



Family Fun in the Kitchen

Fall

Welcome!

Giving children the opportunity to choose and prepare foods is an ambitious goal for any parent. This quarterly newsletter offers simple recipes and tips to help you turn kitchen time into family time.

Jump in – get started

Children enjoy helping in the kitchen and are often more willing to eat foods they help prepare. With your child....

1. Choose a recipe you want to try.
2. Read through the recipe together.
3. Find all the ingredients and utensils you will need.
4. Wash your hands! It's the number one way to prevent foodborne illness. (Also clean all kitchen surfaces that will touch food.)
5. Make, eat, enjoy! (And don't forget to share the clean-up.)

Fresh is fun

Visiting a farmer's market or pick-your-own farm helps children learn about where food comes from and how it is grown. Now's a good time to look for apples, cider, winter squash, potatoes, pumpkins, eggs, and meat.

CHECK THESE RESOURCES —

- **Farmers' Market Directory**
<http://idalsdata.org/IowaData/farmersMarket.cfm>
- **Fresh Vegetable Guide (PM 2034)**
www.extension.iastate.edu/store
- **Iowa Network for Community Agriculture**
www.growinca.org

Recipes to try

Rainbow Veggie Pocket

You will need:

- 1 red or orange vegetable (carrot, tomato or red pepper)
- 1 green vegetable (broccoli, green pepper, or cucumber)
- 1 other color vegetable (cauliflower, yellow pepper, or cooked corn)
- Pita pockets (pocket bread) or whole wheat flour tortilla
- Fat-free salad dressing

What to do:

1. Wash all vegetables and pat dry with paper towel.
2. Peel vegetables as needed and cut into small pieces with adult help.
3. Fill each pita or tortilla with three different color vegetables and top with a little salad dressing.

Cran-Apple Crisp

You will need:

- 4 apples
- 1 can (16 oz.) whole cranberry sauce
- 1 cup uncooked oatmeal
- 1/2 cup brown sugar
- 2 teaspoons soft margarine
- 1 teaspoon ground cinnamon

What to do:

1. Preheat oven to 400°F
2. Wash apples. With adult help, cut into thin slices and put into a bowl.
3. Add cranberry sauce, stirring to mix. Pour into an 8x8-inch pan.
4. Combine oatmeal, brown sugar, margarine, and cinnamon. Sprinkle over apple mixture.
5. Cover and bake for 15 minutes. Uncover; bake 10 minutes more. Makes 8 (3/4 cup) servings.

FIND MORE RECIPES at this Web site—
www.extension.iastate.edu/food

Let everyone help

Younger brothers and sisters in the “ME, too” age range are likely to want to join the fun. Here are some age-appropriate tasks for them.

2-year-olds can

- Wipe table tops
- Wash and tear salad greens
- Move ingredients and utensils from one place to another

3-year-olds can do the same plus

- Wrap potatoes in foil for baking
- Knead and shape bread dough
- Pour cold liquids
- Stir ingredients
- Spread soft spreads
- Put things in the trash

FIND MORE IDEAS at this Web site—
www.usda.gov/cnpp/.

Fall Fitness Ideas

- Lose (and find) your family and friends in a corn maze
- Walk to a Friday night football game
- Hike and hunt for pumpkins and apples
- Rake leaves into a jumping pile

FIND MORE RESOURCES at this Web site— www.extension.iastate.edu/foodsavings

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