



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Move More as a Family

Staying active is an important part of being healthy. Physical activity promotes healthy weight, helps children sleep better, can improve brain function and academic performance, and helps children better handle challenges that come their way. Remember that kids imitate adults so be a positive role model. Here are some easy ways to add physical activity to your family's routine:

- Go for a family walk or hike
- Go for a family bike ride
- Set a goal, use a pedometer and track your miles
- Walk/bike to destinations
- Plant a garden
- Go swimming
- Turn on music and have a dance party
- Active chores: Ask kids to help with outdoor and indoor chores such as yard work or vacuuming
- Support participation in sports, dance, etc.
- When weather is challenging, consider using free online resources such as GoNoodle and yoga videos



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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Cooking with Kids

Feeding ourselves and others is a lifelong responsibility. Parents/caregivers should involve children in the process because it creates interest in food and cooking. Kids that are involved in meal preparation are more likely to eat their meals and they can learn math and other skills along the way. Here are some ways to safely involve children in preparing snacks and meals:

Age	Tasks
2-3-year-olds	<ul style="list-style-type: none"> • Wipe tables • Tear lettuce greens • Wash fruits and vegetables • Carry ingredients from one place to another • Mix or pour ingredients • Shake liquids in a covered container • Apply soft spreads • Place things in the trash
4-5-year-olds	<ul style="list-style-type: none"> • Peel eggs and some fruits, such as oranges and bananas • Cut herbs with kid-safe scissors • Set the table • Help make sandwiches and tossed salads • Measure ingredients • Use an egg beater
School-aged children	<ul style="list-style-type: none"> • Cut fruits and veggies using a small knife, with guidance and supervision • Grate with supervision • Read and follow simple recipes • Grease and line pans • Use a rolling pin • Plan family meals and help create a grocery list • Find ingredients in the cupboards and fridge • Open cans with supervision • Use heat on a stovetop, oven or microwave with supervision
12-year-olds and up	<ul style="list-style-type: none"> • Prepare more complex recipes with supervision • Start improvising with recipes





These pops are a fun, warm weather treat that needs only two ingredients. With no cooking, cutting or special equipment required, kids can learn to make these by themselves.



Fluffy, pumpkin pancakes will delight your tastebuds at breakfast or dinner. Top with sliced banana or applesauce.

Fruit Yogurt Pops

Makes 14 Servings

Ingredients:

- 1 yogurt, pina colada (8 ounces)
- 2 ½ cups strawberries (sliced frozen, thawed)

Directions:

Combine ingredients. Pour into 3 ounce paper cups. Freeze about 30 minutes; then stick a wooden popsicle/craft stick in the center of each cup. Freeze overnight until firm. To eat pops, peel off paper cups. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Nutritional Information per serving: Total Calories 26; Total Fat 0g; Saturated Fat 0g; Protein 10g; Carbohydrates 5 g; Dietary Fiber 1g; Sodium 9 mg

Perfect Pumpkin Pancakes

Makes 12 Servings

Ingredients:

- | | |
|---------------------------------|-----------------------------|
| 2 cups flour | 1 egg |
| 6 teaspoons brown sugar | ½ cup pumpkin (canned) |
| 1 tablespoon baking powder | 1 ¾ cups milk, low-fat |
| 1 ¼ teaspoons pumpkin pie spice | 2 tablespoons vegetable oil |
| 1 teaspoon salt | |

Directions:

Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk). Lightly coat a griddle or skillet with cooking spray and heat on medium. Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 ½ to 2 ½ minutes. Repeat with remaining batter. Makes about 1 dozen 3 ½ inch pancakes.

Notes

If you don't have pumpkin spice on hand, don't worry – it's just a combination of cinnamon, nutmeg, ginger and cloves. In this recipe, you can substitute ¾ teaspoon cinnamon, ¼ teaspoon nutmeg and ⅛ teaspoon each of ginger and cloves for the pumpkin pie spice.

Nutritional Information per serving: Total Calories 130; Total Fat 3g; Saturated Fat 1g; Protein 4g; Carbohydrates 21g; Dietary Fiber 1 g; Sodium 354mg



A favorite dish at parties and potlucks, Deviled Eggs also make a great, protein-filled anytime snack!

Deviled Eggs

Makes 6 Servings

Ingredients:

6 egg (large, hard-boiled and peeled)
1/4 cup mayonnaise
1/8 teaspoon salt
1/8 teaspoon pepper

Directions:

Hard boil eggs by placing eggs in a saucepan and covering them with water. Bring to a boil. Reduce heat to simmer; cook for 15 minutes. Immediately rinse under cold water to stop cooking and to make it easy to peel off shells. Refrigerate peeled eggs (without shells) until ready for use. Slice eggs into halves lengthwise. Remove yellow yolks and save whites. Place yolks in a one quart zip lock style bag along with the remaining ingredients (except the egg whites). Press out air. Close bag and knead (mush together) until ingredients are well-blended. (Note: you could also put yolks in a bowl with other ingredients [except the egg whites], and mix together well until they look like a paste). Push contents toward one corner of the bag. Cut about 1/2 inch off the corner of the bag. Squeezing the bag gently, fill reserved egg white hollows with the yolk mixture. (Note if you used a bowl, you can spoon the yolk mixture into the egg whites). Chill to blend flavors.

Nutritional Information per serving: Total Calories 134; Total Fat 12g; Saturated Fat 3g; Protein 6g; Carbohydrates 0g; Dietary Fiber 0g; Sodium 178mg



This quick and easy one-pandish is full of veggies, spices and flavor. Get your kids involved by letting them wash the vegetables.

Garden Chili

Makes 4 Servings

Ingredients:

3/4 pound ground beef (lean, 10% fat)	1/2 cup corn (sweet)
1/2 cup green pepper (chopped)	1 can tomato sauce (8 oz)
1/2 onion (large, chopped)	1 cup tomatoes (chopped fresh)
1/2 cup celery (chopped)	1 dash black pepper
2/3 cup kidney beans (canned, drained and rinsed)	1/2 teaspoon garlic powder
	2 teaspoons chili powder

Directions:

Wash your hands and work area. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat. Add green pepper, onion and celery. Cook until softened. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder. Cook mixture over low heat for 20 minutes. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun. Cover and refrigerate leftovers within 2 hours.

Nutritional Information per serving: Total Calories 238; Total Fat 8g; Saturated Fat 3g; Protein 21g; Carbohydrates 20g; Dietary Fiber 5g; Sodium 413g