

April/May 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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## **"Making meals and memories together"**

### **Fruit Smoothie**    Makes 2 servings, 1 cup each

Try this fruit and milk recipe at breakfast or for a snack. It's a really cool way (literally!) for your family to get yummy and quick nutrition.

**Ingredients:**

- 1 cup fat-free or low-fat (1%) milk
- 1 cup frozen strawberries without sugar, 1 cup frozen ripe banana chunks, or any favorite unsweetened fruit that you have frozen

**Directions:**

1. Put all ingredients in a blender.
2. Cover and blend until smooth.
3. Serve immediately.
4. Cover and refrigerate, or freeze, leftovers within 2 hours.



**Nutrition Facts** per serving, if using strawberries: Calories 70; Total/Saturated/Trans fat 0g; Cholesterol 0mg; Sodium 65mg; Carbohydrate 13g; Dietary fiber 2g; Protein 5g; Daily Values: Vitamin C 50%; Calcium 15%; Iron 4%



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### Healthful Breakfasts, Healthy Grandkids

Do you want your grandchildren to be less distractible, better behaved and get along better with other children? Then be sure they eat breakfast! Research shows that children and teens who eat breakfast are more ready to learn, and they do better on the playground and in sports, too. They have improved math, reading and standardized test scores. Breakfast eaters pay more attention and stay more alert in class. They are better at solving problems, can remember facts more quickly, make fewer mistakes, and are less likely to have to repeat a grade. In short, eating breakfast will give your grandchild a healthy start.



Nutritious foods power up the brain and the rest of the body. Look for options that are high in fiber and other nutrients, but are low in added sugars. People of all ages who skip breakfast are not likely to make up for the nutrients that they missed eating in the morning. On average, breakfast eaters get more calcium, dietary fiber, folate and protein each day than people who do not eat breakfast.

Unless your grandchild participates in a breakfast program at school, do your best to provide healthy food choices at home each morning. Encourage him or her to eat breakfast every day. Your help will give your youngster advantages that will last for life!

*Source: Adapted from [www.fns.usda.gov/cnd/breakfast/expansion](http://www.fns.usda.gov/cnd/breakfast/expansion)*



### Mini Gardening using Containers

Container gardens are ideal for beginning gardeners and those with limited space. Be sure to involve the next generation of youth in your family's gardening activities.

Use a sunny inside windowsill or an outside area, such as a patio or balcony. Select a spot that gets at least five hours of direct sunlight each day, with more being better. Culinary herbs and leafy vegetables (such as leaf lettuce) can tolerate more shade, while root crops (such as carrots) need more sun.



Start with just a few containers, using any type as long as they have holes in the bottom for drainage. Use drip pans underneath the containers for indoor plants. Select containers that match the size of the vegetable that you choose to grow in it. Fill them with any brand of "potting mix." Buy vegetable seeds for varieties intended to be grown in containers.

Proper watering is required for a container garden to produce a crop. Some vegetables need to be watered every day, depending on the container size and the weather. Always use enough water to allow some to come out of the bottom drainage holes.

For more gardening advice, ask your friends, call your local extension office, and visit [www.ksre.ksu.edu/HumanNutrition/doc10557.ashx](http://www.ksre.ksu.edu/HumanNutrition/doc10557.ashx)