

NCWVCAA

Nutrition and Safety

November Newsletter

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Topics Discussed

- Fats in Foods: How Much for Kids?
 - Active Living for Families
 - Holiday Meals on a Budget
 - Pedestrian Safety

What is the real deal about fat in foods?



Actually fats are not a bad thing if we consume the right kind of fats. You and your children need some fats in foods to be healthy. Fats give us energy to be able to play, learn, and grow properly. Fats also help some vitamins in food break down in our bodies appropriately. Vitamins such as D, E, and K are fat soluble and they help with proper absorption of calcium, protects cellular walls, and proper blood clotting. Foods rich in “good” fats are items such as fish, nuts, and avocado, low fat dairy foods, lean meats, poultry, and eggs. Olive oils or other plant based oils are better to cook with than animal fats.

Eating foods low in saturated fat is best. Saturated fat increases the chance of heart disease and adds more calories in a diet and causes the body to gain weight.

Choose low fat foods to help you and your children keep a healthy mind and body. However, children under the age of 2 are not recommended to be on a low fat diet because these little ones need the fat for brain development. So how can you prepare meals that are low in fat?

- ✓ Look at food labels to see that the food is low in saturated fats. 1gram or < is best.
- ✓ Limit foods such as bacon, sausage or other processed meats.
- ✓ Keep low fat foods around the house for snacking such as raw fruit and veggies.

- ✓ Buy low fat or fat free dairy products.
- ✓ Broil, steam, roast, or microwave foods. Frying adds more fat.
- ✓ Limit creamed sauces and salad dressings.
- ✓ Serve mostly fruits for dessert.
- ✓ Cook with vegetable oils and limit butter, margarines, and lard.

For more information on healthy recipes, healthy cooking, videos, blogs, free cookbooks and even a menu planner, visit... www.eatingwell.com

Active Living for Families

Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. And it's a lifelong way for you and your child to stay healthy and maintain a healthy weight. It will also lower the chances of obesity, diabetes, and heart disease - for you and your child. So...

How can you raise an active child?

Get moving yourself- Children often “inherit” their family's lifestyle. If you are active, chances are your child will be too!

Fit activity in your family life- You do not need to spend extra money or even get involved in sports. You can all be active just by doing everyday things.

Do more than watch- Play! Let yourself feel more like a child and your children can lead the way. Your involvement and enthusiasm support your child's play.

Set limits to TV and other devices- for the whole family. That leaves more time for active play.

We can move more! Here are some ideas.

- ✓ Walk to a playground or park
- ✓ Wash the car-or the dog
- ✓ Sweep the sidewalk
- ✓ Put toys away
- ✓ Play Frisbee
- ✓ Rake leaves
- ✓ Dig in a flower bed or pull weeds



9 Ways to Cut Costs for Holiday Meals

1. Take inventory first. A lot of recipes call for things that everyone already has in their pantries at home. Spices, sugar, flour, stocks, and oil. Make a list of ingredients you already have so you do not purchase them again.
2. Shop early. Around the holidays, stores have sales on items you will need to prepare your feast. Buy shelf stable ingredients such as canned items or frozen foods that will keep. Waiting till the last minute will have you paying full price for everything.
3. Plan costs ahead of time. Factor in your cost of the meal so you leave room in your budget. Save coupons on items you will use to purchase the food.
4. Stick to your list. We all have gone to the store without a list and you always end up spending more. If you plan a menu and make a list from that, you will save. Also stay away from additional candy, decorations, and fancy place settings.
5. Buy in season. Most of the time in season foods are less expensive. Items like: pumpkins, squash, sweet potatoes, spinach, cranberries, pears, oranges, cauliflower, broccoli, and mushrooms. Find what's in season and make a menu from those items.
6. Make it a potluck. Have your family and friends sign up for dishes so you only have to buy enough to make 1 dish. If you are the host, agree to make the meat dish and leave all the sides and desserts to them.
7. Bring your own dessert. Desserts can be one of the most expensive parts of a meal. If you want

to make the main items, have all your guests bring a dessert. Also desserts take a lot more prep and baking time, so that time you can enjoy time with your family instead of being in the kitchen preparing.

8. Downsize your guest list. Have the meal with just immediate family members and then go visit others in the evening or the next day.
9. Utilize your leftovers. Stretch that holiday budget by using your leftovers. For example, if you have a Thanksgiving meal, you can make turkey sandwiches, turkey noodle soup, or a casserole. For a holiday ham you can turn it into a breakfast casserole, pair with pasta, or make ham salad.

However you celebrate the holidays, do not stress over an expensive meal. Make it easy, simple, and cost effective. This time is about enjoying the company of family and friends and not about your wallet!

PEDESTRIAN SAFETY FOR LITTLE KIDS

Once your kids take their first steps, they'll want to use this new power as much as possible. By knowing a few simple tips, you can encourage your kids to explore and be safe when they're out and about.



1. Talk to your kids about how to be safe and aware while walking.
2. Tell kids to look left, right and left again when crossing the street. Teach them to never run or dart out into the street or cross between parked cars.
3. Remind kids to make eye contact with drivers before crossing in front of them and to watch out for cars that are turning or backing up.
4. It's always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
5. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.

For more information on nutrition or safety, please contact:

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