



Cooperative Extension • Monterey County

Favorite Family Food

Volume V, Issue V, Jan - Feb 2006



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Familias Saludables... nuestra resolución para 2006



Familias Saludables...nuestra resolución para 2006. Nunca es demasiado tarde para empezar algunos cambios para mejorar la salud y la calidad de vida de nuestras familias.

En este año nuevo **Favorite Family Food** les ayudarán con la serie **So You're Learning to Cook**, que ofrece algunas recetas básicas y sabrosas.

Presentará la serie **Para Una Vida Mejor**, por Myriam Grajales-Hall y varios especialistas de la Universidad de California. Estos son folletos bilingües, sobre varios temas importantes para ustedes.

Será una discusión enfocada en temas de nutrición de interés especial para su vida en cada número. También, los artículos sobre la seguridad alimenticia, y las actividades físicas para la familia continuarán. Habrá un menú especial de la sazón con ideas sobre como ahorrar su dinero en la última página.

Esperamos que ustedes pasen un año saludable.

Healthy families ...our resolution for 2006. It's never too late to begin some changes to improve your family's health and quality of life.

In this new year **Favorite Family Food** will continue to help you with the **So You're Learning to Cook** series, which features some basic, tasty recipes.

We'll present the series **For A Better Life** by Myriam Grajales-Hall, and various Univeristy of California Specialists. These are bilingual handouts covering a range of different topics of interest to you.

In each issue, there will be a discussion on a nutrition topic of special importance for your life. We'll also continue to feature information on food safety and family physical fitness activities. There will be a seasonal menu with money-saving tips to complete each issue.

We hope you have a healthy year.



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So you're Learning to Cook...



Smothered Pork Chops

Traditionally, fall and winter were good times to eat pork. By November, the pig was fat enough, and ...

Now, pork is an anytime dish, but somehow it still tastes best in the cold weather, especially in an old-time favorite recipe like these smothered pork chops. It's perfect done in the slow cooker. You can use less expensive chops like the end cuts shown here- in fact, they seem to make a tastier meal.

A great "comfort food" recipe to add to your collection.

1. Turn on the slow cooker to high. Put **½ cup chicken broth** in it. *Ponga ½ taza de caldo de pollo en la olla que cocine lentamente.*
2. Sauté* **3 medium onions** (chopped) in a little **olive oil** in a heavy skillet till nice and brown. *Enfríe 3 cebollas picadas en aceite de oliva en un sartén, hasta que estén morenos.*
3. Add about **½ cup chopped celery** (and **1/3 cup chopped bell pepper** and a **sliced fresh jalapeño** for a Tejano flavor if you like) and cook for a couple minutes more. Scrape these veggies into the slow cooker. *Agregue ½ taza de apio, 1/3 taza de chile campañã (picados) y 1 jalapeño rebanado y cocine 2 minutos más*
4. Put a little more olive oil in the skillet. Dredge* **8 end cut pork chops** in **flour** seasoned with **garlic powder** and a little **salt and pepper**. *Reboza 8 chuletas de cerdo en harina con sal, pimiento negro y el ajo en polvo.*
5. Brown chops on both sides. Put them into the slow cooker. *Dore las chuletas en ambos lados. Póngalas en la olla. que cocine lentamente.*
6. Pour a little more chicken broth (you can use water if you don't have any broth) in the skillet and deglaze* it. *Agregue poquito más caldo de pollo al sartén (o use agua si no tiene caldo) y hiérvalo.*
7. Pour the liquid from the skillet with its browned bits into the slow cooker. Add a **pinch of dried thyme**. *Eche el caldo a la olla. Agregue una pizca de tomillo seco.*
8. Cook for another hour on high (or 1½ hours on low). *Cocine 1-1½ horas más.*
9. Serve with **noodles, rice or mashed potatoes**. *Sirva con fideos, arroz o puré de papas*

A fresh apple dessert would be perfect with this dish.

Sirva un pastel de manzanas con este platillo.

UCCE's
Favorite
Family
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What does
it mean?



* **sauté** -
fry gently
in just
a little fat

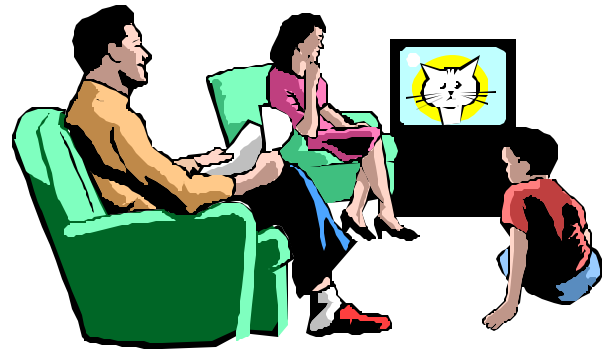
* **dredge** -
cover with
seasoned
flour or
crumbs to
coat, and
shake off
the excess

***deglaze**-
pour broth,
water or
other
liquid into
a pan used
to sauté,
then quickly
'boil up' the
liquid while
you stir up
the browned
bits from
the bottom
of the pan.



For a Better Life

Children and Television and electronic games



Try these:

Brave Charlotte
(Stohner, Wilson)

Grass Angel
(Schumacher)

Monsoon
Summer
(Perkins)

Play ballgames
inside with
the family using
foam bats &
balls (p5)

Put big splotches
of color on
paper with
watercolor paints.
Take the paper
into the rain &
watch **beautiful
pictures** happen.
Dry them inside
on layers of
newspaper.

Make a family
scrapbook-
album. Start
with the oldest
pictures, label
them clearly
& share
family stories.

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Broadcast and
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ANR, Myriam
Grajales-Hall,
Coordinator



Today's children spend more time in front of the TV, their electronic game or the computer than they do in school.

Children learn by watching. For many children TV and other screen activities have become the most important teachers. That could be dangerous.

Studies show that TV viewing and other screen time may be bad for children. For example:

- *Children who watch too much screen violence might think violence is O.K.*
- *Children study and read less and their grades suffer.*

But not everything shown on TV is bad! Some shows are entertaining and useful for the children and other members of the family.

Instead of watching TV, offer alternatives for entertainment:

- *A good book or magazine that appeals to your children.*
- *Games or crafts that involve the whole family*
- *Singing or playing a musical instrument*
- *A family conversation.*



As a parent, use TV, video games and computer time wisely in your home.

Find out what your children like to watch or play. Choose what you think is good for them.

- Choose the programs, games or websites, and set a limited time for watching or using them.
- Use TV as a learning tool or as family entertainment. Do not use it as a baby-sitter for your children!
- Whenever possible, watch TV with them. Explain to them what they do not understand.

Do not let television (or other electronic pastimes) rob your children from those precious family times.

Know when to turn off the TV!

Para Una Vida Mejor

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Los Niños y la Televisión Y los juegos electrónicos

Hoy día muchos niños pasan más tiempo frente al televisor o juego electrónico que en la escuela.

Los niños aprenden mirando. Para muchos niños la televisión, el juego electrónico o la computadora se ha convertido en los maestros más importantes. Esto puede ser peligroso.

Las investigaciones muestran que mirar televisión puede ser malo para los niños. Por ejemplo:

- *Los niños que ven demasiada violencia en la televisión o en los juegos electrónicos pueden llegar a pensar que la violencia es aceptable*
- *Los niños leen y estudian menos y sus notas escolares pueden decaer*

Pero no todo lo que se muestra en la televisión es malo.

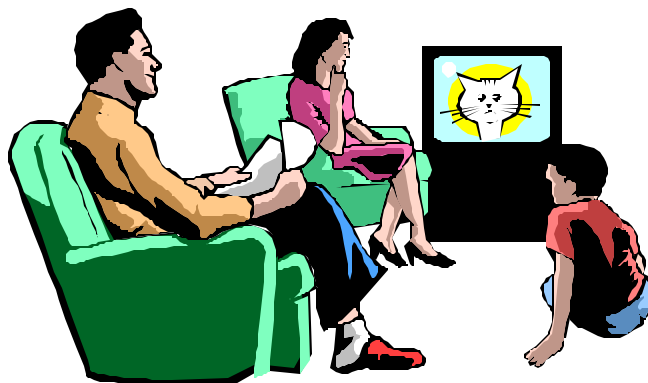
En vez de mirar el televisor, ofrezca alternativas para pasar un buen rato:

- *Un buen libro o revista que interese e informe a sus niños.*
- *Juegos o artesanías en las que toda la familia pueda participar*
- *Cantar o tocar un instrumento musical.*
- *Una conversación familiar.*



No deje que la televisión (ni otros pasatiempos electrónicos) le robe a sus niños esos preciosos momentos familiares.

¡Sepa cuándo apagar el televisor!



Algunos programas son divertidos y útiles para el niño y otros miembros de la familia. Los padres deben usar la televisión con cuidado en su hogar.

Entérese de lo que sus niños ven en la televisión y la computadora y en sus juegos electrónicos. Asegúrese que los programas, los juegos y los sitios web que se escojan son los que usted cree son buenos para ellos.

- *Escoja los programas, los juegos o los sitios web, y establezca un tiempo límite para verlos*
- *Use la televisión como un medio de enseñanza. ¡No la use como niñera para sus hijos!*
- *Siempre que sea posible, vea televisión con sus niños. Explíqueles lo que ellos no comprendan*

Trate estos:

La Mujer que brillaba aún más que el Sol
(Zubizanetta, Rohmer, y Schete)

El León, la Bruja, y El Ropero
(C.S. Lewis)

Stargirl
(Spinelli, Tino)

Juegos con la familia usando pelotas y paletas de goma espuma (p 5)

Ponga lunares grandes de color en su papel con acuarelas. Lleva el papel afuera en la lluvia y mire las pinturas hermosas aparece. Séquelos adentro sobre capas de papel de prensa.

Crea un álbum de fotos familiares. Empiece con las fotos más antiguas, etiquételos claramente y comparte cuentos familiares

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coordinadora



**UCCE's
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**Tips to help
avoid colds & flu:**

*Wash hands often
& keep them away
from faces as much
as possible.

* Use disposable
tissues to blow
your nose

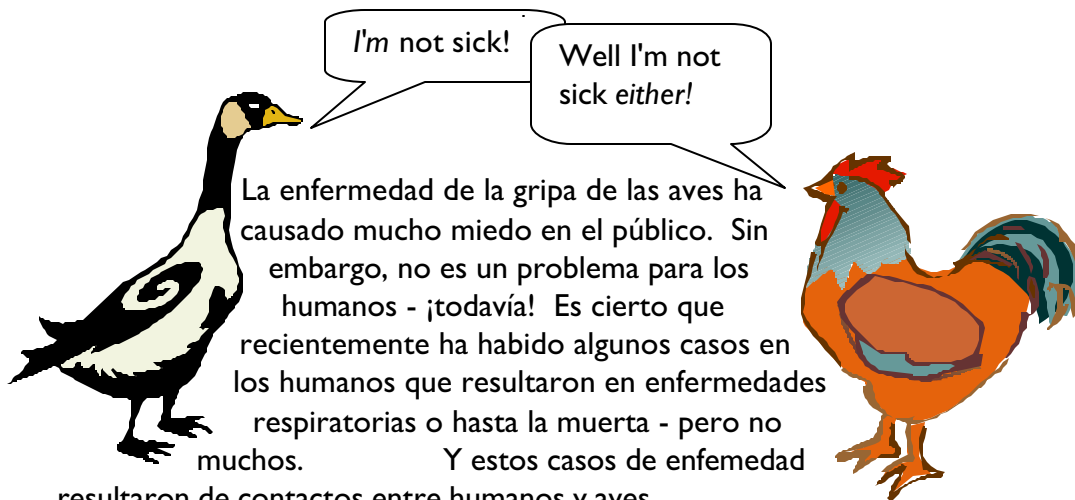
* When coughing or
sneezing, turn your
head & cough or
sneeze into a
disposable tissue
(or even into the
inside of the elbow,
in a pinch!)

* Avoid close contact
with others if you are
ill. Take a sick day
from work, school
or daycare and avoid
infecting others.

* Keep young children
(and old folks) away
from crowds of people
whenever possible
(rent a movie instead
of going out)

* Get plenty of rest

* Eat lots of veggies
& fruits, especially
those high in Vitamin C
(citrus, bell peppers,
parsley, tomatoes etc).
Drink plenty of liquids.
Make a nice soup in
the slow cooker - you'll
do both at once!



La enfermedad de la gripa de las aves ha causado mucho miedo en el público. Sin embargo, no es un problema para los humanos - ¡todavía! Es cierto que recientemente ha habido algunos casos en los humanos que resultaron en enfermedades respiratorias o hasta la muerte - pero no muchos. Y estos casos de enfermedad

resultaron de contactos entre humanos y aves.

En este momento, el virus no tiene la habilidad de infectar fácilmente a humanos. También este virus (Asian-H5N1) no puede pasar de una persona a otra.

Para sentirse más seguro (especialmente mientras viaje a otros países), observe estas guías:

- Evite el contacto directo con aves de corral y cerdos en mercados al aire libre
- Siga las recomendaciones de la seguridad alimenticia, especialmente el cocer bien y el prevenir la contaminación entre alimentos
- Recuerde que el lavarse las manos es lo más efectivo para protegerse contra los virus, los parásitos y las bacterias que causan enfermedades - 20 segundos con jabón y suficiente agua caliente es el mejor modo.

Bird Flu - and you

The idea of Bird Flu is causing fear -even panic- in the public. However, it's not a problem in humans- yet! It's true that there have been some recent cases of respiratory illness and even death, but not very many. And these cases of bird flu came from direct contact between humans and birds.

Right now, the virus does not have the ability to easily infect humans. Right now too, this virus (Asian-H5N1) cannot pass from person to person.

For a sense of security, especially when traveling to other countries, observe these guidelines:

- Avoid direct contact with poultry and pigs at open air markets
- Follow food safety recommendations, especially those about cooking food well and preventing cross-contamination
- Remember that hand-washing is the best tool to protect against viruses, parasites and bacteria that cause food-borne illness - 20 seconds with soap and plenty of hot water is the best method.

Now this is REALLY soft ball

Even if it's raining ... even if it's cold outside... you can have fun and a good workout too. Stay inside, and use your soft foam ball, large or small, for these games and exercises.



Throw the foam ball, play catch, squeeze ball in hands, squeeze ball in one hand (grip), squeeze ball between knees, squeeze ball between legs, squeeze ball with both feet.



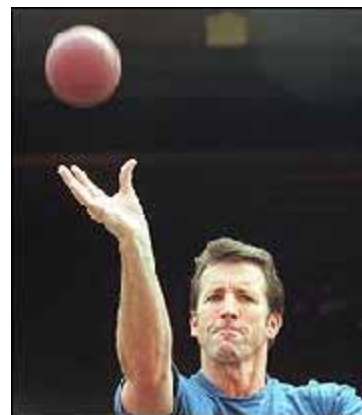
Repeat, repeat, repeat.

Toss ball back and forth to other people, kick ball back & forth to people, throw ball underhand above head, toss ball overhand against a wall as high as you can and catch it on the rebound, hold ball with both hands and raise it out and over your head then back down.



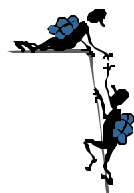
Repeat, repeat, repeat.

Squeeze it in the crease of elbow, pinch ball with toes, play slow catch with grandma. Play kick ball- and best of all, play dodge ball. Even if the ball hits you in the head - it can't hurt you, it can only make you laugh.



Bola blanda

Aunque esté lloviendo ... aunque haga frío afuera ... usted puede divertirse y hacer ejercicios también. Quédese adentro de la casa y use su pelota de goma espuma, grande o pequeña, para estos juegos y ejercicios.



Tire la bola de goma espuma; apriete la bola en las manos; apriete la bola en *una* mano; apriete la bola entre las rodillas; apriete la bola entre las piernas; apriente la bola con los dos pies.



Repite, repite, repite.

Lance la pelota para atrás y para delante entre las otras personas; acoceé la pelota por debajo hasta arriba por encima de su cabeza; lance la pelota por arriba contra la pared lo más alto que se pueda y agárrela al rebote; agarrar la pelota con ambas manos y levántela al frente y encima de la cabeza, entonces debajo otra vez.



Repite, repite, repite.

Apriétela en el hueco del codo; pellizque la bola con los dedos del pie; si pueda, lance la bola lentamente con su abuelita. Juegue patada de bolas - y lo mejor de todo, juega 'pelota de choque'. Aunque la pelota le pegue en la cabeza, no puede hacer daño, solamente se causa risa.



The Last Word

FSNE Families learn how to **EAT RIGHT** to **STAY WELL**. On a budget? You can do it!



The USDA Food Stamp Program

helps participants to purchase healthful foods for better diet and funds this newsletter.



Resolution:
Save \$ on Food!

Resolution:
Pack more Nutrition into meals!

What'll We Have For Dinner?

Winter Food Stamp Menus:

Sunday: Roast Turkey (freeze bones and meat for dinner later in the week) **w/Mole Glaze** (Mix: ¼ cup unsweetened cocoa powder, 1 tbs ancho chile powder, 1 tbs ground cinnamon, 1 tbs packed brown sugar, coarse salt & pepper, 3 tbs olive oil, 1 tsp cider vinegar. Smear half on outside of bird, sprinkle the rest inside. Baste often w/pan juices as turkey cooks) with **Roast Veggies** (potato, yam, carrot, butternut squash, onion- cut in 1 ½ " chunks; toss w/olive oil, salt, pepper & a teensy dab of honey. Bake 1 hour alongside the turkey); **Mixed Greens Salad** (spinach, red lettuce, romaine) with orange segments & walnuts; **Citrus-soaked Cake**.

Monday: Slow Food- Smothered Pork Chops (see page 3 for recipe); **Rice**; **Carrot-Cabbage Slaw** with Pineapple; **Baked Cinnamon Pear**

Tuesday: Browned Hamburger Gravy over Mashed Potatoes; **Broccoli**, **W.W. roll**; **Banana Pudding**

Wednesday: Caldo de Pavo (Hearty Turkey Soup) with **Pasta**, **Repollo** (Shredded Cabbage), sliced **Rábanos** (Radishes), **Carrots** and other vegetables; **Tortillas de Maíz** or **French Roll**; **Bread Pudding**.

Thursday: Montecristo Sandwich Estilo Mexicano (very thinly-sliced ham, sliced part-skim mozzarella, 1 drained & rinsed mild green chile- assemble sandwich, soak in beaten eggs and grill like you would French Toast); **Baked Sweet Potato Wedges**; **Fresh Pear Slices**; **Oatmeal-Raisin Cookie**.

Friday: Jambalaya (brown rice, diced bell peppers, onions & garlic in a little olive oil. Stir in diced or whole canned tomatoes; a bay leaf and a pinch of thyme, salt & pepper. Pour chicken broth over all and cook covered in a 350F oven for about 45 minutes, till rice is cooked. Stir in 1/3 cup bay shrimps per person); **Garlic Bread**. A **salad** is always nice. **Lemon Tapioca Pudding**.

Saturday: Black-eyed Peas; **Your Favorite Greens**; (canned) **Fruit Compote**; **Corn Bread** or **Tortillas**; **Rice**; **Apple Crispw/low-fat Vanilla Ice Cream**

Tips:

*Buy turkey near the holidays when it's on sale. Wrap and freeze for January suppers.

*When serving mashed potatoes, try using half white & half sweet.

*Use that slow cooker! 8 hours cooking in slow cooker costs nearly 5-cents. The same food cooked for only 2 hours on a gas stove costs 12-cents. Cook on an electric stove? 2-hours will cost 37-cents! (PG&E 12/05)

*Canned soup? About **5 times** what home-made soup costs! (46-cents a serving vs \$2.50)

This menu based on real Dec 2005 food specials at a local market and celebrates the heritage of African-American cooking. These dinners can be made and enjoyed with less fat and salt, to celebrate heart health as well.

Surprise! It's possible to feed your family tasty and nutritious meals on a food stamp budget, even now in 2005. It takes a smart and resourceful person to obtain food stamps in the first place. You are that smart person, so you may know the best ways to use this nutrition benefit. Careful menu planning helps a lot. So does careful shopping. Sharing out the tasks of meal preparation so that you aren't tempted by costly packaged foods makes the big difference. You know the food you prepare at home is more nutritious and tastier. It spells L-O-V-E- to your family. Did you know you're also saving money when you cook at home?

