



Family Fun in the Kitchen

Spring

Save Money on Food —Plan Menus as a Family

Here are some ideas to have family fun, teach your children life skills, and save money on food:

Invite children to seek and find

- Ask them to help look in the refrigerator and pantry for foods you have on hand.
- Ask for suggestions for turning those finds into a meal. (Example—you have eggs, half an onion, a little ham, and some cheese... you could have omelets for dinner.)
- Ask children to suggest foods to have with it... with reminders to include fruits and vegetables.

Plan a shopping trip

- Give children a grocery store sale flyer and let them circle foods they like.
- Enlist their help in creating menus that use foods they circled, plus foods they found in cupboards and refrigerator. Remind them that meals should include different types of foods, including grains, fruits, vegetables, dairy products, and meats.
- Ask them to add up the cost of the items they circled. (They might want to try guessing the amount first.)
- Talk about the ways you reduce shopping costs, such as buying store brands instead of name brands; adding your own seasonings to rice, pasta, or potatoes instead of buying pre-seasoned packaged combinations; or peeling and cutting carrots instead of buying baby carrots.

'Tis the Season...

... to enjoy strawberries, kiwi, asparagus, spinach, cabbage, broccoli, and cauliflower.

Recipes to try Fruit Salsa

Serve this as a salad, dessert, or snack using fresh strawberries or frozen raspberries or blueberries—

You will need:

- 1 cup berries
- 1 medium apple
- 2 canned peach halves (or 3/4 cup canned diced or sliced peaches), drained
- Baked chips or graham crackers

What to do:

1. Wash your hands.
2. If using fresh berries, rinse and remove stems. Wash apple.
3. Cut peach halves, apple, and whole berries into small pieces.
4. Combine all fruit in a bowl. Stir to mix.
5. Serve with baked chips or graham crackers.

Makes 4 servings, about 1/2 cup each.

Nutrition Facts (per 1/2 cup fruit):

39 calories, 0.2g fat, 0mg cholesterol, 0.7mg sodium, 9.9g carbohydrate, 1.9g dietary fiber, 0.6g protein

Spring Fitness Ideas

- Take a nature walk around a local park, around the block, or just around the yard. Look for spring flowers, robins and bunnies, trees with newly budded leaves, and bugs.
- Involve the whole family in yard clean up, planting flowers (in the yard or in a pot), and gardening. Children who help grow vegetables are usually more likely to eat them.
- Do everything you can to enjoy the outdoors... ride bikes, play soccer, play catch, jump rope, play hop scotch... enjoy!



Spend Smart. Eat Smart.

Want more tips for saving money on food?

Visit the new ISU Extension Web site—

www.extension.iastate.edu/foodsavings

Want more recipe ideas?

Visit this "Recipe of the Week" archive from ISU Extension—

www.extension.iastate.edu/healthnutrition/food/preparation/recipe_archive.htm

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