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EFNEP Newsletter

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Cutting Back on Sugar for the Whole Family

Make small changes to reduce the amount of sugar in your family's diet.

- Limit the amount of foods and beverages with added sugars that you serve to your kids. If you don't buy them, your kids won't get them very often. Most added sugars come from *soda, sports drinks, energy drinks, juice drinks, cakes, candy, cookies and ice cream*.
- Serve small portions of foods and beverages with added sugar. No need to get rid of these treats, just show kids that a small amount of sweet treats can be enjoyed.
- Choose water, low fat or fat free milk or 100% juice for beverages.
- Choose the 'no candy' checkout lane at the store.
- Reward kids with hugs, kind words and non-food items like stickers or pencils instead of candy or other sweets.
- Sugary foods are marketed to kids as 'fun'. Make healthy foods fun by involving your kids in preparing them.
- Show kids where the Sugars line is on the Nutrition Facts label. In the grocery store, challenge your kids to find cereals with the lowest grams of sugars and buy those.
- Limit sweets to special occasions and do not make them a part of everyday meals and snacks.
- Make fruit the 'everyday' dessert.

In Season This Month: Asparagus

Start looking for fresh, home grown asparagus this month. Asparagus comes in white and green varieties. Green is the most common variety in the United States. White asparagus is grown underground and does not receive any light, so the plant does not produce chlorophyll which makes the plant turn green.

Choose firm stalks with buds that are tightly closed. Store stalks with a damp paper towel wrapped around the ends in the crisper section of your refrigerator. Eat asparagus soon after buying it as its flavor decreases each day that it's stored.

KORNER

KIDS

With your child, visit your local public library and borrow "First Peas to the Table" by Susan Grigsby. It tells the story of a school that starts a school vegetable garden and who has a First Peas from The Garden contest like Thomas Jefferson did at his Monticello garden. Read the book with your child. Together make this salad to serve with a family meal.

Pasta Salad

Serving Size: 1 cup
Serves 6

Ingredients:
    2 cups cooked pasta
    1 cup peeled, diced cucumber
    1 large tomato, chopped
    ½ medium sweet green bell pepper, diced
    ½ medium onion, diced
    ½ cup frozen peas
    ½ cup fat-free Italian salad dressing

Directions:
1. Mix pasta, cucumber, tomato, green pepper, onion, peas and dressing in a medium-sized bowl.
2. Cover and refrigerate.
3. Mix again before serving.
4. Refrigerate leftovers.

*Nutrition Facts: Serving Size – 1 cup, 110 Calories, 5 Calories from Fat, 1g Total Fat, 5% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 300mg Sodium, 21g Total Carbohydrate, 2g Dietary Fiber, 4g Sugars, 4g Protein, 10% Vitamin A, 2% Calcium, 25% Vitamin C, 6% Iron

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP