



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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Food Habits are "Caught" as Kids Watch You

A baby is born liking sweets. Our other food habits are learned. Kids learn more by watching than by listening. As a grandparent taking care of children, you can lead your youngsters to learn good eating habits. The foods that you typically choose to offer them, along with when and where and with whom they usually eat, will affect their preferences and impact their health, both now and far into the future.

Source: Adapted from JL Warren and D James, Grandparents as Parents, Texas A&M University, #6

The K-State Healthy Caregiver Decision Tool

Want to know how to remain healthy as you provide care for someone else? Visit the Web site www.aging.ksu.edu/DesktopDefault.aspx?tabid=185 Read about healthy caregiving, medical needs and self-care issues. After answering the online questions, you can print a personalized list of health-related resources located in Kansas that are pertinent to your situation.



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Pumpkin “Pie” Dessert

Ingredients:

Makes 16 servings

1/3 cup (packed) brown sugar
1/4 cup vegetable cooking oil
1/2 cup rolled oats
1 cup all-purpose or whole wheat flour
2 teaspoons ground pumpkin pie spice
2/3 cup white sugar
1/2 cup pasteurized egg substitute or 2 eggs
1 can (12 ounces) evaporated milk
1 can (15 ounces) 100% pumpkin



Nutrition Facts per piece: Calories 160; Saturated fat 1.5g; *Trans* fat 0g; Carbs 25g; Sodium 40mg

“Making meals and memories together”

Directions:

1. In a 2-quart bowl, mix well the first four ingredients. 2. Press the mixture into an ungreased 9x13-inch pan. 3. Bake for 15 minutes at 350 degrees F. 4. In the bowl, mix the remaining ingredients well and pour it onto the first baked layer. 5. Bake for 35 minutes at 350 degrees F. 6. Let cool. Cut into 16 pieces. 7. If desired, serve with fat-free whipped topping. 8. Cover and refrigerate or freeze leftovers within 2 hours.

Source: Adapted from *Parenting Again*, Univ. IL, #31

Tips to Avoid Emotional Eating

At times, people eat food for emotional reasons rather than because their stomachs are physically empty. Too much of this type of eating can lead to an unhealthy diet and to excess weight gain. Do you or your grandchild often find yourselves craving certain foods? Or eating because of a feeling, such as being bored, happy or sad? If so, talk over how you could use one or all of the following coping strategies. Then, practice them the next time you or your youngster are emotionally hungry, instead of reaching for a dish of your favorite “comfort food.”

- *Replace food obsessions.* Focus instead on positive thoughts and behaviors, such as reading a book, taking a walk or enjoying hobbies.
- *Don't just avoid or cover up pain.* Instead, try facing the pain and healing from the hurt. Figure out a way to take better care of yourself. Allow yourself to be helped, as well as to help others.
- *Love yourself on the inside.* Learn to love your own special personality and skills.
- *Take care of your true physical needs.* Ask yourself, “What do I need right now, and how could I take care of it?” For example, sleep when rest is needed. When stressed, dance or listen to music, clean your room, play a game, lift weights, pray, etc.
- *Form and strengthen close relationships to gain support and understanding.* Connect with others. When you are lonely, talk or get together with family or friends.
- *Avoid perfectionism.* Instead, have realistic expectations and enjoy life more.

Source: Adapted from C Shoup Olsen and WJ DuPree, *Connections*, Kansas State University, #12