

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS



Ideas For Eating Better For Less

HEALTHY MOVES FOR HEALTHY CHILDREN

***Children need healthful food, medical and dental care,
and a safe and happy home.***

- Your children should be seen by a health care provider and dentist at least once a year.
- Keep your home a safe place for children to live. Store cleaning agents, sharp objects (scissors, knives) and poisons out of the reach of children.
- Sit with young children while they eat.
- Provide your children with healthful food choices.
- Encourage your children to be physically active every day.

Apricot Cobbler Serves 6.

1/4 cup margarine/butter, melted
1/2 cup all-purpose flour
1/2 cup sugar
1 1/2 tsp. baking powder

1/8 tsp. salt
1/2 cup milk
1 can (15 1/4 oz. each) apricot halves,
don't drain



1. Preheat oven to 375°F. Pour melted butter into an 8 x 8 inch baking dish.
2. In a medium bowl, combine flour, sugar, baking powder and salt and mix well. Stir in milk, mixing until just combined.
3. Pour batter into baking dish.
4. Pour the apricots with juice over the batter but do not stir them together.
5. Bake in the preheated oven for 40 to 45 minutes, or until the top is golden-brown.
6. Serve warm.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 8 g ~ calories from fat 70 ~ sodium 220 mg
~ total carbohydrate 41 g ~ fiber 1 g

Bean Soup Serves 7.

1 can (15 oz.) chili beans in chili gravy 1/4 cup chopped onions
1 can (14-16 oz.) stewed tomatoes 1 to 1 1/2 tsp. chili powder
1 can (15 oz.) corn, not drained 1/8 tsp. black pepper
1 cup water 1/4 tsp. oregano



Stovetop cooking:

1. Combine beans, tomatoes, corn, water, onion and spices in saucepan. Bring to boil, stirring constantly. Serve hot with onions on top.

Microwave cooking:

1. Combine beans, tomatoes, corn, water, onion, and spices in microwaveable dish. Cover. Microwave on HIGH 10 minutes.
2. Serve hot. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 110 - fat 1 g - calories from fat 10 - sodium 480 mg - total carbohydrate 24 g - fiber 4 g

Warm Up with Soup

Easy ways make canned soup or homemade soup healthful:

- 1) Easy homemade soups begin with canned broth or stock prepared with bouillon. Choose low sodium products when possible.
- 2) Add canned vegetables (peas, corn, green beans, carrots) or cooked fresh vegetables.
- 3) Add leftover cooked meat or canned meat.
- 4) Add nonfat dry milk to thicken soup.
- 5) Add onions and celery that have been cooked in margarine or oil (sautéed vegetables). This seals in their flavor and keeps them firm.
- 6) Add cooked rice, noodles or macaroni.
- 7) Add canned "cream" soup (tomato, mushroom, celery or chicken).



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.