



# Extension Nutrition Programs

## FSNEP/EFNEP

### Milk – Where’s Your Mustache?

Why has milk become so popular? Many of us are familiar with the current milk mustache advertisements, and the *Got Milk?* commercials. Milk and the calcium it provides is critical for healthy bones and teeth and to prevent osteoporosis.

June is *National Dairy Month*. Let’s hear it for milk!

#### CALCIUM ALERT!

Teens are drinking less milk today\* (bad news), while soft drinks, designer teas and other beverages seem to be booming. Trouble is, most of these drinks provide “refreshment” but little else. Many are loaded with calories and sugar and offer little or no nutritional value in return.

\* USDA studies show that half of the teenage girls are not drinking milk, and 8 out of 10 teenage girls and 6 out of 10 teenage boys are not getting enough calcium during this critical time of growth and development.

#### SHAKES

##### Fruit and Juice Shake

- 1 very ripe banana
- 3/4 cup orange juice or pineapple juice
- 1/2 cup low fat yogurt
- 1/2 cup strawberries

Break bananas into small pieces and put in blender with juice, yogurt and strawberries. Secure lid and blend until smooth. Serve immediately.

##### Create Your Own Breakfast Shake

- Combine and blend\*\*:
- 1 cup juice (orange, grape, pineapple or banana)
  - 1/2 cup milk
  - Ice cubes

or

- 3/4 cup juice
- 1/2 cup low fat vanilla or fruit flavored yogurt
- 1/2 cup canned peaches or fresh fruit

Try different combinations with ingredients you have on hand.

#### WAYS TO GET CALCIUM IN YOUR DIET

1. Serve milk with meals.
2. Snack on low fat cheese, yogurt or hot chocolate.
3. Add a slice of low fat cheese to sandwiches for lunch.
4. Make hot chocolate and creamed soups with milk instead of water.
5. Use yogurt in salads (mix with fruits or vegetables) as a salad dressing.
6. Prepare pudding or custard for dessert.
7. Put grated cheese on baked potatoes, casseroles, meat loaf or fruit.
8. Use cheese as an ingredient in pizza, tacos, omelets, creamed vegetables.

\*\* Don’t have a blender?

- Put ingredients in a bowl and mix with an electric or a hand beater.
- Put ingredients in a pitcher or a jar with a tight fitting lid and shake

### **Cream Soup Mix**

*Use this in place of canned cream soups for casseroles or as a soup base. It is much lower in fat and salt than canned soups. The trick is to have it made and ready to use.*

2 cups nonfat dry milk  
3/4 cup cornstarch  
1/4 cup instant chicken bouillon  
2 tablespoons dried onion flakes  
1 teaspoon basil leaves  
1 teaspoon thyme leaves  
1/2 teaspoon pepper

Combine all ingredients. Mix well. Store in an airtight container.

Mix = 9 cans of soup  
1/9 of recipe = 131 calories  
and 728 mg sodium

#### **TO PREPARE SOUP:**

Combine a cup dry mix with 1 1/4 cups COLD water in a saucepan. Cook and stir until thickened. Makes 1 a cups condensed soup.

#### **TO USE IN A CASSEROLE:**

Add the prepared soup to casserole as you would for each can of condensed soup.

#### **TO USE IN POTATO SOUP:**

To make potato soup, add 1 to 2 cups cooked potato (mashed or diced) to 2 b cups prepared soup. If

soup is too thick, add extra milk. Season with minced onion as well as salt and pepper as desired. Heat to boiling.

### **Chicken/Turkey Broccoli Casserole**

1 pound fresh or 1 10-ounce package frozen broccoli, cooked  
1 cup cooked chicken or turkey  
1/3 cup Cream Soup Mix with 1 1/4 cup water stirred in  
1 cup shredded cheddar cheese

Wash and cook broccoli. Dice cooked chicken/turkey. Cover bottom of casserole dish with cooked broccoli. Cover broccoli with poultry and Cream Soup Mix. Sprinkle with grated cheese. Bake at 350° for 20-30 minutes.  
*Serving Suggestion:* Great served over cooked pasta, rice or noodles.

### **Cinnamon Grape Salad**

*(for when grapes are in season and low cost)*

1/2 cup vanilla low fat yogurt  
1/4 teaspoon cinnamon  
2 cups seedless green grapes  
2 cups red grapes

Combine yogurt and cinnamon in a bowl, stir well. Add red and green grapes, toss well. Cover and chill.

### **OSTEOPOROSIS**

Osteoporosis is known as the "brittle bone disease." It can be caused by too little calcium in the diet, too little exercise or a drop in estrogen due to menopause. To prevent osteoporosis:

- eat a balanced diet
- exercise
- increase consumption of dairy foods

### **Yogurt Parfait**

1 8-ounce container vanilla Dry cereal or granola  
Raisins or dried fruit  
Banana slices

Spoon some yogurt into a small glass or bowl. Cover with dry cereal or granola. Cover with yogurt. Add a layer of banana slices. Cover with yogurt. Sprinkle with raisins. If you have a clear glass you can see the layers of the parfait.