

University of Illinois Extension: Family and Consumer Sciences

Breakroom Buzz

Happy National Dairy Month!

The daily recommended amount for dairy for individuals 9 years old and up is **3 cups a day**.

Snack on the go? Grab low-fat string cheese, a container of low fat or fat free yogurt, or a pudding pack made with low fat milk.

When hitting the coffee shop ask for low-fat or skim milk in a latte.

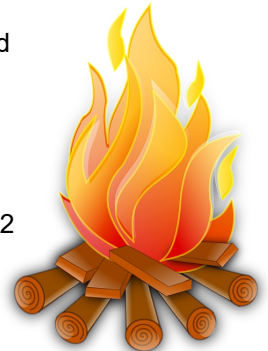
Substitutions? Substitute plain non-fat yogurt for sour cream, use fat free evaporated milk instead of cream, or try Neufchâtel cheese or low fat ricotta cheese in place of cream cheese



Source: *Choosemy-plate.gov*

Campfire Noodleables

- ◇ 2 cups carrots, washed, slice into 1/4" pieces
- ◇ 3 cups celery, washed sliced into 1/4" pieces
- ◇ 2 cups onion, washed, cut into thin wedges
- ◇ 2 cups washed, cut broccoli, flowers & stems
- ◇ 2 cups washed, cut cauliflower pieces
- ◇ 2 cups washed, chopped red & green cabbage
- ◇ 3 cups homemade or frozen noodles, cooked
- ◇ 1/2 lb. diced bacon or 1/2 cup vegetable oil
- ◇ 3 Tablespoons mixed seasonings



Mixed Seasonings *(Mix and store in container)*

- ◇ 1/4 cup each dill weed & sugar
- ◇ 1/8 cup paprika
- ◇ 1/8 cup each course ground pepper & salt

Directions

1. Wash hands with soap and water.
2. Fry bacon until crisp or heat oil
3. Add carrots and cook until slightly tender. Put hot coals on lid.
4. Add seasonings, celery, onions, cauliflower, and broccoli, Stir and cook until broccoli is warm.
5. Add cabbage and *cooked* noodles.

Source: *Feast of the Hunter's Moon, Lafayette, IN*

I Didn't Know That: Ideas for a Family Fun Night!

As we are now officially in the summer season, it can be very easy to overschedule our children and ourselves. Enjoyable but exhausting family vacations, summer sports leagues, camps, 4-H fairs and the list goes on and on. So slow down the pace and plan for a "family night in", which is doing something together at home that everyone in the family can enjoy. Some suggestions for a summer "family night in" include:

- **A backyard campout.** Roast hot dogs and marshmallows over a campfire or barbecue grill, sing campfire songs and sleep in a tent in the backyard.
- **An indoor campout.** Select one room for your "camp" and bring your sleeping bags or blankets and pillows. Turn off the lights and TV and use your flashlights to make shadow pictures on the walls. Include storytelling, but don't make it too spooky. The idea is to have fun, not cause nightmares.
- **Active games** like freeze tag or hide and seek. Kids will love having adults play also.
- **An earthworm hunt in your yard.** Take your flashlights out on a warm night after a rain and see if you can find any earthworms.



There are so many things for a family to do that are fun, inexpensive and simple. Read more on University of Illinois Family Life's Team Blog: Family Files. Source: *Cheri Burcham, Family Life Educator*

