



Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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Kids Care

Family Picnics: Keep Them Safe

Summer vacations from school might be drawing to a close, but it is not too late to enjoy a family picnic! Picnics are a fun way to add some excitement to warm weather meals and save money at the same time. Since meals prepared at home generally cost less than taking the whole family to a restaurant, preparing healthy picnic foods at home will help stretch your food budget. Eating outside means less clean up! Kentucky has great state parks and natural areas if you want a spot away from home, but a picnic is almost as fun right in your own back yard. The most important part is making sure your food stays safe to eat.

Keep your picnic safe with these safe food tips:

- Keep foods safe in the cooler. Keep foods like meats, salads, and cut up fruits and vegetables in an ice chest or cooler until you are ready to eat. Put the food in sealed containers or zip-top bags and cover with ice. You can use re-freezable ice packs or freeze bottles of water to use as an ice pack. Keep your cooler tightly closed and sitting in the shade to make ice last longer.
- Keep foods safe in a picnic basket. Your picnic basket doesn't even have to be a basket! You can use a clean reusable shopping bag or a sturdy box to carry foods like breads, crackers and whole fruits. Remember to add plates, cups and forks. Light weight plastic ones can be washed and used over and over. Toss in a tablecloth or blanket if you will be sitting on the ground.
- Keep foods safe on the grill. Be sure to wrap raw meats well and put them in the bottom of the cooler so they won't drip on other foods. You can even freeze meats to keep them cold longer. Bring along a thermometer (the kind made for checking the temperature of food) to make sure your meats are cooked all the way through. USDA recommends that ground beef patties be cooked to an internal temperature of 160 degrees F, and that chicken pieces be cooked to an internal temperature of 165 degrees F. Check out the chart at <https://www.foodsafety.gov/keep/charts/mintemp.html> for other foods.
- Keep foods safe with clean hands. If there is not a bathroom with running water near your picnic site, take along



a jug of water, some liquid soap and paper towels. Wash your hands before cooking, and after you touch raw meats. Be sure that children (and adults) wash their hands before eating.

Source: Martha Yount, Nutrition Education Specialist for Southeastern Kentucky; University of Kentucky, College of Food, Agriculture and Environment

Celebrate National Father Daughter Take a Walk Day

While the month of July is most commonly celebrated for the signing of America's Declaration of Independence, there are other days in the month worth celebrating. For example, National Father Daughter Take a Walk Day is observed annually just a few days later on July 7. The purpose of this day is to promote the benefits of family bonding time between fathers and daughters, as well as sharing the benefits of physical activity.

When fathers spend time with their daughters, precious memories are made that will stay with each of them forever. So take some time this summer season to share in a walk and enjoy nature as you talk, laugh, bond and create lasting memories. Share stories of past times spent together, or make plans for ways to spend time together in the days to come. There are some wonderful places to enjoy nature together that may be closer than you think, such as walking around your neighborhood, visiting a local or national park, or simply exploring your own backyard. Giving your child the gift of time spent together is more valuable than any other gift you can give her.

Because parents are the most influential person in their child's life, setting the

example of a healthy lifestyle for your child is also a valuable gift. Walking is a great way to exercise and has many health benefits for you and your child. It is even a great daily activity for the whole family to do together.

Source: David A. Weisenhorn, Senior Extension Specialist for Parenting and Child Development Education; University of Kentucky College of Agriculture, Food and Environment

Let's Eat Tasty Fruit Quesadilla

Ingredients:

Cooking spray

1 tablespoon peanut butter

1 whole grain tortilla

½ banana, thinly sliced

2 strawberries, sliced

1/8 teaspoon cinnamon

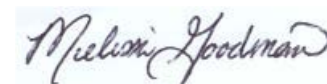
Directions:

Spray a medium skillet with cooking spray and place skillet on medium heat. Spread the peanut butter over the tortilla. Arrange strawberry and banana slices over half of the tortilla and then fold the tortilla in half. Place the quesadilla on the skillet and cook 1 - 2 minutes on each side until browned. Remove quesadilla and cut into 3 pieces. Sprinkle cinnamon on top and serve!

Makes 1 serving.

Nutrition Facts per serving: 280 calories; 9 g total fat; 1.5 g saturated fat; 0 g trans fat; 0mg cholesterol; 200 mg sodium; 43 g carbohydrate; 6 g fiber; 12 g sugar 9 g protein

Sincerely,



County Extension Agent for
Family & Consumer Sciences Education