



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

January 2012

## Turkey Meatballs

### Ingredients:

- 1 pound lean ground turkey
- 1 pound lean ground beef
- $\frac{1}{2}$  cup bread crumbs
- 5 ounce package frozen chopped spinach
- 1 egg
- $\frac{1}{2}$  cup grated parmesan cheese
- 1 tablespoon Italian herbs
- 1 teaspoon garlic salt
- $\frac{1}{2}$  teaspoon black pepper
- 1 cup bread crumbs for rolling meatballs



### Directions:

1. Thaw spinach. Drain off any excess water.
2. Combine all the ingredients in a large mixing bowl. Mix well.
3. Take spoonfuls and shape into meatballs. Roll meatballs in bread crumbs and place in a metal baking pan.
4. Bake in a 400° oven for 20 minutes or until meatballs are golden brown and meat is no longer pink.

**This recipe makes about 30 meatballs.**

It's good to have extra meatballs.

Place meatballs into plastic freezer bags and freeze.

Meatballs can be kept in your freezer for 2 to 3 months.

You will be ready to put together many quick, easy and yummy lunches!



## Fun Kid Meals

### Spaghetti and Meatballs

Serve spaghetti sauce on cooked pasta. Top with a couple meatballs.

### Meatball Soup

Add 2 or 3 meatballs to your favorite vegetable or tomato soup.

### Meatball Sandwich

Place 1 or 2 meatballs on a small bun. Top with a little warm spaghetti sauce.

### Meatball Tacos

Stuff 1 or 2 meatballs in a taco shell.

Top with shredded lettuce, tomatoes, shredded cheddar cheese and salsa.

### Baked Meatball Pasta

Combine 6 meatballs, 2 cups cooked pasta, 2 cups spaghetti sauce and  $\frac{1}{2}$  cup shredded mozzarella cheese together. Place in a baking dish.

Heat pasta in the oven until hot.

### Dip & Eat Meatballs

Dip warm meatballs in barbecue sauce or ketchup, and eat.

### Meatball Pizza

Make tiny meatballs when rolling.

Place cooked meatballs on top of a pizza. Heat and eat.



### What Can You Do?

- Make Turkey Meatballs for my family.
- Create an active play area in our home.
- Make half my plate fruits and vegetables.
- Other: \_\_\_\_\_

## Too Much TV?

### How much TV does your child watch?

As we are getting into the winter months, you might want to keep track.

The amount of time a child spends in front of the television can have an effect on his health. We know that a child who watches a lot of TV is less active, which is not good for his health.



**Watching TV can do more than make your child less active.**

### What's the problem?

It's the ads! The average American child sees nearly 8000 commercials for food and beverages on TV in a year, and only 165 of these ads are for nutritious foods such as fruits and vegetables.

A child who spends a lot of time in front of the television is more likely to eat high calorie foods, drink sugary sodas and grow up to be an overweight adult.

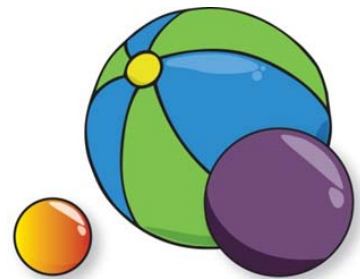
## What Can a Parent Do?

- ✓ Limit TV to no more than 2 hours each day.
- ✓ Choose which shows your child will watch.
- ✓ Keep the television out of your child's bedroom.
- ✓ Watch TV with your child. Talk about the commercials and what are healthy foods and unhealthy foods.
- ✓ Don't eat while watching TV. It's too easy to overeat.

### Play Inside

When the weather gets cold or wet, be ready to play inside. Create an area where you and your child can play together:

- ♥ Turn on the music and dance together.
- ♥ Do simple exercises together - sit-ups and pushups.
- ♥ Have a couple soft plastic balls that can be rolled and tossed in the house.
- ♥ Invite other children over to your home to play.





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