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# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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## Spring cleaning your kitchen

**N**ational Cleaning Week will be March 24-30 this year. The American Cleaning Institute says 95% of American households take part in some form of spring cleaning. What better way to kick off your spring cleaning than with the heart of your home, the kitchen? Here is a checklist of spring-cleaning tasks to get your kitchen clean and set up:

- **Pantry:** Remove all items and wipe down shelves with warm, soapy water. Toss or give away old items. Dried spices are often best used within two years. When placing items back into the pantry, place items that will expire soon closest to your reach. Place older items in the front so you will use them up first.
- **Refrigerator and freezer:** Remove items and wipe down shelves, compartments in the door, and bins



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## PARENT CORNER

### Why is bone health so important for kids?

**G**rowing children need calcium and nutrients like vitamin D to build strong bones. In fact, for children ages 9 to 18, the body reaches its highest need for calcium. You have likely heard calcium builds strong bones. Yet most young people don't get enough. Children can store calcium in their bones. After reaching young adult age, the body can no longer store calcium, and bones reach peak bone density. When the body needs calcium and you don't get enough through food, the body takes what it needs from the bones. This can cause bones to be weak and easy to break. This is called osteoporosis. Milk with meals is a good rule of thumb to help your child get 3 to 4 servings of dairy daily. To learn more, keep reading about calcium in the Food Facts section of this newsletter.

Source: Adapted from American Academy of Pediatrics (www.healthychildren.org)

## BASIC BUDGET BITES

### Cut convenience, cut costs

**L**ooking to spend less with rising prices at the grocery store? A way to do this without losing quality is to cut the convenience charge. Look at your most recent shopping trip. Did you buy precut fruit, shredded cheese, premade packaged meals, or instant rice? While these items make meal prep faster, it comes at a cost. Making small changes to skip these charges can impact your monthly food cost. Use a grater to shred cheese, cut your produce, and skip prepackaged meals and snacks to start saving.

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with warm, soapy water. Throw away rotting produce and old, out of date items. Don't forget the saying, "Four days throw away," to decide on any leftovers you have on hand. To keep fresh produce longer, move veggies to the high-humidity bins. Move fruits to the low-humidity bins if your fridge has those choices. Restock items in your freezer with the items that need to be eaten soon on top or in close reach.

For a list of how to store fruits and veggies, scan the QR code or visit <http://tinyurl.com/nzx53kht>



- **Appliances:** After you have cleaned and set up all the drawers and cabinets, don't forget to wipe down your appliances. Unplug appliances before cleaning. Use warm, soapy water to wipe your toaster (and shake out those crumbs), coffee maker, and all those microwave splatters. Use a paste of baking soda and water to scrub buildup from your oven.

These tasks don't need to all happen on the same day. Spread out deep cleaning tasks as needed and when you have the time. Clean countertops and cooking equipment daily. This will help keep your kitchen sparkling year-round.

Source: Amy Singleton, RDN, University of Kentucky Area Extension Agent for KY Nutrition Education Program



## FOOD FACTS

# Calcium

**C**alcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

## COOKING WITH KIDS

# Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

Makes 5 servings  
Serving size: 1 cup

Nutrition facts per serving: 70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard: Martha Yount, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service



## RECIPE

# Salmon Patties

- 1 can (15 1/2 ounces) salmon, drained
- 1 cup whole-grain cereal or crackers, crushed
- 2 eggs, lightly beaten
- 1/2 cup skim milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place salmon in a medium mixing bowl. Use a fork or clean fingers to flake salmon until very fine. Remove skin and large bones.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix well.
4. Shape into 8 patties.

5. Heat oil in a skillet on medium. Carefully brown both sides until the patty is fully cooked. Serve with vegetables and rice for a filling MyPlate meal.
6. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving Size: 1 patty

Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.



### SMART TIPS

## Freeze unused eggs

If you have more eggs than you can use within a few weeks of buying them, break them out of their shells and freeze them. Freeze only clean, fresh eggs. To freeze whole eggs, beat just until blended and pour into freezer containers. Seal tightly, label with the number of eggs and the date, and freeze. As stated by the USDA Food Safety and Inspection Service (FSIS), you can freeze eggs for up to one year. When you're ready to use frozen eggs, thaw them overnight in the refrigerator or under running cold water. Use whole eggs as soon as they're thawed. Use thawed frozen eggs only in dishes that are fully cooked.

Source: Adapted from The American Egg Board

## LOCAL EVENTS

**If you are interested in nutrition classes, contact your Extension office.**

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