

PATCH Food Program Newsletter



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Recipe

Bread Pudding with Bananas

- 5 Cups Whole Grain Bread
- 2 ½ Cups Warm Milk
- ¼ tsp. Salt
- 3 Eggs
- ½ Cup Applesauce
- 1 tsp. Vanilla
- 2 Large Bananas

1. Preheat oven to 350F and boil 3 cups of water.
2. Cube bread into cubes.
3. In a bowl, mix remaining ingredients and add bread to soak.
4. Slice bananas and add to mixture.
5. Put mixture into a baking dish and place the dish into to a pan of the hot water.
6. Bake for 45-50 minutes or until an inserted toothpick runs clean.

Physical Activity Corner

Parachute Guy: To make the parachute you can use a coffee filter, tissue paper, napkins, or



newspaper. To make the strings use yarn, dental floss, or pipe cleaners. For the guy, you can use toy army-men, Lego people, or any lightweight toy. Tape or tie 4 yarn strings to 4 corners of the parachute. Tie the string ends to the toy. Have the children run and jump to get the parachute guy to fly.

Cooking with Your Children

Fruity Nice-Cream: Have children fill a sandwich size Ziploc bag with ½ Cup of Milk, ½ tsp of Vanilla, 1 Tb of Applesauce and ¼ Cup of diced fruit. In a Quart size Ziploc, fill with 6 Tb of Salt and ice. Place mixture bag into the ice bag and shake for 5-10 minutes. You can use a cloth to hold the bag so that your hands don't get cold. Enjoy!

Picking the Perfect Produce

Summer is the best time to buy fresh:

Mangoes: To buy a ripe mango, squeeze it gently. When ripe, the mango will give slightly and have a

fruity aroma at the stem. Overripe mangoes are very soft, similar to peaches. Color does not determine ripeness because of different mango varieties. Store unripe mangoes at room temperature and ripe mangoes in the refrigerator.

Tomatoes: To buy a ripe tomato, look for a consistent color and zero bruising or brown spots. The tomato should be heavy and have a sweet smell. More flavorful tomatoes have a stronger smell. Keep cut tomatoes in the refrigerator and uncut tomatoes in a cool place and consume within 5 days.

Cucumbers: To buy the perfect cucumber look for firm, unbruised, and zero soft spots. The ends should not be shriveled. Look for a consistent green color without yellow spots. Store cucumbers in plastic wrap in the refrigerator to keep the cucumber crisp for up to a week.

Food For Thought

If your Nice-Cream gets mad, will it have a melt down?

Want to get your engine going?

