

Pre-School Pages



A newsletter for parents of pre-schoolers
packed with food, facts & fun
from your local county extension office

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Dollars and Sense

Tips to Save at the Grocery Store

When shopping for groceries, it's about having a game plan and making smart decisions about what to put in your cart.

Below is a list of ideas you can use before and while grocery shopping:

1. Make a shopping list for all the items you need. Do your best to buy only the items on your list.
2. Don't go to the grocery store when you are hungry. Shopping hungry can lead to impulse buying and unhealthy food choices.
3. Read the sales flyer. Sales flyers are usually released mid-week.
4. Use coupons - but only for items that you know you'll use.
5. Look up and down for savings. Stores often stock the priciest items at eye level.
6. Check for store brands.
7. Grab from the back. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items especially in the produce, dairy, and meat aisles.



8. Join your store's loyalty program.
9. Choose the checkout lane without the candy, especially if you have kids with you. If the candy is not within arm's reach, you'll be less likely to buy it.

St. Patrick's Day Activity

Painted Dot Shamrock

Items needed:
Paper
Marker or Pen
Paint
Cotton ball
Paper plate for paint



On the paper draw a shamrock. It's easy if you draw a heart at the top and two hearts on each side, or print a large shamrock outline. Let the kids dip a cotton ball in the paint and make dots or in the shamrock. Count the number of dots in the shamrock.



Let's Eat

Slow Cooker Fajitas

Put in the slow cooker in the morning and come home to dinner!



Ingredients:

- 1-pound boneless, skinless chicken breasts, sliced lengthwise into strips
- 1 to 2 teaspoons cumin
- 1 to 2 teaspoons chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 3 medium bell peppers*, any color or variety
- 1 medium onion*
- 1 (10 ounce) can diced tomatoes and green chilies
- 6 (8-inch) whole-wheat flour tortillas

Directions:

1. Place chicken in a medium-size slow cooker.
2. In a small bowl, combine cumin, chili powder, black pepper and garlic powder. Sprinkle seasoning over chicken.
3. Remove stem and seeds from bell peppers and peel from onion. Slice peppers and onion into ¼ inch strips and add them to slow cooker, covering chicken. Pour tomatoes and green chilies over veggies.
4. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
5. Remove chicken from the slow cooker and let it cool slightly. Use two forks to shred the chicken. Add shredded chicken back to the slow cooker and mix with the peppers and onions.
6. Serve in tortilla with optional toppings if desired.

Notes

*Two (12 to 14 ounce) bags of frozen fajita mix vegetables may be used in place of fresh bell peppers and onion.

Optional toppings: cheese, cilantro, guacamole, lettuce, salsa, sour cream

Source: Nancy Kelley, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Healthy Shamrock Shake

Ingredients:

- 2 cups fresh spinach, rinsed well
- 1 cup skim milk
- 1 cup fat free vanilla yogurt
- 1 frozen banana (remove peel before freezing) 3 mint leaves



Instructions:

1. Put spinach, skim milk, yogurt, and mint leaf in the blender. Blend until smooth.
2. Add frozen banana to blender, and blend until smooth. Serve cold.

Nutrition Facts: 4 servings per container (serving size 802.), Calories 110, total fat 0 g, cholesterol 0 mg, sodium 65mg, total carbohydrate 17g, total sugars 15g, protein 9g

Source: foodhero.org

Sincerely,

County Extension Agent for
Family & Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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