

Pre-School Pages



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

Cooperative Extension Service
 Graves County
 251 W. Housman St.
 Mayfield, KY 42066
 (270) 247-2334
 Fax: (270) 247-5193
 extension.ca.uky.edu

March 2021

Let's Eat



Quick Creamy Banana Pudding

2 (1 ounce) boxes instant sugar free
 vanilla pudding

3 cups skim milk

1 (5 ounces) container low-fat vanilla
 Yogurt

1 (8 ounce) container creamy frozen
 whipped topping-thawed

4 ripe bananas

48 vanilla wafers

In large bowl, whisk together the
 pudding and milk until smooth

Stir the yogurt into the pudding
 mixture; fold in whipped topping
 and set aside.

Peel and slice bananas into ¼-inch thick
 round pieces and set aside.

In the bottom of a trifle bowl or a glass
 dish, layer one-third of the cookies,
 one-third of the pudding mixture and
 one-third of the bananas. Repeat layers

twice more, ending with pudding
 mixture. Refrigerate until serving.

Source: Brooke Jenkins, Nutrition Education
 Program Extension Specialist for Curriculum

Dollars and Sense



Top Healthy Meal Planning Tips

If you're new to meal planning, start small
 and work up to more. Try these tips to get
 you started.

Make a grocery list. Start by listing all the
 ingredients for meals you plan to make.
 Look in your freezer, cabinets, and
 refrigerator to see which ingredients you
 already have. Cross off any ingredients you
 already have on hand. Don't forget to
 include foods like fruits, vegetables, and
 milk that might not be part of a recipe but
 are basics for healthy eating. Keep an
 ongoing grocery list in your kitchen or on a
 free mobile app and add items as you run
 out.

Cook once... eat all week! Prepare a large
 batch of favorite recipes on your day off
 (double or triple the recipe). Freeze in
 individual containers. Use them throughout

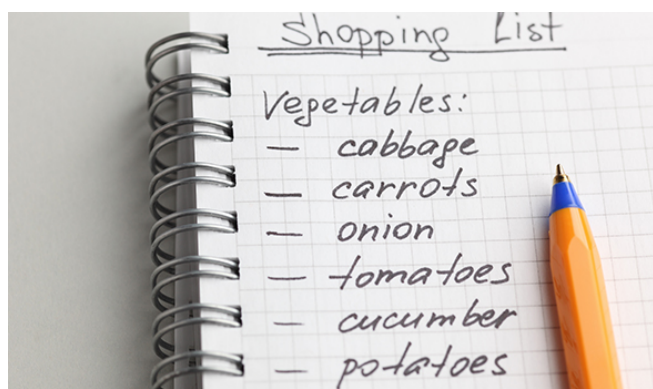


the week and you won't have to spend money on take-out meals.

Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy and save you time preparing another meal. Freeze leftover soups, sauces, or gravies in small reusable containers.

Source :

<https://www.planeatmove.com/plan-ahead/meal-planning-tips/>



- Something you wear that is green
- Something to eat that is green
 - Name as many green foods that you can think of.
- A toy that is green
- Find different shades of green
- Count the green items as you find them
- Look for green road signs
- Color a page using only shades of green
- Try new green foods

Use this time as special family time. Listen and connect to your child as they explore, find and try new things.

Play Time

Plan a Scavenger Hunt



Look for things that are green!

- Something green inside
- Something green outside
 - Name the different outside things that are green
- Something you play with that is green
- Something to color that is green
- Something in your room that is green



Sincerely,

Denise Wiley

County Extension Agent for
Family and Consumer Sciences



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

NONPROFIT ORG
US POSTAGE PAID
CITY, KY
PERMIT #