



3 Tips to Healthier Spring and Summer Celebrations

Celebrations often are exciting and memorable times filled with family, friends and food. Nourish your body every time you eat, whether you are celebrating a birthday, graduation, wedding shower, holiday or every day. Try these three tips:

1. Incorporate at least three different food groups into celebration foods.

MyPlate, the current dietary guidelines for Americans, includes five food groups: grains, vegetables, fruits, protein and dairy. When deciding on the menu, think how you can incorporate at least three of these food groups. **Here are some ways to add nutrition and variety to your menu:**

- Make sandwiches with whole-grain breads or use whole-grain pasta in salads.
- Include a colorful vegetable tray on the menu.
- Try fruit parfaits instead of cake as a sweet treat.
- Use lean or extra-lean beef and poultry in sandwiches and casseroles, or serve hummus (made from protein-rich chickpeas) as a tasty dip with pita chips.
- Replace higher-fat sour cream with plain yogurt in dips.

2. Explore ingredient substitutions.

Trim calories and/or add fiber, vitamins and minerals with these more healthful swaps. See the NDSU Extension Service publication "Now Serving: Recipe Makeovers" for many ideas.

Ingredient	Healthier Swap
1 cup sour cream	1 cup nonfat yogurt
1 cup mayonnaise	1 cup nonfat yogurt
1 cup all-purpose flour	½ cup flour plus ½ cup whole-wheat flour
½ cup oil	¼ cup oil plus ¼ cup applesauce

3. Make food fun.

Get kids (and adults) involved in food preparation. Have a food activity, such as making "bugs on a log" (celery, nut butter and raisins). Or create a picture on your plate with healthful foods.



This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave. S.W., Washington, DC 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



Do you have a celebration coming up? Instead of cake and ice cream, try these parfaits with seasonal fresh fruit. Strawberries are at their best quality and price in the spring. Waffle bowls are found near the ice cream cups/cones in many grocery stores. Or serve these in bowls or cups.

Waffle Bowl Parfait

- 10 waffle bowls
- 3 Tbsp. melted chocolate chips
- 3 c. sliced strawberries
- 2 c. grapes, sliced in half
- 2 c. blueberries
- 1 (16-ounce) container nonfat vanilla Greek yogurt



Food safety and quality tip:
Always rinse fresh fruits right before you cut them for serving.

1. Rinse fruit and drain well. Prepare as directed. Mix fruit together in a bowl.
2. Place chocolate chips in a microwave-safe bowl. Microwave on high for 15 seconds at a time and repeat until chips are melted. Stir well.
3. Add about 1 teaspoon of melted chocolate to the bottom of each bowl and let cool.
4. Add the strawberries to the bowls (about $\frac{1}{3}$ cup per bowl).
5. Place $\frac{1}{3}$ cup yogurt over the strawberries.
6. Top the yogurt with about $\frac{1}{3}$ cup of mixed fruit.
7. Chill in the freezer for 30 minutes or serve right away.

Makes 10 servings. Each serving has 170 calories, 2.5 grams (g) fat, 5 g protein, 33 g carbohydrate, 3 g fiber and 30 milligrams sodium.

My kids try to avoid vegetables, but I'm working on encouraging them to try some new vegetables. We have a community garden near us. When can we start planting?

Gardening with children is an excellent way to promote good health in many ways. Your children (and you) will get exercise as they weed and water the garden, and your family will have delicious vegetables to eat throughout the season.

The first couple weeks of May are a good time to plant leafy greens such as lettuce, spinach, carrots and potatoes. The last weeks in May are best for beans, squash, pumpkins, cucumbers and tomatoes. Lettuce will be the first "crop" you will harvest.

Through gardening, children learn many skills beyond nutrition and fitness. They learn about cooperation and working with others.

For more tips, see "Gardening With Children" (available from www.ag.ndsu.edu/pubs/plantsci/hortcrop/fn1372.pdf).

FoodWi\$e Tip of the Month

Did you know ...?

- SNAP (Supplemental Nutrition Assistance Program) can help people grow their own food. SNAP participants can use their benefits to buy seeds and edible plants at SNAP retailers.
- Many county offices of the NDSU Extension Service offer free or low-cost gardening and/or food preservation classes. Check with your local office of the NDSU Extension Service.

Check out the free online "Field to Fork" handouts at www.ag.ndsu.edu/fieldtofork to learn more about growing and preparing fruits and vegetables that grow in North Dakota.

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

