



Food \$ense Nutrition Education is a **Free** program to help individuals and families eat better on a tight budget. We have received new curriculum called, “**Loving Your Family Feeding Their Future**”. This curriculum is geared for families with children 2-18 years of age. It has many wonderful ideas to help busy families cook easy, quick, and tasty meals that the whole family will love; Get your kids to eat more fruits and vegetables and like them; Stretch food dollars; Get your family to be more physically active and have fun. Currently, I am enrolling participants for group classes of 5-7 people. Classes will be held in Fillmore and Delta. Call us at 864-1480 or 743-5412. For more information, please check out our new web page at www.extension.usu.edu/millard.

Citrus Chicken Salad

- 2 boneless skinless chicken breast, cut into ¼-inch strips
- 2 tbsp. oil
- 3 Tbsp. orange juice concentrate
- 1 tbsp. vinegar



- 3 cups Romaine lettuce, torn
- ½ cup green onion, sliced
- ½ green pepper, chopped
- 1-10.5 oz. can mandarin oranges
- ½ cup shelled sunflower seeds
- ½ cup cheese, grated

Sauté chicken until done; cool. Mix oil, orange juice and vinegar and let sit for 5 minutes. Combine chicken, lettuce, green onion, green pepper, mandarin oranges, sunflower seeds and cheese in a large bowl. Pour orange juice vinegarett over salad; toss lightly. Yield: 4-6 servings.

Mary Anna’s Tidbits of Information

Several month’s ago, I was in the grocery store with my daughter in the produce section. She looked over at a vegetable she had never noticed before and asked me what it was. I looked up and told her it was an artichoke. She then asked if we could get it. I looked at the price, \$2.99 each and said, “Let’s wait until they come on sale”. I began to think of how long it had been since I had an artichoke. Several weeks ago, I was again in the grocery store with my daughter and as we walked through the produce section my daughter notice that artichokes were now on sale, 2 for \$3.00. I then said “Lets get some”. I noticed how excited my daughter became as she wanted to help make dinner that night. It had been some time since I prepared artichokes so I pulled out my Betty Crocker Cookbook and was glad to see that it also had the instruction on how to eat them once they were prepared. I also made a hollandaise sauce to dip the artichokes into. Besides the artichokes, we had Brussels sprouts, pickled beets, and fish sticks. Quite a different meal from our normal meals. A meal full of vegetables. Dinner that night became an experience rather than a meal as we discovered how to eat an artichoke. My daughter was thrilled with the taste and last time I asked her what she wanted me to get at the grocery store she replied, “Artichokes”.

When’s the last time you’ve tried a new vegetable in your home? Another fairly new vegetable in our home is jicama. It is turnip-shaped, white inside, and has a sweet, crunchy taste. The taste reminded me of fresh peas and taste great in a salad.

Here are some tips to help your children make good food habits:

- Your habits help kids to make smart food choices. Kids like to be copycats. If you eat your vegetables, so will they. Try to set a good example.
- Have healthier food in the home. Let your children decide if they want an apple, baby carrots, cottage cheese, or graham crackers for a snack. All are healthy choices.
- Eat meals with your kids as often as you can. Meals are a nice way to be with each other and break up the busy days. Use meals to talk about new foods and plan ways to be more physically active.
- Keep trying with new foods – it may take a few tries with a new food before the family likes it. Have “New food night”. Try a new food you never had.
- Let your kids help pick food, plan meals and snacks, and fix meals. It’s a great way to teach life skills.

