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HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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Nutrition as we age

Good eating habits across the lifespan help prevent long-term health issues. It is never too late to support healthy eating. Older adults face higher risks of health issues like heart disease, cancer, and weak bones. These risks are due to changes in metabolism and loss of muscle and bone mass. The good news is these risks can be reduced by eating healthy foods and staying active.

While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of meds. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

Key points for older adults

- **Eat a balanced diet.** Older adults should eat more fruits, vegetables, whole grains, and dairy while



cutting down on added sugars, saturated fat, and salt.

- **Eat enough protein.** Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right amount of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add

calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain meds. Older adults should eat foods high in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.

CONTINUED ON PAGE 2

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BASIC BUDGET BITES

Shopping tips when cooking for 1 or 2

Buying food in bulk or large packages might be cheaper, but if you throw out half of the food, it can be more costly than buying a smaller amount. Plus, buying smaller portions will allow you to enjoy more types of food. If you choose to buy in bulk, try to buy when the food is on sale for the most savings. Be sure to plan how to safely store foods to keep them fresh and cut food waste. Buy single packaged servings of items when it makes sense. Try wrapped cheese slices, single containers of low-sodium soup, or small bowls of fruit in 100% juice. Read the label on canned foods to choose ones lower in sodium, saturated fat, and added sugar. Compare prices to see if food items fit in your budget. Reach out to your local Extension office for more tips to make healthy meals for one or two people.



PARENT CORNER

Tips for kids' sleep health

Parents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

Here's how you can help your child sleep better:

- Try not to have too many after-school events.
- Set a routine bedtime and stick to it.

- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

Follow this guide for the amount of sleep needed:

- **Babies (0-2 months):** 14 to 17 hours a day (along with naps)
- **Infants (4-12 months):** 12 to 16 hours a day (along with naps)
- **Toddlers (1-2 years):** 11-14 hours a day (along with naps)
- **Preschoolers (3-5 years):** 10-13 hours a day (along with naps)
- **School-age children:** (6-12 years) 9 to 12 hours a day
- **Teens (13-18 years):** 8 to 10 hours a day

Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too.

Source: Adapted from <https://www.eatright.org/health/wellness/healthful-habits/how-sleep-habits-affect-healthy-weight>

CONTINUED FROM PAGE 1

- **Choose healthy drinks:** Sometimes it's hard for older adults to drink enough fluids to stay hydrated. The sense of thirst declines with age. Drinking enough water is a great way to prevent fluid loss and help with digestion. And water doesn't add any calories! Unsweetened fruit juices, low-fat or fat-free milk or fortified soy drinks can help meet fluid and nutrient needs. Older adults who choose to drink alcohol should limit the amount they drink. Men should not drink more than two drinks and women should not drink more than one per day. This group of people may feel the results of alcohol more quickly than they did when they were younger. This can add to the risk of falls and other mishaps.

Sources: Adapted from <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>



SMART TIPS

Family fun through active play

Staying active is part of a healthy life for all ages. Here are some fun ways to get moving together as a family.

- **Animal walks:** Support your child to mimic animal movements like crab walks, bear crawls, or frog jumps. This adds fun while staying active.
- **Obstacle course:** Use household items like chairs, cushions, and boxes to make a course. Time your child as they steer through the course. Make it daring, yet fun.
- **Dance party:** Have an unplanned dance party where you can move freely to your favorite music. It's a great way to boost your mood and get the heart pumping.
- **Nature scavenger hunt:** Take a walk in the park or your backyard with a list of items to find leaves, rocks, or flowers.

COOKING WITH KIDS

Overnight Oats

Time to make: 2 hours or overnight

- *Base oat mixture*
- *1/3 cup old-fashioned oats*
- *1/3 cup skim milk*
- *1/4 cup fat-free vanilla Greek yogurt*
- *1 tablespoon chia seeds*

Variations:

- *Banana bread:* 1/4 cup bananas sliced, 1 tablespoon chopped walnuts, 1/4 teaspoon cinnamon
- *Peanut butter jelly:* 1/4 cup raspberries, 1 tablespoon peanut butter
- *Mixed berries:* 1/2 cup berries of choice

1. Mix the oats, milk, yogurt, and chia seeds in a mason jar.
2. Cover and refrigerate for at least 2 hours or overnight.

3. Top with fresh fruit, nuts, or other mix in flavors.

Servings: One

Serving Size: 1 jar

Nutrition facts per serving: 240 calories, 7g fat, 14g protein, 34g carbohydrates, 9g fiber, and 65mg sodium

Nutrition for variations:

- *Banana bread:* Makes one serving. The recipe has 310 calories, 12g fat, 16g protein, 43g carbohydrates, 10g fiber, and 65mg sodium
- *Peanut butter jelly:* Makes one serving. The recipe has 350 calories, 13g fat, 19g protein, 44g carbohydrates, 12g fiber, and 120mg sodium
- *Mixed berries:* Makes one serving. The recipe has 270 calories, 8g fat, 15g protein, 41g carbohydrates, 12g fiber, and 65mg sodium

Source: North Dakota State University Extension



RECIPE

Game Day Sloppy Joes

- *1 pound ground chuck*
- *3/4 cup onion, chopped*
- *1/2 cup celery, chopped*
- *1 (15 ounces) can tomato sauce*
- *2 tablespoons quick-cooking oats*
- *1 teaspoon seasoned salt*
- *1 teaspoon Worcestershire sauce*
- *1/2 teaspoon chili powder*
- *1/8 teaspoon pepper*
- *Dash hot sauce*
- *12 hamburger buns*

1. In a 10-inch skillet, cook ground chuck, onion, and celery over medium-high heat until meat is browned and onion is tender. Drain off excess fat.
2. Stir in tomato sauce, oats, seasoned salt, Worcestershire sauce, chili

powder, pepper, and hot sauce.

3. Simmer, uncovered, on a low temperature for 30 minutes. Stir often.
4. Spoon about a 1/4 cup of the Sloppy Joe mixture onto each bun.

Servings: 12

Serving size: 1/4 cup sloppy joe sauce on 1 bun

Recipe cost: \$5.29

Cost per serving: \$0.44

Nutrition facts per serving: 220 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 25mg cholesterol; 550mg sodium; 26g carbohydrate; 1g fiber; 5g sugar; 12g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 6% Daily Value of potassium

FOOD FACTS

Pantry staple: Oats

Did you know? About 20% of all whole grain eaten by adults in the U.S. each year is oatmeal. Oats are a great source of fiber, and you can use them in so many ways. Yes, oatmeal is tasty and healthy, but we will also explore some exciting ways to use oats in recipes!

Types of oats:

- **Rolled oats:** Also known as “old-fashioned” oats or “whole oats.” These oats take longer to cook than instant oats. Rolled oats are great for baking, granola, and to make a more textured oatmeal.
- **Instant oats:** Also known as “quick oats.” Instant oats are more processed than rolled oats. They take less time to cook and make a smoother oatmeal.



Even if the types of oats are made other ways, the nutrition is the same!

Tips and tricks:

- Add oats to turkey burger patties to help them keep their shape when cooking.
- Add oats to a smoothie for a thicker smoothie.
- Don't have time to make breakfast in the morning? Blend oats with milk or yogurt at night and leave in the fridge all night. Top with fruit or honey in the morning for tasty “overnight” oats. Little to no prep time on those busy mornings!

Check out the “Game Day Sloppy Joes” in this issue. The oats help to thicken the sauce and give extra fiber!

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

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EXTENSION.CA.UKY.EDU/COUNTY