

WINTER NEWSLETTER

Kids and Cooking

Your kitchen is a teaching opportunity for your kids. It's where they learn to cook and clean up. These are life skills which will help them live on their own when they grow up.

Cooking with kids has many benefits:

- Kids are encouraged to try healthy foods.
- Kids feels a sense of pride when they make foods to eat and share with their family.
- Kids spend time cooking rather than sitting in front of the TV or computer.

Adapted from Clemson, *Kids in the Kitchen*, for complete article click [HERE!](#)



Photo: USDA Food & Nutrition Service

Recipe: Sweet Potato Pancakes

(4 Servings)

You will need:

1 cup complete pancake &
waffle mix
1 teaspoon pumpkin pie spice
1 teaspoon vanilla
1 Tablespoon brown sugar
 $\frac{1}{2}$ cup mashed sweet potatoes, winter squash or
pumpkin (canned or baked)
 $\frac{3}{4}$ cup water or milk
 $\frac{1}{4}$ cup chopped nuts, if you like



Photo: Bing.com

For more recipes click [HERE!](#)

Step by Step:

1. Combine all ingredients and stir just until large lumps disappear. Over stirring will cause tough pancakes.
2. Pour about $\frac{1}{4}$ cup batter for each pancake onto skillet or electric griddle preheated to 350° - 375°.
3. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you like) and flip pancakes.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce or syrup.



Photo: Bing.com

Make Time for Breakfast

Breakfast is the most important meal of the day. For kids, eating in the morning is important for optimal school performance and overall health. Kids (and adults) who eat breakfast tend to do better at school (and work) and have healthier weights and cholesterol levels.

Make it Quick and Healthy

- Get ready the night before. Set the table. Cut up some fruit or cheese. Get out a grill for pancakes or a blender for smoothies.
- On busy days, go with low-fat yogurt with fruit and granola or instant oatmeal with raisins and milk.
- Pack to-go: If there's no time to eat at home, take a brown bag breakfast for the road or have kids take the school breakfast program.

Adapted from "Make Time for Breakfast," for complete article click [HERE!](#)