

# Making Mealtime Memories

## Veggie- Loaded Sloppy Joes

This recipe features a whole grain, protein and bell peppers for a vegetable serving! Ketchup gives it a sweetness that your kids are sure to enjoy! Try to opt for sugar-free ketchup, which is naturally sweetened and equally delicious, or ketchup without high-fructose corn syrup!

\* **Beef is a good source of iron, and the vitamin C in peppers (and tomato products) enhances absorption of iron.**

### Ingredients

Vegetable oil cooking spray  
 1 pound extra-lean ground beef  
 1 small green bell pepper, diced  
 1 small red bell pepper, diced  
 1 small onion, diced  
 1 tablespoon white vinegar  
 ¾ cup ketchup  
 2 tablespoons prepared mustard  
 6 whole-grain or mixed-grain sandwich buns  
 1 sweet onion, thinly or thickly sliced (optional)



### Directions

1. Spray a medium skillet with the cooking spray.
2. Combine the ground beef, diced peppers and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8 to 10 minutes.
3. Mix the vinegar, ketchup and mustard together, and add to the beef mixture; simmer 10 to 15 minutes.
5. Scoop one portion onto each sandwich bun. Top with a slice of sweet onion (optional).

### Food Trivia

Sloppy Joes were once called "loose meat" sandwiches; the word "sloppy" was coined rather appropriately because the filling is messy and tends to drip off the bun. The term "Sloppy Joe" was also used to describe any cheap restaurant or lunch counter serving cheap food quick!

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# Healthy Living With Head Start

## Nutrition Beyond the Table



March is National Nutrition Month® Find new ways to go “Beyond the Table” to eat more healthfully anywhere. Choices we make daily, including what we’re going to eat and drink, can make a big difference — both now and in the future. Making healthy food choices may seem difficult at times, but it doesn’t have to be.

1. **Plan meals ahead of time** by writing out the ingredients you’ll need for each meal. Look for sales to save money, or consider ways to make batches of food so you can freeze or store for convenience in the future. Writing out what ingredients you will need will help you meet all five food groups and can double as a shopping list, which will guide you to only buy things you actually need. If you do have leftovers, decrease food waste at home by creating new dishes from them or consider composting.
2. **Use the Nutrition Facts label** (see page 2 for more info) to compare ingredients in different food items. Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.
3. When planning to eat out, **take time to look over the menu and make careful selections**. Many restaurants show nutrition information right on the menu or online to help you choose healthier options. Consider swapping out fries for a healthier side option, and try to hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives!
4. **Learn about where your food is produced**, and visit farmers markets or local farms. Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Or, grow your own fruits and vegetables at home. Limited space? Try herbs and lettuce indoors, or tomatoes, peppers or strawberries on your patio or porch.
5. You also can learn **about resources in your community that offer access to healthy foods**, such as food banks, pantries or WIC. Contact Maria Musser, the Dental/ Nutrition Specialist for a list if you are interested!

# Nutrition Facts Label

- Serving Size.** This section shows the number of servings in the package (servings per container) and the serving size. These are standardized and reflect the amount that people typically eat or drink. It is not a recommendation of how much you should eat or drink. In the sample label, one serving of lasagna equals 1 cup. If you ate two cups, you would be consuming two servings. That is two times the calories and nutrients shown in the sample label, so you would need to double the nutrient and calorie amounts, as well as the %DVs, to see what you are getting in two servings.
- Calories.** The number of calories per servings provides a measure of how much energy you get from a serving of this food. In the example, there are 280 calories in one serving of lasagna. If you ate the entire container, you would consume 4 servings, or 1,120 calories.
- Nutrients.** This section shows you some key nutrients that impact your health.
  - Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.
  - Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.
  - Total Sugars Vs Added Sugars is relatively new to the label. **Total Sugars** on the Nutrition Facts label includes sugars naturally present such as sugar in milk and fruit as well as any added sugars that may be present in the product. **Added Sugars** include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Try to avoid added sugars as much as possible!
- The Percent Daily Value.** This column shows the percentage of the Daily Value for each nutrient in a serving of the food. The Daily Values are reference amounts of nutrients to consume or not to exceed each day. The %DV shows how much a nutrient in a serving of a food contributes to a total daily diet and helps you determine if a serving of food is high or low in a nutrient.

| Nutrition Facts               |                     |
|-------------------------------|---------------------|
| 4 servings per container      |                     |
| <b>Serving size</b>           | <b>1 cup (227g)</b> |
| Amount per serving            |                     |
| <b>Calories</b>               | <b>280</b>          |
| % Daily Value*                |                     |
| <b>Total Fat</b> 9g           | <b>12%</b>          |
| Saturated Fat 4.5g            | <b>23%</b>          |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 35mg       | <b>12%</b>          |
| <b>Sodium</b> 850mg           | <b>37%</b>          |
| <b>Total Carbohydrate</b> 34g | <b>12%</b>          |
| Dietary Fiber 4g              | <b>14%</b>          |
| Total Sugars 6g               |                     |
| Includes 0g Added Sugars      | <b>0%</b>           |
| <b>Protein</b> 15g            |                     |
| Vitamin D 0mcg                | 0%                  |
| Calcium 320mg                 | 25%                 |
| Iron 1.6mg                    | 8%                  |
| Potassium 510mg               | 10%                 |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## General Guide to %DV

- 5% DV or less of a nutrient per serving is considered low
- 20% DV or more of a nutrient per serving is considered high

# Food Stamping

Stamping with fruits and vegetables is a fun (albeit messy) way for kids to play with their foods in an artistic way! Use what is already in the kitchen, and consider doubling it as a healthy snack!

## Materials Needed:

- \* Paper
- \* Paint (something like Crayola Washable Paint will work, and select a few different colors)
- \* Fruits and Vegetables (try to find different shapes and colors for variety)

Make sure to remind your child that once the fruit or vegetable is dipped in paint, that they are for painting only, not for tasting!

## Instructions:

**Step One:** Cut the fruits and vegetables to create a flat surface with interesting shapes (like in the first photo above). Before giving each fruit and vegetable, encourage your child to taste it! Offer one cut piece to try and one cut piece to paint! You could say: "Before painting with this side of the an apple, try this piece." You could even make this a game by having them rate their favorite fruit or veggie out of all the options! Which tastes the best and which shapes do they like best on paper?

**Step Two:** Pour paint on paper plates. Use a separate plate for each color, or put them all on one plate if your child doesn't mind the colors getting mixed.

**Step Three:** Dip the fruit or vegetable in paint and press onto paper.

Clean-up tip: spread newspapers or large sheets of butcher paper underneath the artwork.) Leave flat to dry. Hanging up may cause the paint to run, if it's very wet.

