



Bradford Tioga Head Start Inc.

Healthful Eating on a Budget

It's often hard to serve healthful, tasty meals on a low food budget, but it can be done with careful planning. Start with a well-stocked pantry. A pantry includes any place food is stored for a length of time: cupboards, shelves, refrigerator, or freezer. Pantry foods include staples such as pasta, rice, flour, and canned and frozen vegetables.

When pantry items are on sale, stock up. If you need only foods that spoil quickly, such as milk, bread, and fresh fruits, you'll make fewer trips to the grocery. Fewer trips save money.



Budget shopping tips:

- Cook several meals at once, then freeze them. Cooking meals ahead saves time and money, and cuts down on eating out when there is no time to cook.
- Meats are usually the most costly part of a meal. When meats are on sale, buy more. For example, when whole chickens are on sale, buy two. Oven roast both whole chickens at the same time. Cool, debone, and freeze in 1- to 2-cup portions. Add the chicken to fried rice, soups, tacos, casseroles, or enchiladas.
- Stretch recipes by adding small servings of meat or poultry with less costly foods, such as rice, potatoes, macaroni, and dried beans. Try meatless meals once a week.
- Prepare homemade mixes. In an afternoon or evening, prepare large quantities of basic recipes. Homemade mixes are usually more healthful and less expensive than store-bought mixes. Find recipes for homemade mixes in a public library in cookbooks such as *Homemade Mixes* by Nina and Michael Shandler.
- Shop with a list, buy weekly specials, foods in season, and store brands. Use coupons, but only for foods your family normally eats.
- Limit ready-to-eat foods. Frozen dinners and convenience foods, such as boxed rice and potato mixes, are costly. Make rice and potato dishes from scratch.
- Use leftovers wisely. Label and date leftovers and use them before they spoil. If they spoil, money is wasted. Buy only the amount of fresh fruits and vegetables your family will eat. Cover leftover fruits and vegetables tightly and chill or freeze right away.

Tamale Pie



What You Need:

- 1 (8 1/2-ounce) package corn muffin mix
- 1 cup shredded low-fat cheddar cheese
- 1 (4-ounce) can diced green chile peppers, drained
- 1 pound ground beef
- 1 cup canned kidney or pinto beans, rinsed and drained
- 1 (10-ounce) can enchilada sauce

How To Fix:

1. Prepare muffin mix according to package directions, then stir in 1/3 cup cheese and peppers.
2. Spread into greased 13" x 9" x 2" baking dish. Bake 12 to 15 minutes, or until toothpick comes out clean.
3. Cook ground beef. Drain fat. Add beans and enchilada sauce.
4. Spread beef mixture over baked muffin. Bake 7 minutes at 400° F.
5. Sprinkle with remaining cheese. Bake until cheese melts, about 3 minutes. Serve with sour cream, if desired. Serves 8. (335 calories and 16 grams fat per serving)

Rest and Pregnancy

Most pregnant women know how vital proper nutrition and exercise are for mom and baby. Proper rest and sleep are just as important.

Pregnant women tire easily and take longer to regain energy, because of the increased energy needs of pregnancy.

A pregnant woman carries extra weight, experiences lots of hormonal changes and often has other children to care for. Most



pregnant women also have jobs. If you are pregnant, pay attention to your body's signs of tiredness. You may need more time to do a task, want to nap or go to bed earlier. Late in pregnancy, it may be hard to find a comfortable sleeping position, which also results in less sleep. Before bed, it may help to learn how to relax. Good ways to relax include: listening to soft music, reading or doing yoga.

Dental Care

Repeated dental visits can be upsetting to a child and also wreck a family's budget. Proper dental care can prevent tooth decay in a child's baby and permanent teeth.



Good rules from a children's dentist:

- Offer snacks two or three times a day; not all day. Provide snacks of non-sugary foods, such as cheese sticks, fresh fruits and vegetables. Save sugary and starchy snacks, such as pop, cookies and chips, for special times. Some foods that don't seem to be high in sugar, such as potato chips and crackers, can cause dental decay when bits of food stick between teeth. Help children brush their teeth, or rinse their mouth with water, after a snack.

- Avoid sugar-coated cereals. Some sugared cereals contain more than three teaspoons of sugar in a serving.
- Limit sugary liquids to once a day. Water is okay anytime.

To prevent tooth decay:

- Wipe an infant's gums with a clean, wet cloth after breast or bottle feeding and at bedtime.
- Brush baby teeth with a small, soft-bristled toothbrush and water. After age two, use a pea-sized amount of fluoride toothpaste.
- Don't let a child sleep with a bottle of formula, milk, juice or any sugared drink. The sugar in these liquids remains on teeth and causes decay or baby bottle tooth decay. Baby bottle tooth decay is the main dental problem in children under age three.

Drug Safety

Acetaminophen (ah-seet-ah-MIN-oh-fen) is a pain and fever reducer found in drugs such as Tylenol. Drugs that contain acetaminophen must be given in the correct dose. Liver damage, kidney failure and death can occur when too much is given to a child.

Children and infant drugs containing acetaminophen, come in many different formulas and dosages. Read labels carefully. Never combine medications unless prescribed by your health care provider. For example, don't give a child with a cold cough medicine and then add Tylenol for fever. Many cold medications already contain acetaminophen.



To prevent an overdose:

- Read package warnings.
- Follow label directions exactly.
- Only use the dosage device (dropper or cup) found in the package.
- Give medicines at times prescribed. If a dose is missed, don't double the next.
- Make sure other adults haven't already given the medicine.
- Keep medicines out of a child's reach. Children often think a medicine is candy or juice.