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PSN Family Resource Center
NEWSLETTER

Eating Well on a Budget

Try these tips:

1. Choose low-cost sources of protein. Dried beans, peas, lentils, canned fish, eggs, and peanut butter are healthy, inexpensive sources of protein.
2. Buy fruits and vegetables that are in season. Most fruits and vegetables are available all year, but some cost less when they are in season. For example, in late summer tomatoes drop in price; in the fall apples are in season. Ask your grocer or look online.
3. Check out farmers markets. Farmers markets offer seasonal fruits and vegetables direct from farmers, and many accept SNAP cards or WIC vouchers (stop at the info booth to find out).
4. Buy in bulk. You may save money by buying large quantities or stocking up on sale items. For example, bulk oats are much less expensive than instant oatmeal, and cook up almost as quickly.
5. Be in the know. Find out when stores publish weekly flyers or announce sale items. Check with clerks or store managers to ask about upcoming sales.
6. Check unit prices. Most stores print a price-per-pound or price-per-unit cost in small print below the larger item price. Compare brands to find out which healthy option offers the best overall price for your dollar.
7. Stick to a weekly meal plan. Together as a family, make a plan for the week's meals and try to use ingredients for more than one meal. For example, a whole grilled or roast chicken can last for a few meals



What's Inside:

Diaper Distribution

Triple P Positive Parenting Program Stepping Stones

Cooking with Kids

Planning my Plate Activity



8600 Sheridan Road
Entrance B
Kenosha, WI 53143
262-697-4651

<https://sesamestreetincommunities.org/topics/eating/?activity=eating-well-budget>



FREE DIAPERS TO FAMILIES IN NEED!

DIAPER DISTRIBUTION

MAY 19
3-4:00 pm

FREE diaper distribution!

No registration necessary.

Diapers are first come-first served while supplies last.

Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center
8600 Sheridan Road
Drive up to Entrance B

Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org for more information.

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That’s why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



for every parent



CHILD ABUSE & NEGLECT
Prevention Board



Triple P Stepping Stones Seminar

Stepping Stones is for parents of pre-adolescent children, ages 0-12 **who have a disability**. Stepping Stones has been shown to work with children with intellectual and physical disabilities who have disruptive behavior. This group is also a great opportunity to connect with other parents.

- May 16—Positive Parenting for Children with a Disability
- May 23—Helping Your Child Reach Their Potential

Session will run from **5PM—7PM**

Registration is required. Sign up here: - <https://us06web.zoom.us/meeting/register/tZwpdOGtpzwpHtQBuaHC3kSlqeFXB2Skx0nG>

[tZwpdOGtpzwpHtQBuaHC3kSlqeFXB2Skx0nG](https://us06web.zoom.us/meeting/register/tZwpdOGtpzwpHtQBuaHC3kSlqeFXB2Skx0nG)

Check out our facebook page for more information: [facebook.com/preventionservicesnetwork/](https://www.facebook.com/preventionservicesnetwork/)

Are you a parent or guardian looking for parenting classes or one-on-one parenting support? Triple P has a variety of levels to suit your family’s needs. Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org to find out about upcoming sessions and offerings.

Cooking with Kids

Kids in the Kitchen!

The kitchen can be a fascinating place for young kids. They see grown-ups working in there, watch the steam rise from pots on the stove, and smell what's on the menu that night. Even older kids might be interested in how baked goods and meals come together. It isn't always convenient to invite them into the kitchen to help, but consider doing so when time allows.

Younger kids can watch what you're doing and help out with small tasks, like stirring something or setting the table. Older kids can be taught how to crack eggs or measure ingredients. Even teens might be lured into the kitchen if you tell them they can choose the dish and you'll help prepare it with them.

To the kids, it will seem like fun. But there are other benefits to this time together:

Preschoolers see how the dishes they eat are put together — and they get hands-on experience, which is a great way to learn and feel like they are helping out.

School-age kids can learn some cooking basics and use their math skills as they help combine ingredients for recipes. You also can use the time to talk about good nutrition and why you chose the ingredients you're using. It can lay the groundwork for healthy eating later on.

Teens might appreciate the chance to improve their cooking skills — good preparation for when they'll need to cook for themselves. Teens also might be interested in trying different cuisines. Do they love Asian food? Visit an Asian market and put together something authentic.

Parents get something out of this kitchen togetherness, too. First, there's the quality time you'll share. Then there's the pleasure of sitting down at the table together to enjoy what you've whipped up.

Here are some tips for having fun and staying safe while you're cooking with kids.

Choose the Right Time

If you're going to have kids helping you in the kitchen, you don't want to be on a tight time schedule. Instead of involving them in a dinner you have to cook super-fast, enlist their help on a weekend afternoon when you don't feel crunched.

With younger kids, choose a time when they're well-rested and not easily frustrated. It's also a smart idea to have another adult in the kitchen to help you keep an eye on your junior chef.

Choose the Right Tasks

Plan ahead a little when deciding what you'll prepare together. For younger kids, consider starting with simple dishes with fewer than five ingredients. Then your child won't have to wait it out while you tackle a complicated step.

A tossed salad or easy muffin recipe can be good starter projects. You also might set up a pizza-making assembly line where kids can choose their own mini-crusts, sauces, cheeses, and toppings. Older kids can take cooking to the next level and work with you on more challenging recipes.

When you've chosen a recipe, think about which steps your child can do independently. For instance, kids who can read can call out the ingredients from the recipe card while you put them out on the counter. A younger child can help you pour ingredients into a bowl. An older child might be able to measure out ingredients and add them unassisted.

Doing some prep work in advance, such as rinsing the berries for muffins, will make the process move more swiftly. If there's a lull in the action, you might consider giving your child a well-deserved break. Then you can call him or her back in when there's another kid-friendly task to do, or when it's time to taste what you made.

Stress Safety

Children need supervision when they're in the kitchen. Preschoolers must learn not to touch whirring electric beaters, hot pans, and stovetops.

Here are some safety tips:

Give frequent reminders about what's OK to touch and what could hurt them.

Talk about which kitchen tasks are for grown-ups and which are for kids.

Set kitchen rules, such as washing hands and not touching stove knobs or knives.

Even older kids will need safety reminders, especially if they're working with appliances and knives, or at the stove.

Loosen Up

Kids cannot be counted on to be neat in the kitchen. Even adults have trouble with that. To make cooking together more enjoyable, allow for some extra mess and try to be patient. To prevent cooking disasters, be sure your child isn't measuring ingredients over the bowl — risking a big oops. Instead, you might measure them separately and put them in small bowls, like they do on cooking shows.

Even if everything doesn't go perfectly, try to keep the mood light. If the egg gets more smashed than cracked, offer some guidance and let your child try again. Little by little, kids will gain these skills — and feel great once they're mastered.

Last, but not least, be sure to compliment your assistant chefs on a job well done. Offer them first taste of whatever you cooked together — and ask what you should make together next time. Bon appetit!

PSN Family Resource Center

Meet Our Staff

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The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.



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www.PSNFamilyResourceCenter.com.

