



Cooperative Extension • Monterey County

Favorite Family Food

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La idea de planear nuestras comidas algunas veces nos parece ser demasiado trabajo. Pensamos que no tenemos las horas para considerar las comidas familiares para la próxima semana. El planear las comidas se basa en alimentos en sazón y en ventas especiales en el mercado – y en el usar una lista de compras – ay ¡es agobiante!

Pero, planeamos diferentes partes de nuestras vidas cada día – nuestra ropa o ruta al trabajo, por ejemplo. ¡Qué más importante que estos son nuestras comidas familiares! Nuestros esposos y niños merecen una actividad de planear en familia cada semana, porque comidas más sabrosas, nutritivas y baratas resultarán.

Trate el método de nuestra amiga María: cuando se junta la familia, miran las ventas especiales en su mercado favorito y deciden acerca de sus comidas favoritas. En el otro lado de la hoja, haga su lista de compras.

We have a plan!

The idea of planning meals sometimes seems like too much work. We think we don't have the "extra time" to sit down and consider the meals for our families for the upcoming week. Planning meals based on seasonal produce and special sales at our favorite supermarket AND making a shopping list – why, that sounds almost overwhelming!

Stop and think- we are "planning" every day of our lives, and it's so automatic, we don't think twice. When we get dressed, we plan what we are going to wear- we don't just grab Junior's overalls off the bathroom floor and try to put them on with Papa's old sweater.

When we set off for work each day, we "plan" our route without even being aware of it- we certainly don't just drive forward in any old direction and hope we'll eventually get where we want to be.

How much more important is our family's health? Our spouses and children surely deserve a family meal planning activity each week – since tastier, more nutritious and less expensive lunches and dinners will result. Try our friend Marie's method: when the family is together, check out market specials and brainstorm favorite meals - on the other side of the paper make a shopping list.

So you're Learning to Cook...

UCCE's
Favorite
Family
Food
2

It's always nice to be able to cook "in another language". Here is a version of a Chinese dish that is tasty and makes use of the bountiful fresh asparagus of the season.

The best part? Because there's just enough meat for delicious flavor- but there are a lot more vegetables in the dish, and it's served over rice, only 19% of the total calories are from fat! Delicious- *and* nutritious!

1. Cut **1 $\frac{3}{4}$ -2 lbs beef steak** in thin strips (1/8" by 2 $\frac{1}{2}$ "). It's easier to do if you partially freeze meat first. Put into a bowl with **2-tsp cornstarch**; toss to mix well.

Corte 1 $\frac{3}{4}$ -2 Libras bistec en tiras (1/8" by 2 $\frac{1}{2}$ "). Será más fácil de hacer si la carne está parcialmente congelada. Ponga la carne en un tazón con 2-cdtas maicena mézclelas.

2. Add **2-tsp soy sauce** to bowl of meat & mix lightly.

Agregue 2-cdtas salsa soya a la carne, mezclando bien

3. Cut **2-bunches scallions** and **3-4 lbs cleaned fresh asparagus** into thin diagonal strips (discard tough part).

Corte 2 bonches cebollitas y 2-libras espárragos en tiras delgadas

4. Finely mince **4-cloves garlic**.

Corte 2-dientes del ajo finamente

5. Brown off meat & garlic in a little **peanut oil**; remove from pan.

Salteé la carne y el ajo en poquito de aceite de cacahuete hasta que esté color de café; saquéela del sartén.

6. In same pan, gently stir-fry the asparagus, scallions & ginger for 3-4 min.

En el mismo sartén, salteé los espárragos, las cebollitas y el jengibre en un poco de aceite, revolviendo constantemente 3-4 min.

7. Add beef, increase heat, add **1 $\frac{1}{2}$ -c beef broth**, bring to a boil then simmer just till asparagus is tender crisp. Serve over rice.

Agregue el bistec, suba el fuego, agregue el consomé y cocínelas 5 minutos más. Sírvalo con arroz cocinado al vapor.



More
asparagus
than beef?



Yes,
that's a
good way to
cook – use
a very small
amount of
meat – 1-2
ounces per
person- in
mixed dishes
like spaghetti,
chili, lasagna,
& Asian
stir-frys.

You have all
the flavor
with hardly
any fat!



Body language



**What
messages
can you
see here?**



Family Talk

Good communication is very important for the family's well-being.

We communicate in two ways: with words and without words, also called "body language".

Ways to Improve Your Communication Skills:

***The way we
feel, talk,
listen and
behave
affects
our family
relationships.***

- Avoid "put downs" like: "You left such a mess in the kitchen!"
- Let the other person know what action you expect: "The dishes are still in the sink. They need to be washed now!"
- Practice active listening. Try to fully hear and understand what the other person is saying. Show by your gestures and expressions that you are listening.
- Do away with distractions. Turn off the TV or go to a quiet place where you can talk.
- Use silence. Being quiet can help the other person take the time he or she needs. Sometimes it's hard to express our feelings.
- Use encouraging words: "Uh-huh" or "Tell me more." Ask questions such as, "Let me see if I understand. Are you saying that...?"



Repeat, in your own words, what the other person is saying. "You're feeling good about yourself for doing such a good job!"

Charlas familiares

La buena comunicación es muy importante para el bienestar familiar.

Nosotros nos comunicamos de dos maneras: con palabras y sin palabras, a lo que se llama también “expresión corporal.”

Maneras de mejorar su habilidad para comunicarse:

**Como nos
sentimos y la
manera en que
hablamos,
escuchamos
y nos
comportamos
afecta nuestra
relaciones
familiares.**

- No menosprecie a otras personas. Evite decir cosas como: “Dejaste la cocina toda sucia.”
- Deje saber a la otra persona lo que usted espera que ocurra: “Los platos todavía están en el fregadero. ¡Necesito que los laves ahora!”
- Aprenda a escuchar con atención: Trate de escuchar bien y entender lo que la otra persona trata de decir. Con sus gestos y expresiones muestre que está escuchando con interés.
- Evite las distracciones, apague el televisor o vaya a un lugar tranquilo donde puedan hablar.
- Guarde silencio para escuchar mejor a la otra persona. De este manera, le dará la oportunidad de expresar sus sentimientos.
- Use palabras o expresiones de aliento, como “oh, ...” o “cuéntame.” Haga preguntas como, “déjame ver si entendí. Quieres decir que ...?”
- Repita, en sus propias palabras, lo que la persona ha dicho. “¡Te sientes bien de ti misma por el buen trabajo que has hecho!”



**¿Cuáles
mensajes
ve usted
aquí?**



Storing food items next to household chemical is a dangerous no-no. Imagine a salad dressing of oil and bleach!

El almacenar los alimentos al lado de los químicos es peligroso. ¡Imagínese un aderezo de aceite y cloro!

Any food sitting out on the table or counters? Always remember to keep cold foods cold.

¿Hay algunos alimentos en la mesa o en las encimeras? Siempre recuerde mantener fríos los alimentos fríos.

Any food stored above the stove? No foods, even dry mixes, will keep well above heat.

¿Hay algunos alimentos arriba de la estufa? No hay de alimentos que se mantienen bien en el calor sobre la estufa.



¿Puede su cocina pasar el examen sobre almacenaje de los alimentos?

Si el inspector de salud viniera a su casa para inspeccionar su cocina, ¿podiera usted pasar el examen? El almacenaje correcto de los alimentos es una clave importante de en la seguridad alimenticia.

Demuéstrelo por sí mismo. Sea su propio inspector. Chequee las áreas de almacenar en la cocina de su casa y mire lo que necesite mejorar.

Haga una lista de los cambios necesarios, y entonces empiece hacerlos.



The first step is to look in the cupboard under the sink. Water pipes can leak - and also provide unsealable holes where rodents and insects can enter.

If the health inspector came to your house to inspect your kitchen, would you pass the test?

Correct food storage is key to food safety.

Prove it to yourself. Be your own inspector. Check the food storage areas in your kitchen and see what needs to be improved. Make a list of the necessary changes, and then begin.

This guy didn't know he should clean the dust off the cans. He didn't know that a can opener can push harmful bacteria into the food.

Can your kitchen pass the food storage test?

Adapted from (se adaptado por) FDA pub 74-2052, Jane Heeman



El primer paso es el armario debajo del lavaplatos. Las pipas de agua pueden gotear - y también proveen una puerta abierta para insectos y roedores.

Este hombre no sabía que es necesario quitar el polvo de las latas.

El no sabía que el abrelatas puede empujar algunos microbios peligrosos adentro de los alimentos.



Calcium: Vital for Kids' Bones

National data confirms that most American children over the age of 8 do not get enough calcium in their daily life, according to a report from the nutrition committee of the American Academy of Pediatrics. This deficiency increases their risk of developing osteoporosis in adulthood.

“There’s also evidence of increased fractures in teens, perhaps because their habits of eating insufficient calcium and of insufficient exercise have already weakened their bones” said Dr. Craig Langman of Chicago’s Children’s Memorial Hospital.

Good sources of calcium include milk and other dairy products, corn, figs, almonds and especially dark green vegetables like broccoli and spinach.



Try these:

- * Milkshake
- * Spinach Salad w/sliced almonds
- * Quesadilla on corn tortilla
- * Broccoli with Ranch Dip
- * Trail Mix with almonds & dried figs
- * Licuado con Leche
- * Ensalada de Espinaca con Almendras
- * Quesadillas con tortillas de maíz
- * Brócoli con Ranch
- * Bocadillo de Almendras y Higos secos

Datos nacionales confirman que lo más de los jóvenes americanos mayores de 8 años no consumen suficiente calcio, según un reporte del comité de nutrición del Academia Americana de Pediatría. Esta deficiencia aumenta sus riesgos de desarrollar la osteoporosis en la edad adulta.

“También hay evidencia que hay más huesos quebrados en los adolescentes – quizás porque sus hábitos de comer insuficiente calcio y hacer insuficiente ejercicios ya ha debilitado sus huesos” dijo Dr. Craig Langman del Hospital Memorial de los Niños en Chicago.

Buenas fuentes de calcio incluyen leche y otros productos lácteos, maíz, higos, almendras y especialmente las vegetales verdes y oscuros como brócoli o espinaca.



Exercise: Vital for Kids' Bones

"Usted puede tomar todo el calcio que quiere, pero si no hace algunas actividades que sostenga el peso del cuerpo, no tiene buena salud de los huesos" dijo Dr. Frank Greer. Él es un miembro del comité de nutrición del Academia Americana de Pediatría.

Este comité publicó un reporte con estos avisos para doctores: evalúe los niños sobre las cantidades de calcio que consumen y aléntalos a hacer ejercicios para prevenir una "epidémica de huesos quebrados más tarde en la vida".

Los jóvenes de los Estados Unidos son deficientes por que pasan más horas en frente del televisor, computadora o juego electrónico en vez de jugar activamente, dijo Greer.

Se necesita el calcio para la formación de los huesos, y ejercicios que sostienen el peso del cuerpo hacen fuerte los huesos. Para los niños, esta clase de ejercicios incluye fútbol, baloncesto o correr. Cualquier actividad repetitiva en que los brazos o las piernas sostienen el peso del cuerpo puede servir.



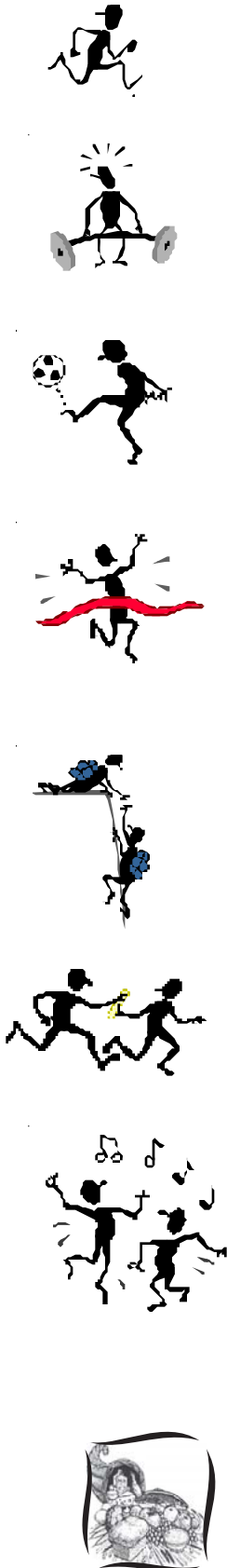
"You can take all the calcium you want, but if you don't do any weight-bearing activity, you don't have good bone health" said Dr. Frank Greer. He's a member of the nutrition committee of the American Academy of Pediatrics.

This committee published a report with this advice for doctors: evaluate children for the amount of calcium they consume and encourage them to exercise in order to prevent an "epidemic of broken bones later in life".

U.S. youngsters are deficient because they spend more time in front of the TV, computer or video game than they do in active play.

Calcium is needed for bone formation, and weight-bearing exercise strengthens bones. For children, it could include soccer, basketball or running. Whatever repetitive activity in which the arms or legs bear the body's weight will do.

Information from Joanne P. Ikeda, MA, RD, Cooperative Extension Nutrition Education Specialist



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?

Early Spring Food Stamp Menus:

Sunday: Roast Garlic Chicken, Flat-roast potatoes, whole wheat tortillas or rolls, orange-avocado salsa, baked custard

Monday: Asparagus-Beef (see page 2 for recipe), long grain brown rice, sliced radishes, fresh strawberries

Tuesday: Slow-Cooker Corned Beef & Cabbage (put into large slow cooker: 4 carrots, 1 large peeled onion, 6 small potatoes - all scrubbed well & cut in chunks. Place 2-lbs corned beef brisket on veggies, sprinkle seasonings from packet on top. Pour one 12-oz non-alcoholic beer over and add just enough water to come up to the top of the brisket. Cook on low 10-12 hours. Remove brisket & veggies, put 1 small cabbage cut in wedges in pot & cook on high for 45 minutes, till crisp-tender), **Soda Bread** (add a spoon or two of margarine to dry biscuit mix. Stir to blend with a fork. Add raisins, 1-tsp sugar- and a little grated lemon rind. Finish preparation as for biscuits. Roll into round 1" thick and score dough on the top with a fork to make 6-8 wedges. Bake.) **Trifle.**

Wednesday: Caldo de Pollo (Hearty Chicken Soup) with Pasta, Repollo (Shredded Cabbage), sliced Rábanos (Radishes), Carrots and other vegetables; Tortillas de Maíz or French Roll; Fruit Cup or Warm Bread Pudding.

Thursday: Reuben Sandwich (thinly-sliced corned beef, sliced low-fat swiss cheese, 1/3 cup drained, rinsed & squeezed dry sauerkraut, 2-TBS home-made Thousand Island Dressing- assemble sandwich on good rye bread and grill till bread is golden brown and cheese is melted); Baked Sweet Potato Wedges; Orange Slices; Oatmeal-Raisin Cookie.

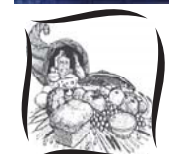
Friday: Tostadas de Atún (Mix drained water-pack tuna with chopped tomato, cilantro, green onions, fresh lime juice, pepper. Pile on tostada shells - [you can make your own in the microwave without fat- put them on a paper towel and microwave 2 min] with finely shredded cabbage), Long Grain Brown Rice, Beans, Lemon Custard

Saturday: Slow-Cooker Lentil Soup (Caldo de Lentejas) Add garlic, tomatoes, carrots, onion, a little thyme - serve with a spoon of rice; Big Helping of Deep Green Salad, Garlic Bread or Tortillas; Warm Brownie Pudding.

Tips:

*Buy foods in season for the best taste and value. Spring treats like asparagus & strawberries are now on sale.

*Learn simple cooking skills if you need them - it's worth so much! Have you tried easy "flat roast" potatoes? Just scrub a baking potato well; cut down the middle and place the cut side down on a pan greased with olive oil. Bake in a hot toaster oven about 1/2 hr, till the flat side is brown and crisp and the potato cooked through.



Surprise! It IS possible to feed your family tasty & nutritious meals on a food stamp budget, even now in 2006. You are a smart and resourceful person – you obtained food stamps in the first place. You probably know many good ways to use this benefit. Careful menu planning helps a lot. So does careful shopping. The biggest benefit for your family and your budget comes from preparing foods at home. More taste, more nutrition and lots of LOVE are packed in home-cooked meals.