



**EFNEP**

Allison Taylor and Brenda Williamson are the EFNEP Assistants in Pulaski County. EFNEP stand for the Expanded Foods and Nutrition Education Program. It is our mission to educate limited resource people to acquire knowledge, improve skills and change behavior necessary to achieve health and well-being.

If you would like more information about the program, you can contact Allison Taylor or Brenda Williamson at (606) 679-6361.

# September 2009

THE BEST BUYS FOR THIS MONTH ARE



**Cabbage**



**Grapes**



**Pears**

## *Magical Fruit Salad*

**1 can (20oz) pineapple chunks**

**2 bananas**

**1/2 lb. seedless red or green grapes**

**1 3/4 cups nonfat milk**

**1 pkg. (3 1/2 oz) instant lemon or vanilla pudding**

*1 pkg. (5 1/2 oz) instant lemon or vanilla pudding*

- 1. Drain juice from the pineapple. Place chunks in a large bowl.*
- 2. Rinse the grapes and drain. Add the grapes to the bowl.*
- 3. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.*
- 4. Let the mixture stand for 5 minutes.*
- 5. Just before serving, peel the bananas and cut into bite-sized pieces. Stir carefully into the mixture in the bowl.*
- 6. Refrigerate leftovers within 1 hour.*

*Note: If using pineapple packed in its own juice, rinse the banana slices in the pineapple juice before adding them to the salad. It will slow the browning process.*

*Makes 12, 1/2 cup, servings*

*Cost per recipe: \$3.35*

*Cost per serving: 28 cents*

*Nutrition Facts Per Serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 140mg sodium; 24g carbohydrate; 1g fiber; 2g protein*



**Tip:** Help your children bounce back when faced with a crisis. Tell them often about their skills and strengths.