

## Nutrition and Safety April Newsletter

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**Gardening offers family fun. April is National Gardening Month... In your garden, you can be active, relax, and spend time together. A garden can teach your child about new foods and usually will taste a new food if they knew they grew it!!!**

### **What you need for a family garden.**

- Garden plot- 2 foot plot would be good.
- Child-sized tools
- Seed or seedlings (young plants)
- Water from a hose or watering can
- Soil for container gardens and fertilizer (adult uses only)

## Topics Discussed Grow a Family Garden Family Preparedness Let's Eat Out! Healthful Fast Foods

- Plant easy things such as beets, lettuce, green beans, cherry tomatoes, zucchini, onions, peppers, and spinach
- Gardening tasks for children could be watering, measuring the plant, pull weeds, pick them, wash the foods, and help prepare the meal with this item.

**Call your County Extensions Office for planting calendar and seeds.**

### **Family Preparedness: Thinking Ahead**

Unfortunately, disasters can strike at any time and there is usually little warning and time to prepare. To help in the event of a disaster, create a Family Preparedness Plan. Teaching this plan to all members of the family will help increase family effectiveness and reduce stress in an emergency.

#### Educate yourself and your family

- ✓ Learn about disasters that may strike in your area, check out the community's evacuation shelters, learn about the disaster plan at your workplace, and keep up on the evacuation plans for your child's school.

Create you family emergency plan

- ✓ Hold a meeting with your family to create a plan. This plan needs to include routes out of the home, safe places to meet outside of the home, have family contact information, have a plan for pets, make an emergency kit for supplies and know how to turn off your electric, water, and gas.

#### Make a family communication plan

- ✓ Fill out and carry an emergency contact information card that has information on it that will be needed if the family needs to contact someone for help.

#### Make a supply kit

- ✓ Supplies in your home evacuation kit can be simple to put together and you can add or take things away that are more suitable for your family. Supplies may include, shelf stable food and water, blankets, flashlight, batteries, tools for shut off valves, first aid supplies, sanitation supplies, personal items and clothing.

#### Be informed and practice

- ✓ Keep up to date on information from around your community on the disasters to know your risks and safety. Practice evacuating from the home every 6 months and update changes and/or supplies as needed



#### Questions about Nutrition or Safety...

Please contact:

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### Eat out often? Let's be smart about choices.



#### Most fast food meals and snacks are...

- High in fat, calories, and sodium.
- Low in fiber, calcium, and other nutrients.
- Short on fruits, vegetables and calcium rich foods.

#### Super-size fast foods may not be a good deal! Big portions...

- Overwhelm young children, who have small appetites.
- Provide more than your family needs.
- Encourage people to eat until they are stuffed, not satisfied.
- Set the stage for overeating and weight problems.

#### Smart choices include...

- Choose smaller portions.
- Choose items that have fruits or vegetables as a side.
- Skip sugary drinks, order milk, juice or water.
- Order meats and seafood grilled not fried.
- Pick a fast food place near a park or playground to get some physical activity after your meal.

