health, safety, and more. Topics include choosing a child care provider, children and families programs, a guide for family nurturing, improving the mental health of children and teens, how to stop bullying behaviors, toy safety, intergenerational story books to read aloud, guidebooks for adult caregivers, and others.

Plus, if you want to answer some core questions on the "eligibility tool," you can also be directed to a tailored list of links with information about government benefits and assistance programs that you and your family may be eligible for (such as for housing, food, utility bills, child care and health care).



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Excellent Eggs

Eggs are quick-to-cook, tasty, inexpensive and versatile. (Think scrambled, fried, boiled, poached, baked and deviled; and omelets, egg salad, French toast, etc.) Both the white and the yolk are nutrient-rich! Two eggs are an excellent source of protein (and count as two ounces of protein food). They are also high in vitamins A, D, E and B-12, riboflavin, folate, choline, pantothenate, niacin, iodine, iron, selenium, zinc, lutein and zeaxanthin. Ask your health care provider at what age you should start offering eggs to an infant, in order to reduce his or her risk of allergies. Egg yolks are high in cholesterol, but eating one per day does not increase blood cholesterol levels or increase risk of heart disease in healthy people, according to research studies.

Here are easy tips for buying, storing and preparing eggs with food safety in mind:

- Buy refrigerated eggs that are not out-dated (the date is printed on the carton). Choose eggs with clean and uncracked shells. Do not wash purchased eggs.
- Do not leave raw or cooked eggs out of the refrigerator for more than two hours.
- Store raw eggs in the carton. Put them in the coldest part of the refrigerator instead of in the door. Use within three to five weeks of purchase.
- Cook eggs until the whites and yolks are firm. Avoid eating raw or runny eggs, unless using a pasteurized egg product. Cook foods containing eggs to an internal temperature of 160 degrees F., or more.

Sources: Dietary Guidelines 2010 and www.fsis.usda.gov/Fact_Sheets/Focus_On_Shell_Eggs/index.asp#33

Easy Hard-boiled Eggs

“Making meals and memories together”

1. Wash your hands and work area.
2. Put just one layer of eggs in a pan. (Note: Using older eggs will make peeling the shells after cooking them easier.)
3. Add enough water to cover the eggs by at least one inch.
4. Cover the pan with a lid. Heat until the water boils.
5. Remove the pan from the heat to prevent further boiling.
6. Keep the pan covered. Let large-size eggs rest in the hot water for 15 minutes. (If using another size egg, adjust the time three minutes shorter or longer for each size smaller or larger than large eggs.)
7. Drain the hot water. Serve eggs warm, if desired. OR, immediately place eggs in a bowl of ice water, or run cold water over them. When the eggs are cool enough to handle, drain ice water. Refrigerate cooked eggs in a clean uncovered container and let them air dry. Do not freeze. Eat them within one week.
8. After peeling, cover and refrigerate eggs within two hours. Eat within three days.

