



Delis

Delis in grocery stores have become almost like fast food stores. You can buy luncheon meat, ready-made sandwiches, salads, soups, bagels, hot take-out foods, and beverages. Just as with fast food restaurants, be aware of the high-fat, high-salt foods at delis.

Most deli meats are high in sodium and fat. High fat deli meats include: bologna, liverwurst, pastrami, and salami. Tuna and chicken salad, meatballs, and fried foods are also high in fat. Low-fat deli meats include: lean roast beef, ham, roast turkey, and chicken breast. Most deli luncheon meats and cheeses contain from 400 to 700 mg of sodium in a 2 ounce serving. Low-salt meats and cheeses range from 40 mg to 250 mg.

Eat deli poultry foods within 3 days of purchase, and red meat foods within 5 to 7 days of purchase. Reheat pre-cooked foods, such as stuffed chicken breasts and roasted chicken, before serving. It's best to eat them on the day of purchase and freeze leftovers.



Processed, ready-to-eat products, such as hot dogs and luncheon meats, can cause a disease called listeriosis. Pregnant women can pass the disease to the fetus and cause a miscarriage. Pregnant women must reheat, to steaming, hot dogs and luncheon meats. Wash hands, cutting boards, and dishes in hot, soapy water after handling any ready-to-eat processed deli product.

When ordering a deli sandwich:

1. Choose no more than 3 ounces lean meat such as roast beef, chicken breast, or ham.
2. Add only one slice of lower-fat cheese such as Swiss or mozzarella.
3. Add vegetable toppings such as lettuce, green pepper, cucumber, and tomato.
4. To control calories, use mustard or a low-fat dressing as a spread; it's lower in fat and calories than mayonnaise.
5. Select whole-grain bread, a roll, or pita pocket, or take the top slice off the sub and eat it open-faced. Avoid croissants, white bread, or "wraps;" they are often higher in fat than normal bread.
6. To control sodium, select low-salt luncheon meats and cheese.

Turkey and Ham Roll-Ups



What You Need:

- 12 ounces cottage cheese
- 2 tablespoons fresh parsley
- 1/4 cup chopped roasted red pepper or pimento
- 1/2 pound turkey breast or ham, sliced medium thick

How To Fix:

1. In a medium bowl, mix the cheese, chopped parsley and red pepper (or pimento).
2. Microwave the meat between 2 pieces of paper towel for 1 minute. Cool.
3. Spread 2 tablespoons cheese mixture on each meat slice. Roll lengthwise. Cut into pieces and secure with a toothpick.

Homemade vs Grocery Baby Food

Parents can choose to buy infant foods in the grocery store, or prepare baby food at home. Commercial baby foods are easy-to-fix and nearly always the same quality. Homemade foods are usually less expensive, and infants can eat what family members eat.



calories, and few nutrients. Buy single-ingredient foods such as plain meats instead of meat dinners. Dinners and some fruits may contain fillers, such as tapioca, modified food starch, and wheat flour, that increase a product's shelf life but offer few nutrients.

If baby food is made at home, it's important to follow proper food safety procedures, serve a wide variety of foods (not just foods you like), and avoid adding sugar, salt, and other ingredients that infants don't need.

When buying baby food, read labels. Ingredients are listed from the largest to smallest amount. Dessert items may contain sugar,

Breastfeeding and Older Children

If you are pregnant and have older children who are not familiar with breastfeeding, it's good to prepare them.

- Visit a friend with a new baby. This exposes your children to other nursing babies and makes it more normal. Encourage your children to ask questions.
- Talk with your children about what they ate when they were infants. Explain why infants have to wait to eat table foods.

- Read books that show babies being breastfed. Contact a library for titles.
- Tell your children that all mammals make their own special milk to feed their babies; horses make milk for baby horses, cats make milk for baby kittens.
- Discuss how they can help you while breastfeeding: by getting pillows, getting you a snack, or quietly reading a book next to you.

Reusable Canvas Grocery Bags



Reusable canvas grocery bags are good for the environment, but may contain harmful bacteria after continued use. E.coli was found in almost half of the bags tested in a study. To prevent harmful bacteria growth, separate raw foods, such as chicken and eggs, from other foods. Don't use reusable food bags for non-food items such as books or clothes. Store reusable bags in your home, not in the trunk of your car; high temperatures increase bacteria growth in the bags. Wash reusable bags after several uses, if possible.

Fairness

The first lesson in fairness occurs when parents encourage their toddlers to share and take turns. Toddlers also become aware of facial expressions and other people's emotions, such as anger and sadness. They learn to connect a personal experience with an emotion. A child may offer a favorite toy to a playmate who is sad, because when they were sad a favorite toy made them feel better.



Between 4 and 6 years of age, fairness means each share is equal. For example, each piece of cake must be exactly the same size to be fair. At this age, children also learn the benefits of treating others fairly. A kindergartner can sense the feelings of a friend who isn't treated fairly. And, a friendship can be lost if he is the cause of unfair treatment.

It's not until the 2nd or 3rd grade that children begin to realize fairness may mean giving more to someone who needs more. Or, that it's fair to pay someone more who works more.