

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Make Gardening a "Family Affair"

Have the entire family involved with gardening, meal planning and meal preparation.

- Growing food and preparing meals with the family is a great way to spend quality family time.
- Children who help plan and prepare foods are more likely to eat those foods.
- Choose your vegetables first when planning meals.
- Tasks should be easy and safe for children when helping in the garden or kitchen.
- Teach your children about healthy eating. As a family, make healthful food choices.

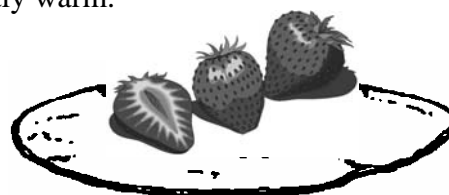


Strawberry Wrap Serves 1.

1-8 inch flour tortilla
1 Tbsp. low fat cream cheese, softened

1/2 tsp. honey or sugar
1/2 cup chopped strawberries

1. Microwave tortilla for 10 – 20 seconds, just until slightly warm.
2. Mix together cream cheese and honey/sugar.
3. Spread cream cheese & honey mixture on tortilla.
4. Top cream cheese with strawberries.
5. Roll tortilla and serve.



Serving Suggestions: Serve for breakfast with eggs or as dessert.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 6 g ~ calories from fat 50 ~ sodium 90 mg
~ total carbohydrate 26 g ~ fiber 4 g

Tip of the Month: Grow a favorite vegetable in a container garden. Have the family share responsibility for growing fruits or vegetables and preparing them for meals.

Vegetable Casserole Serves 6.

3 cups of vegetables, fresh and cooked or canned (carrots, peas, green beans, corn, etc.)

1 cup onions, chopped

1 can (4 oz.) mushrooms, drained

1 cup low fat cheese

1/2 cup fat free mayonnaise

1 cup crushed crackers

1 Tbsp. margarine/butter, melted



1. Preheat oven to 350 degrees.
2. Mix vegetables, onion, mushrooms, cheese and mayonnaise together.
3. Place vegetable mixture in a large casserole dish.
4. Mix melted margarine with cracker crumbs and sprinkle on top.
5. Bake for 35 minutes.

Serving Suggestions: Serve as a side dish with fish or chicken.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 7 g ~ calories from fat 60 ~ sodium 640 mg
~ total carbohydrate 19 g ~ fiber 4 g

Encourage Healthy Eating Habits in Children

1. Be aware children may like or dislike foods based on adults opinions about certain foods.
2. When trying new food with children, serve a small amount of the new food along with more popular and familiar foods. It may take several times tasting a new food for the child to like that food.
3. Allow your child to help plan and prepare the meals.
4. Do not force a child to eat.
5. Do not offer bribes or rewards for eating foods. This only reinforces that certain foods are not desirable.



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture

* Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

This material was funded by USDA's Food Stamp Program.