

June 2014

# Kindred *Spirits*

## Let children be involved in meals

### Summer provides selection of healthy foods

#### Healthy snack recipes

For snack time, make your own snack mix. USDA's Eat Smart Play Hard campaign offers this recipe:

- 1 cup raisins
- 1 cup peanuts
- 1 cup pretzels
- ½ cup sunflower seeds

Mix all of the ingredients together.

Let your grandchildren measure and scoop them into individual snack bags for a quick, healthful snack.

Need a low fat veggie dip? Blend fat free cottage cheese until it is smooth and creamy.

Season it with ranch dressing dip mix.

Your grandchildren will love helping make these!

*MU Extension contributors:*

*Marsha Alexander, Melissa Bess, Dr. Nina Chen, Saralee Bury Jamieson, Damaris Karanja, Susan Mills-Gray, Diana Milne, Linda Rellergert, Tammy Roberts, Lisa Wallace, and Megan Webb.*

Your grandchildren are out of school for summer vacation. For many families, this means there will be more meals eaten at home. Make it your goal to offer healthful meals and snacks that children can help prepare. In addition, get your grandchildren to help plan menus and think about what healthy food to buy.

According to Tammy Roberts, MU Extension nutrition and health education specialist, "Summer is an easy time to serve healthful foods because there is a great selection of fresh, affordable fruits and vegetables that you can serve." Watermelon, cantaloupe, and honeydew melons can be cubed and kept in a bowl in the refrigerator for easy access. Carrot and celery sticks, and cucumber slices can be stored in plastic bags so they are easy to see and access for your grandchildren. Low fat veggie dip is a favorite for many children. Check out a recipe idea in article to the left.

Sandwiches are always a favorite for a quick meal. Good choices include lean meats

such as turkey, ham, and beef. For interest, have small, whole wheat bagels available for them to make their sandwich. Children love "round" sandwiches!

Peanut butter and jelly is an old favorite. For a change, this, or any other sandwich can be put on a tortilla as a rollup. Remember to make half your grains whole!

From the dairy group, yogurt is often a favorite and always a good choice. Place the cartons in the refrigerator so they are easy for your grandchildren to see. String cheese is also a good choice and can be a good choice for lunches that are packed and eaten away from home.

Planning ahead is always the key to assuring you and your grandchildren will have healthy meals and snacks. When you are making your shopping list, let your grandchildren make choices from the list of healthful foods you are willing to provide. If children help make the choices, they are more likely to eat the foods you have purchased.

# Raise Kids to be Money Smart

## Talk about money and decisions

It's never too early to teach kids how to be wise with money. Saralee Jamieson, MU Extension human development specialist suggests the following ideas for toddlers and preschoolers:

- ◆ Play store. Use toys and canned food to stock the store and play money as exchange.
- ◆ Let them sort your change. Give them an empty egg carton or cupcake tin to help separate. Supervise closely as coins are chocking hazards.
- ◆ Practice saying "NO" at the store. Be honest with your

grandchild about the reasons why. Don't say, "I forgot my purse." Explain why you can't buy the item.

Some experts say giving a child an allowance in exchange for chores is a great way to prepare them for the workforce. Others argue that children should learn to contribute to the family without getting paid.

Whatever you decide, make sure you and your spouse agree and are consistent. Only give what your family can afford. If the family's financial circumstances change, allowances can change too.

For school age children try:

- ◆ Grocery shopping as an educational field trip. Give kids

a calculator, shopping list and budget. Encourage your grandchild to find grocery items with the lowest prices.

- ◆ When kids make mistakes with their money don't bail them out. If your grandchild spends all her allowance on iTunes and doesn't have money to go to the movies with her friends, she will have to stay at home. Children need to learn that financial mistakes have consequences and Grandma isn't going to fix them.
- ◆ Open a savings account and encourage regular savings. Be honest with older kids about the family's financial situation, even if it isn't good.

### University of Missouri Extension

#### Urban Region

Clay County	816.407.3490
Jackson County	816.252.5051
	816.482.5850
Jefferson County	636.797.5391
Platte County	816.270.2141
St. Charles County	636.970.3000
St. Louis City	314.367.2585
St. Louis County	314.615.2911
	314.516.6392

#### West Central Region

Bates County	660.679.4167
Benton County	660.438.5012
Camden County	573.346.2644
Cass County	816.380.8460
Cedar County	417.276.3313
Cooper County	660.882.5661
Dallas County	417.345.7551
Henry County	660.885.5556
Hickory County	417.745.6767
Johnson County	660.747.3193
Laclede County	417.532.7126
Moniteau County	573.378.5358
Morgan County	573.378.5358
Pettis County	660.827.0591
Polk County	417.326.4916
St. Clair County	417.646.2419
Vernon County	417.448.2560

## Raising a teenager— again!

Raising a teenage grandchild, niece or nephew might seem to be a daunting task. Perhaps you are remembering how things went when your own children were teens, and those memories are unpleasant.

According to Diana Milne, MU Extension human development specialist, "It might be time to consider a different style of parenting the second time around!"

One approach that works well in many families is actually asking your adolescent to join you in developing mutually agreed upon rules and consequences.

Rules made together have a much better chance of being followed than rules you dictate to teens. Surprisingly, grandparents and teens are frequently not that far apart in their agreements over rules and consequences.