



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

In this issue:

- The Magic of Family Mealtime
- Ending the Summer Right: Preparing for a Successful School Start

Recipes:

- Baked Chicken Nuggets
- Applesauce
- Pumpkin Mac n Cheese



The Magic of Family Mealtime

October is National Eat Better, Eat Together Month! Gathering during mealtimes can have a big impact on your family's health. If it's been a while since you have sat down to eat with your loved ones, here are some tips to help:

- **Don't Shoot for All – Start Small:** Look at your family's schedule and choose a day and time everyone can make it. Gradually increase the number of family mealtimes each week as able. If your family has a busy week, try adding a family breakfast or lunch gathering on the weekend instead.
- **Don't Have the Time? – That's Just Fine:** Make the most of your weekends and free nights by choosing recipes, shopping with a grocery list, and preparing what you can before the week ahead. Double freezable recipes when able and keep simple ingredients, such as bread, cheese, noodles, pasta sauce, frozen or canned veggies, and soups, on hand for quick meals.
- **Too Many Tasks? – Just Ask:** Get everyone involved in family meals! Young children can do simple tasks like setting the table, mixing, pouring, and cleaning up. Older youth can assist in measuring, cutting up fruits and vegetables, as well as learning how to use the stove and oven safely. Children are more likely to try food that they have helped prepare themselves!
- **Turn the Screens Off – It Will Pay Off:** Set phones and tablets in a different room and turn off the TV to cut back on distractions. This will help your family focus on good conversation rather than buzzes, alerts, and notifications. These can wait!
- **Take a Deep Breath – And Connect:** Ask each other open-ended questions and listen attentively to show your family you love them. Children will get excited for mealtimes if they are fun, so encourage jokes and laughter. It can create a relaxation response that helps our bodies feel better and absorb the nutrients from our meals.



Family mealtimes are not supposed to be perfect. Try your best, and that will lead you to success!

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

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

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

Recipes from: myplate.gov/myplate-kitchen/recipes

Content from: extension.org; doe.sd.gov/cans/sfsp.aspx; myplate.gov/

3,650 copies, \$0.43 each, SDSU Extension. Printed on recycled paper. 9/24

Preparing for Unexpected Events

Disasters can cut out the power to your home making it difficult to meet basic needs. Keeping food safe and your home cooled or heated can become a challenge. Prepare for the unexpected by having food and water stocked up. Having a stockpile will also help to keep costs down during an emergency.

Store non-perishable food your family will eat and meets special dietary needs.

Examples of food to have stocked are:

- Ready-to-eat canned meats, fruits, vegetables, and a can opener.
- Protein or fruit bars
- Dry cereal
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- Food for infants

When the power is out, food that must be stored in refrigerators and freezers may become unsafe. Thawed food is usually okay to consume if it is still “refrigerator cold.” When in doubt, throw it out. When there is no power follow these tips to manage your food.

- Keep the refrigerator and freezer doors closed as much as possible.
- Discard any perishable food such as meat, poultry, fish, eggs, or leftovers that have been exposed to temperatures above 40 degrees for two hours or more.

After a disaster, there may be limited access to clean drinking water. Have an emergency reserve for bottled water. It is recommended to have a gallon of water per day, per person. Children, nursing mothers, and sick people may need more water.

- Never ration drinking water unless you are ordered to do so by the authorities. Listen to your body and drink the amount you need. To minimize your water intake, reduce activity and try to stay cool.
- Do not drink carbonated or caffeinated beverages instead of drinking water. Caffeinated drinks will dehydrate the body which will make you thirstier.





Make chicken nuggets at home using cereal crumbs, spices, and herbs. You can cook them in the microwave or the oven.

Baked Chicken Nuggets

Makes 4 Servings

Ingredients:

- | | |
|---|-----------------------------------|
| 1 ½ pounds chicken thighs, boneless, skinless | ½ teaspoon Italian herb seasoning |
| 1 cup ready-to-eat cereal, cornflakes | ¼ teaspoon garlic powder |
| 1 teaspoon paprika | ¼ teaspoon onion powder |

Directions:

1. Wash hands with soap and water.
 2. Remove skin and bone; cut thighs into bite-sized pieces.
 3. Place cornflakes in plastic bag and crush by using a rolling pin.
 4. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
 5. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
2. Place chicken pieces on cooking sheet so they are not touching.
 3. Bake until golden brown, about 12 to 14 minutes.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Conventional Method:

1. Preheat oven to 400 °F. Lightly grease a cooking sheet.

Nutritional Information per serving: Total Calories 158g; Total Fat 6g; Saturated Fat 2g; Protein 18g; Carbohydrates 7g; Dietary Fiber 1g; Sodium 115g



Homemade applesauce, an easy treat to make, is a wonderful side dish or dessert option.

Applesauce

Makes 10 servings

Ingredients:

- 7 apples
- ½ cup water
- ¼ cup sugar

Directions:

1. Wash hands with soap and water.
2. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.
3. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
4. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
5. Stir in sugar and heat until sugar is dissolved.

Serving suggestion: Add 1 Tablespoon cinnamon and stir before serving.

Nutritional Information per serving: Total Calories 70g; Total Fat 0g; Saturated Fat 0g; Protein 0g; Carbohydrates 18g; Dietary Fiber 2g; Sodium 1mg



Find more recipes
and videos at
extension.sdstate.edu

Pumpkin

Makes 10 servings

Pumpkin Mac n Cheese

Ingredients:

1-16 oz. box whole-wheat macaroni	1 ¼ cups pumpkin puree
3 Tablespoons salted butter	2 cups shredded cheddar cheese
3 Tablespoons flour	¼ teaspoon pepper
2 cups 1% or fat-free milk	¼ teaspoon nutmeg
1 teaspoon mustard	A generous pinch of salt

Directions:

1. Cook macaroni according to directions.
2. In a skillet melt butter, add flour and cook 2 minutes.
3. Add milk, heat to a simmer for about 4 minutes, until mixture coats the back of a spoon.
4. Add seasonings and pumpkin, add cheese and stir until melted. Mix in macaroni.
5. Pour into lightly greased 9x13 pan. Bake at 350 degree F 20-25 minutes until golden brown.

Nutrition Facts per Serving: Calories 320; Fat 12g; Sodium 24mg; Carbohydrates 41g; Fiber 5g; Sugars 4g; Protein 15g



Did you know ...

Sodium and potassium create a balance in the body to make muscles contract, transmit nerve impulses and regulate blood pressure and heartbeat.

Learn more at: extension.sdstate.edu/pick-it-try-it-it



Save money and eat healthier by preparing meals at home. Learn more at The Dish: Real Talk about Food thedishrealtalk.com/course2/#/ or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.