Example of Calendar Pages [SOURCE: VIRGINIA COOPERATIVE EXTENSION, 2009/2011 CALENDARS]

SEPTEMBER

Patience works better than pressure. Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.

Squash and Bacon Casserole

Ingredients

Nonstick cooking spray
1 onion
5 squash
1/4 cup low-fat cheddar cheese
3 slices turkey bacon
1 egg, beaten
1/2 cup skim milk
Salt and pepper to taste

Directions

Preheat oven to 350°F. Cut ends off of onion and peel off brown layers. Chop into small pieces. Cut ends off squash. Slice into 1/4-inch pieces. Shred cheese with grater. In a 2-quart casserole dish, microwave onions until tender. Add squash and cook until tender, about 4 minutes. Meanwhile, fry bacon in nonstick skillet on medium heat until crisp; drain on paper towels and crumble. Add bacon and cheese to squash and onions, mix together. Season to taste. In a cup, beat egg and milk together with fork. Pour over squash, onion, and cheese mixture. Bake at 350°F until hot and cheese is melted.

Makes 4 servings

Per serving

129	Calories
5 g	Fat (30.3% calories from fat)
9 g	Protein
15 g	Carbohydrate
5 g	Dietary fiber
65 mg	Cholesterol
220 mg	Sodium

Exchanges

1/2 Lean meat
2 1/2 Vegetable
1/2 Fat

AUGUST

Cook together.
Eat together.
Talk together.
Make mealtime a family time.

Salsa

Ingredients

3 tomatoes
1/2 cup onion
2 green peppers
Small bunch fresh cilantro
1 teaspoon salt
1 lime
4 cups corn chips

Directions

Using a cutting board and a sharp knife, cut the tomatoes into small pieces and add to a medium-sized bowl. Cut the peppers into small pieces and add to the bowl. Cut the onion in half and peel off the brown layer. Chop into small pieces and add to the bowl. Rinse the cilantro and pull leaves from the stems. Throw stems away. Chop leaves into small pieces and add to the bowl. Add salt to the vegetable mixture. Cut lime in half and squeeze the juice of each half over the mixture. Stir together and refrigerate for at least one hour. Serve with chips.

Makes 8 servings.

Per serving

71	Calories
4 g	Fat (36 calories from fat)
1 g	Protein
9 g	Carbohydrate
1 g	Dietary fiber
0 mg	Cholesterol
214 mg	Sodium

Exchanges

1/2 Grain (starch)
1/2 Vegetable
1/2 Fat

MARCH

Sometimes new foods take time. Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.

Skillet Cabbage

Ingredients

2 stalks celery
1 onion
1/2 head cabbage
1/2 green pepper
1 medium tomato
1 1/2 teaspoons vegetable oil
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Wash celery and chop into small pieces. Cut ends off of onion and peel off brown layers; chop into small pieces. Cut cabbage head in half and shred using a grater. Cut green pepper in half, remove white veins and seeds; chop into small pieces. Wash tomato and cut out core; chop into small pieces. Heat oil in a large, nonstick frying pan over medium-high heat. Add celery and onion and cook until soft, 4-7 minutes. Add cabbage, green pepper, salt, and pepper. Cook for 5-10 minutes, stirring often so cabbage wilts. Add tomato and serve immediately.

Makes 6 servings

Per serving

28	Calories
1 g	Fat (37.6% calories from fat)
1 g	Protein
4 g	Carbohydrate
1 g	Dietary fiber
0 mg	Cholesterol
193 mg	Sodium

Exchanges

1/2 Vegetable