

Cooperating Counties:

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Eat Smart Idaho Classes offered this Spring

Burley: Easter Seals – Goodwill Working Solutions Office, 2040 Overland, Burley, ID. Every Tuesday and Thursday at 10:00 a.m.

Rupert : Classes every Monday at 10:00 a.m., at the Minidoka Extension Office, 83 East Baseline Road, Rupert, ID.

Salmon/Challis/Leadore Area: Classes available by calling 208-756-2815, ext. 306.

Twin Falls: Easter Seals – Goodwill Working Solutions Office, 1411 Falls Ave. E, Suite 1202, Twin Falls, ID. Every Thursday at 10:00 a.m.

Twin Falls: Classes every Monday at 10:00 a.m. at the Twin Falls County Extension Office, 246 3rd Ave. E. Twin Falls, ID.

Eat Well for Less

Come join the fun while learning how to:

- Plan easy, quick, and tasty meals that your whole family will love.
- Get your kids to eat more fruits and vegetables and like them.
- Stretch your food dollars.
- Get your family to be more physically active and have fun.

These classes are offered at no charge.



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University of Idaho
Extension



Hotline News

Spring 2013



Eat Smart Idaho

Eat Smart Idaho is Idaho's SNAP-Ed Nutrition Assistance Program

Trained Eat Smart Idaho Nutrition Advisors are available to help families at no cost.

For further information contact any of your local County Extension Offices.

Funding and program partners are:

*Idaho Department of Health and Welfare and

*Supplemental Nutrition Assistance Program (SNAP) of Food and Nutrition Service, USDA.

Choose foods to promote a healthy future at every stage of life.

For more information about the Supplemental Nutrition Assistance Program (SNAP) benefits, call or visit your local Health and Welfare office.

Twin Falls: 208-736-2110

Burley: 208-678-1121

Salmon: 208-756-3336

For more information contact:

Cammie Jayo

Phone: 208-734-9590, ext .11

Check out: www.choosemyplate.gov and <http://recipefinder.nal.usda.gov> for over 600 low cost nutritious recipes
Call University of Idaho Extension: 208-734-9590, ext. 11

Carrot Breakfast Bread

Makes 18 slices (1/2-inch each)

Ingredients:

½ cup firmly packed brown sugar
2 tablespoons vegetable oil
½ cup unsweetened applesauce
1 large egg
2 cups whole-wheat flour
2 teaspoons baking powder
1/2 teaspoons ground cinnamon
¼ teaspoon salt
¾ cup orange juice
1 cup finely shredded carrots
½ cup raisins or dried cranberries



Directions:

1. Preheat oven to 350 F.
2. Combine brown sugar, oil, applesauce, and egg in a large bowl. Beat at medium speed with an electric mixer until blended.
3. Stir together flour, baking powder, cinnamon, and salt in a medium bowl. While mixing on the low speed of an electric mixer, add flour mixture to sugar mixture alternately with orange juice, beginning and ending with flour mixture. Stir in carrot and raisins.
4. Spoon batter into a 9 x 5 inch loaf pan coated with cooking spray. Bake 45 to 50 minutes or until a knife inserted in the center comes out clean. Cool in pan 10 minutes. Remove bread from pan to cool completely.

Nutrition Facts per Slice:

Calories 108; Total Fat 2.2 g (18% calories from fat); Saturated Fat 0.4 g; Carbohydrates 21.3 g; Protein 2.4 g; Cholesterol 12 mg; Fiber 2.2 g; Sodium 89 mg.

Source: Eat Right for Less

Tips for Getting Kids to Eat More Fruits and Vegetables

1. **Offer Choices**
 - Let your children choose!
 - They get to make decisions and feel in control.
2. **Make it Easy**
 - Make fruits and vegetables easy choices by putting them where kids will see them first.
 - Have them ready to eat.
 - Have "grab and go snacks" (cut up raw vegetables, peeled pieces of oranges, seedless grapes, etc.) in small plastic bags.
 - Put a basket or bowl with fresh fruit on the kitchen counter.
 - Put bottles or boxes of 100% fruit juice on lower shelves where kids will see them when they open the fridge looking for a cool drink.
3. **Ask Kids to Help**
 - Children are more likely to try something they've helped prepare.
 - Have your children find recipes, plan meals, and grocery shop with you – make it fun!
 - Encourage them to help with food preparation.
4. **Try New Ones**
 - It may take two, three or even ten tries before a child gets used to a new food.
 - Ask kids to try one bite, praise them for trying.
 - Keep offering new fruits and vegetables.
5. **Be a Good Role Model**
 - Children learn by watching what parents, older siblings and grown-ups do and say. So watch what you say and do.
6. **Add Fruits and Vegetables to Favorite Foods**
 - Put sliced bananas on top of cereal.
 - Make strawberry milk shakes with frozen strawberries, low-fat frozen yogurt and milk.
 - Add slices of green and red pepper to cheese pizza.
 - Add carrot "coins" to chicken noodle soup.

Source: CDC Food and Vegetables Matters MyPyramid