



# FAMILY AND FOOD MATTERS TO CAREGIVERS & KIDS

A PROGRAM FOR WELLNESS

Video 3 Handouts




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## Let's Cook



Break into your family group and each family stand at a cutting board. Today, we're going to make Apple Wraps.

Make Apple Wraps in family groups and store them in the refrigerator to enjoy when you return from the Store Tour.

<b>Apple Wraps</b> Serves: 4, ½ wrap per serving Prep Time: 15 minutes Cook Time: none		
<b>Ingredients:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 large apple</li><li><input type="checkbox"/> 2 medium, ripe bananas</li><li><input type="checkbox"/> 2 Tablespoons peanut butter</li><li><input type="checkbox"/> 2 (8-inch) whole wheat tortillas</li></ul>	<b>Materials:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Cutting board</li><li><input type="checkbox"/> Mixing spoons</li><li><input type="checkbox"/> Medium bowl</li><li><input type="checkbox"/> Sharp knife</li></ul>	
<b>Directions:</b> <ol style="list-style-type: none"><li>1. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.</li><li>2. Measure and add the peanut butter to the mashed banana. Stir well to blend.</li><li>3. Rise and cut the apple in half, lengthwise. Remove any stems and cut out center core that contains the seeds. Do not peel.</li><li>4. Lay apple halves flat side down and cut into ¼-inch thick slices. Cut slices into small cubes.</li><li>5. Spread peanut butter mixture over one side of each tortilla.</li><li>6. Sprinkle diced apple over each tortilla. Tightly roll each tortilla. Cut each wrap in half.</li><li>7. Chill in the refrigerator until ready to serve, up to 24 hours.</li></ol>		

## Let's Eat



Families enjoy their healthy meal together. When families are finished eating, let's all clean up together.



## More to Think About

### 4 Basic Psychological Needs That Motivate Behavior: *Understanding Our 4 Basic Needs Will Help Ourselves and Our Children*

According to Dr. William Glasser, there are 4 basic psychological needs that motivate behavior. We are all motivated by our needs. When children choose to misbehave, they are not doing so just to disobey you or drive you crazy. They are choosing their behavior to meet a need. Children act out their feelings, and it may be because they are not feeling fulfilled and happy.

Below are the 4 basic needs in detail so that we have an understanding of what they are and what part they play in behavior. (Note: All living creatures are genetically programmed to survive. The need to survive includes the need to satisfy hunger, thirst and safety.)

 <p><b>1. Love and Belonging</b></p> <p><i>This is the strongest of the basic psychological needs. <u>The need to love and be loved, to belong and have friends</u>, is almost as strong as the need to survive. When we feel unloved and alone, we are profoundly sad. Look inside yourself and think what your life would be like without your family or friends, and you will see the critical importance of fulfilling the need for love and belonging. It can be most helpful if caregivers support children to fulfill this need. When caregivers are too busy or do not know how to do this themselves, children may suffer.</i></p>	 <p><b>2. Power</b></p> <p><i>This is about personal power, a sense of self-worth that comes from accomplishment and recognition. The need for power is also the need to feel that we are in control of our own lives. When children are given orders or commands, their need for power may be frustrated. <u>When they are given choices, their need for power may be satisfied and they are also given a feeling that they are responsible enough to have control over their own behavior.</u> When you <u>praise</u> your children and notice the things they do well, when you <u>recognize</u> their accomplishments, you are satisfying their need for power. When children feel powerless, they attempt to satisfy this need by exerting power over others by bullying, acting out in the home or in class or disobeying rules (showing they are more powerful than the person who set the roles.)</i></p>	 <p><b>3. Freedom</b></p> <p><i><u>This need for freedom is the need to choose how we live our lives, to express ourselves freely, to be free from the control of others.</u> Helping children satisfy this need does not mean giving them the freedom to do whatever they want to do. <u>When we talk about helping children to learn about responsibility, we are talking about giving them the freedom to choose.</u> For instance, consider the following statement by a parent to a child: "If you do not do your work, you are not going to go be able to play basketball." Now, compare that statement to this one: "Of course, you can play basketball, just as long as your work is done. It is your choice." A threat frustrates the children's need for power and does nothing to meet their need for freedom. <u>Offering a choice meets both their needs for power and freedom and teaches them about responsibility – it is their choice.</u></i></p>	 <p><b>4. Fun</b></p> <p><i>This psychological need for fun is very important. <u>When we are having fun, we are happy.</u> We are happy and whatever cares or concerns we might have go into the background of our mind. When we are having fun, we relax, recharge our batteries and enjoy a much-needed relief from the pressures that surround us. <u>Fun should be enjoyed by every age in life; it is not just for children.</u> This is very important to remember when dealing with children. Watch children when they are at play. They are constantly discovering, learning and having a great time. Whenever any of us discover something new, there is a sense of excitement and fun that accompanies the learning.</i></p>
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This document has been edited from: The Social Skills Place, Inc.: 464 Central Avenue Suite #6:: Northfield, Illinois 60093- Dr. William Glasser has devoted over 40 years of his professional life proving that so-called mental illnesses can be cured or made healthy by having happy marital, family, teacher-student relationships. He developed The Peaceable School Program, A Comprehensive Program for Teaching Conflict Resolution



## Focus on fruits

**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

**1** **Keep visible reminders**

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



**2** **Experiment with flavor**

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

**3** **Think about variety**

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



**4** **Don't forget the fiber**

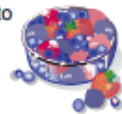
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

**5** **Include fruit at breakfast**

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

**6** **Try fruit at lunch**

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



**7** **Enjoy fruit at dinner, too**

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

**8** **Snack on fruits**

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

**9** **Be a good role model**

Set a good example for children by eating fruit every day with meals or as snacks.

**10** **Keep fruits safe**

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





**10 tips**  
Nutrition  
Education Series

# save more at the grocery store



## 10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

**1** **find deals right under your nose**  
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

**2** **search for coupons**  
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



**3** **look for savings in newspaper**  
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

**4** **join your store's loyalty program**  
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

**5** **buy when foods are on sale**  
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

**6** **find out if the store will match competitors' coupons**  
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

**7** **stay organized so coupons are easy to find**  
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



**8** **find a coupon buddy**  
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

**9** **compare brands**  
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

**10** **stick to the list**  
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.

