

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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Strawberry Smoothie

Ingredients:

1/4 cup low-fat light strawberry yogurt
 1/3 cup milk
 1/2 banana
 3/4 cup orange juice
 1/2 cup fresh or frozen strawberries

Directions:

- 1) Place all ingredients into a blender or food processor and blend until smooth.
- 2) Serve immediately.



Nutrition Facts Per Serving: 190 calories; 3g total fat; 2g saturated fat; 0g trans-fat; 10mg cholesterol; 50mg sodium; 39g total carbohydrate; 4g fiber; 21g total sugars; 0g added sugars; 5g protein.

Source: Jackie Walters, University of Kentucky Cooperative Extension Service, Nutrition Education Program: Dry Milk. Recipe adapted from Washington State Dairy Council.

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Disabilities
 accommodated
 with prior notification.

Fruit Yogurt Pops

Makes: 14 servings

These pops are a fun treat that needs only two ingredients. With no cooking, cutting, or special equipment required, kids can learn to make these by themselves.



Ingredients:

1 yogurt, vanilla or plain (8 ounces)
 2½ cups strawberries (sliced, frozen, thawed)

*You may substitute your favorite fruit or whatever is in season!

Directions:

1. Combine ingredients. Pour into 3-ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden Popsicle/craft stick in the center of each cup.

3. Freeze overnight until firm. To eat pops, peel off paper cups.

4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Nutrition Information: Calories 30; Total fat 0 g; Saturated fat 0 g; Cholesterol 0 mg; Sodium 10 mg; Total Carbohydrate 7 g; Dietary Fiber 1 g; Total Sugars 5 g; Added Sugars included 2 g; Protein 1 g; Vitamin D 0 IU; Calcium 33 mg; Iron 0 mg; Potassium 92 mg

Source: University of California, Cooperative Extension Fresno County, Easy and Nutritious Family Recipes <https://whatscooking.fns.usda.gov/recipes>

Tips for Making Quality Time

Here are some simple tips for spending quality time with your children:



- Connect daily with your child. Whether it is face-to-face connections before school and work or sending them a little note in their lunch bags, any type of connection with your children is important and valuable.
- Tell your child that you love them every day. Let your child know why you love and value them.
- Create some routine ritual, such as picking and reading a short book before bedtime.

- Reinforce positive behaviors with your appreciation.
- Cook a meal and eat together. This allows for the family to talk to one another as well as fosters teamwork.
- Schedule time to do an activity with your child, let them choose. Such as crafting, baking, family game night, etc.
- Play with your child, even if it is just for a few minutes.
- Tell jokes and laugh with your child. Laughter is great for improving emotional health.
- Take time away from technology for a half an hour and just spend time listening and talking to your child.
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Making a meaningful connection with your children is important and can be a simple priority to incorporate into your daily schedule. Doing as such, will have lasting impacts on them as they grow into contributing adults in the future.

Source: <https://extension.sdstate.edu/why-spending-quality-time-your-children-important>

PreschoolPages will take a break for June & July!



Denise Wiley

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