

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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Let's Eat

Making the Most of Snacks

What comes to mind when you hear the word snack? Many people think of salty or sweet foods like chips, cookies, candy, or juice drinks. However, these foods provide little or no nutrition for your family.

Decisions for what and when to eat play an important role in how you and your family feel both now and in the future. Healthy snacks are important. They are mini meals that keep hunger at bay and help us meet daily nutrient needs. Snacks are especially important for children to support healthy growth and development. Here are some tips to make the most out of snacks.

What to eat and drink: An easy way to plan healthy snacks is to offer at least two food groups, and focus on foods that have fiber and protein. This will keep everyone feeling satisfied until that next meal. For fiber, choose a fruit, vegetable, or whole grain. For protein, choose cheese, plain yogurt, nuts, or beans. Some examples of easy, tasty snacks include apples and peanut butter, carrot sticks and hummus, or whole grain crackers and cheese. As for drinks, stick with water.

When to eat: Young children may need two to three snacks a day. Older children and adults may need one or two snacks a day depending on how active they are.

Where to eat: Snacking while watching television can lead to overeating. Instead, create healthy eating habits by limiting snacking to a table or countertop area.

Source: Courtney Luecking, Extension Specialist for Food and Nutrition

Apple Sandwiches

- 1 medium apple
- 2 T peanut butter
- 1 T raisins



Wash and dry apples. Cut in half from the stem down and lay each half cut-side down on cutting board. Slice each half into 6 half-round slices and cut out the core. Spread ½ teaspoon of peanut butter on one side of each apple. Put 4 to 6 raisins on top of peanut butter on one apple slice. Top with another apple slice, peanut butter side down. Squeeze gently. Repeat with remaining apple slices. Makes 2 servings.

Source: <https://foodhero.org/recipes/apple-sandwiches>

Nutrition Facts: 150 calories, 8 g fat, 0 mg cholesterol, 70 mg sodium, 19 g carbohydrate, 4 g protein

Play Time

Family Fun

Family fun does not need to be fancy or expensive, it's simply a way that families can spend time together. Families can have fun anywhere, anytime.

Here are some great ideas for family fun:



- Order pizza and watch a movie in the backyard
- Go camping
 - Take a vacation
- Go out for ice cream or pizza together
- Enjoy a backyard campfire
- Build a backyard or indoor fort
- Go on a family bike ride
- Take a day trip to a zoo or aquarium
- Go fishing together
- Go hiking or walking together
- Spend a day at the park
 - Put on a family talent show
 - Cook a meal together
- Have a family karaoke night
 - Have a picnic
- Work on a puzzle together
- Go through photo albums together and share memories
 - Have a water balloon battle
 - Play Frisbee or catch
 - Lay out blankets and gaze at the stars together
 - Play miniature golf
 - Visit a local museum

There are so many great options for family fun. Be creative and plan some great family times. It does not matter where you live or how much money you have. The most important thing is that you spend time together and have fun!

References: National Day Calendar (2017). August is Family Fun Month. Available at <https://www.nationaldaycalendar.com/family-fun-month-august/>.

Source: Kerri Ashurst, Extension Specialist for Family and Relationship Development

Dollars and Sense

Travel Cancelled? Make Magic at Home

Recreational travel may not be possible this year for many families for a variety of reasons, such as health and safety, lack of funds, or closures and restrictions at desired destinations. But that doesn't mean families can't enjoy some "vacation" fun at home. Besides giving you a rest from your regular routine, it can be a budget-friendly alternative to actual travel. Pick a night or

weekend and choose a specific "destination" or theme. Consider a location you have always wanted to visit. What activities would you do there? What would you see? What foods would you taste? Write down some ideas, and use this to plan ahead if you need supplies to cook a special meal or decorate a room or patio.

Setting: One way to make it feel more like you are somewhere different is to use music and sounds. Search your streaming services for the kind of music that plays in a restaurant, or browse the internet for the sounds of ocean waves, a theme park soundtrack, or other location ambiance. Another way to set the mood is through lighting and décor. Decorations don't have to cost much; you can repurpose things you already own. Just changing the room can make a difference. Set up a card table in a room where you don't normally dine. Maybe use linens and candles and dress up for the occasion. Kids might have fun playing waiter or waitress and serving Mom and Dad.

Activities: "See" the sites, virtually. Many museums, zoos, or cultural centers have created online tours and opportunities to see things you would normally only see while on vacation. Take a virtual helicopter tour or watch a concert. Set up folding chairs and "ride" a roller coaster with a point-of-view video. Incorporate outdoor activities too. Take a walk and pretend to see the sights. Ride bikes or take a hike. Recreate a ballgame or race. Use a backyard pool or garden hose to create a splash area or "resort pool" to lounge by.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

Sincerely,

Brooke Hogancamp

Brooke Hogancamp
County Extension Agent for
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