

Pre-School Pages



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

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Life Savers

Tips for Grocery Shopping with Children

Grocery shopping with young children is often a challenge. A store full of sights, sounds and attractions looks like a playground, and can also be overwhelming to a young child. Parents, on the other hand, are often hurried and view the shopping as a job to be done – just the opposite of their child’s view!



1. Discuss your rules before you enter a store. You might say, “Remember to stay close to me. I need to be able to see you.”

2. Your child may get hungry in the store. Bring a nutritious snack for him to eat during the shopping trip (raisins, cut-up apples, crackers, etc.).

3. Young children need familiar things to feel secure. You could bring a favorite blanket, toy or book from home.

4. Give your child a job. For example, ask her to help pick four apples, find the cheapest green beans, or match the coupons with the labels.

5. Have a plan in case you get separated. For example, tell your child, “If you lose me, always go to the lobster tank.”

6. Keep your child close. Hold hands. Let him hold onto or help steer the grocery cart.

7. Plan shopping trips when children are not tired or hungry. Go when you are rested, as well as when the child is rested. Don’t wait until the end of a tiring day.

8. Reinforce appropriate behavior. Talk with her, let her make choices. Encourage her to talk, watch, listen and think.

9. Make a game of shopping. For example, ask your child: Do you remember what animal bacon comes from? What cereal can you see in a purple box? Find the peas in the red can.

10. Play “I see something” in the checkout line, and have the children guess what you see. For example, find things in an aisle that are red, in cans, are for eating.

Source: *Penquis Abuse Council, Dover-Foxcroft, ME 04426*

Play Time

Easy Bird Feeder



Required:

- Half-gallon milk or juice container
- Stapler/staples
- Tape
- Chopstick or unsharpened pencil
- Wire
- Pipe cleaners
- Birdseed

Your children will get a kick out of seeing birds dine in their backyard –especially out of a homemade birdfeeder.

Close and staple together the spout of a half-gallon milk or juice container. Seal the whole top edge with tape, and then punch a small hole about a quarter of an inch from the top. Place a wire or pipe cleaner ring through the hole.

Set the carton upright, then cut two small holes about an inch and a half from the bottom on opposite sides. (Remember that cutting is a grown-up’s job.) Poke either a chopstick or unsharpened pencil through the holes, so it sticks out on both sides. This is the perch. One-half inch above the perch on each side, cut a two-inch flap that swings up. Fasten the flap in the open position with a wire or pipe cleaner.

Use a funnel to pour birdseed into the flap opening. (You can get birdseed at your local garden or hardware store; if you have a favorite type of bird, go to the library to learn what kind of feed it likes best.) Hang the bird feeder by attaching a wire from the loop in the top of the feeder to a tree branch.

Source: *The Ohio State University Extension*

Let’s Eat

Keep Family Picnics Safe at the Plate!

- ❖ Bring water and soap to wash hands, surfaces, cutting boards.
- ❖ Bring a meat thermometer. Use it to grill to safe inside temperature: 160 degrees for burgers; 180 degrees for chicken.
- ❖ Store chilled foods in a cooler with ice or ice packs.
- ❖ Store uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack it in the bottom of the cooler so juices won’t leak onto other foods.
- ❖ Put grilled foods on a clean plate, not the plate used for uncooked foods. Disposable paper plates are great!
- ❖ Keep coolers in the car as you drive, not a hot trunk. At the picnic, keep them in shade under a tree or bench.
- ❖ Return chilled foods to the cooler right after serving.
- ❖ Discard leftover meat, chicken, fish, eggs, and foods made with them if left out for one hour.

Source: *USDA, Food and Nutrition Service*



Sincerely,

Laura Hest

County Extension Agent
for Family & Consumer Sciences

