

# TABLETALK

FEBRUARY, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

## How to buy canned and frozen fruits

When buying canned fruit, avoid cans that show signs of bulging or swelling at the ends, or of leakage. Small dents in a can usually will not harm the contents unless the dents have pierced the metal or loosened the can seam. Badly dented cans, however, should always be avoided.

Fruits sold in glass jars with twist-off lids are tightly sealed to preserve the contents. If you find any indication that the lid has been tampered with, return the jar to the store and report it to the store manager.

Frozen fruits should be frozen solid. If fruits in a package are not firm, they may have lost quality. Avoid buying frozen fruit with stains on the package since this may indicate that the fruit was defrosted at some time during marketing. To ensure the quality of frozen fruits, pick them up as the last item while shopping, take them home in an insulated bag and store in a freezing compartment immediately.

## For Preschoolers, Healthy Eating Is...

- Being curious about new foods and ways of eating them
- Examining the chicken sandwich before they eat it
- Accepting toast only if it is cut in triangles
- Trying only a bite of squash today - maybe more tomorrow
- Drinking milk only if they can pour it into their own glass

- Loving carrots on Tuesday, refusing them on Wednesday.
- Insisting the apple be whole, not in slices
- Wanting a peanut butter sandwich for lunch every day for a week
- Gobbling up the cookies they helped to prepare when they are fresh from the oven.



## Tips from Chef Bob

### CHICKEN SKILLET

**Ingredients:** 1/2 cup Italian Dressing, 1 lb. boneless skinless chicken breasts, cut into strips, 2 cups instant brown rice, uncooked, 1-1/4 cups chicken broth, 1 green pepper, cut into strips, 1-1/2 cups chopped tomatoes, 1 cup of Shredded Mild Cheddar Cheese, 1/2 cup sliced green onions.

**Directions:** Heat dressing in large nonstick skillet on medium-high heat; add chicken; cook and stir 2 min.; stir in rice, broth and peppers; bring to boil; cover; reduce heat to low; simmer 5 min. or until chicken is cooked through and rice is tender; let stand covered, 5 min. or until liquid is absorbed; add tomatoes, cheese and onions; stir until blended.

### SCHEDULED DATES FOR 2009 TRAINING

Please Note: This training is no longer mandatory for the food program. It for licensing clock hours.

<u>Date</u>	<u>City</u>	<u>Location &amp; Time</u>
March 14	Garland	3630 W. Buckingham, Garland, 75042 (Buckingham Church of Christ), 9:30-12:30
March 28	S.W. Houston	7979 S. Kirkwood, Houston, 77072 (Alief Library), 9:30-12:30
April 18	Alvin	105 South Gordon, Alvin, 77511 (Alvin Library), 10:30-1:30
April 20	Irving	906 S. Senter, Irving, 75060 (Graden Art Center), 7:00-8:00 pm
May	TBA	Dallas & Houston Areas
August	TBA	Dallas & Houston Areas

*Please note: there is no Plano class this year.*