

# News Notes to Parents

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## Omega-3s for You & Me

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Eating seafood high in omega-3 fatty acids is good for our health. Omega-3s may reduce the risk of heart disease by decreasing: risk of abnormal heart beats, triglyceride levels, accumulation of plaque in blood vessels, blood pressure.

There are three main omega-3 fatty acids: alpha-linolenic (ALA), eicosapentaenoic (EPA), and docosahexaenoic (DHA).

- EPA and DHA are found in fish and seafood and provide many health benefits.
- Some plants contain ALA, which our body partially converts into EPA.
- DHA is added to common foods such as milk, orange juice and eggs.



Use these simple tips to meet the American Heart Association's recommendation to consume 3.4 ounces of fish high in omega-3s two-times per week:

### 1. Keep it simple.

Squeeze fresh lemon juice on a fish fillet and sprinkle it with a dash of salt and pepper. Grill, bake, or sauté it!

- On the grill: Wrap fish in foil and grill it for about 10 minutes.
- In the oven: Place fish on a greased baking pan and bake in a 425° oven for about 15 minutes.
- Quick sauté: Heat 1-2 teaspoons of olive oil, canola oil, or butter in a nonstick skillet, add the fish and cook for 1-4 minutes per side, until each side is golden and flakes easily.

### 2. Spice it up.

Use your favorite seasoning mix (like lemon pepper, Cajun spices, or a seafood seasoning blend) to give it a flavorful kick.

### 3. Make friends with your freezer.

Purchase plain frozen fish fillets instead of fresh ones, and stock your freezer with healthful protein that's ready in minutes. Avoid breaded or fried versions — plain is best. You can dress it up at home with herbs and spices.

### 4. Cook carefully.

Fish is cooked and ready to eat when it flakes easily with a fork and the flesh is opaque.

# Build Your Child's Money Skills While You Read

Get the most out of reading time with your child. Money as You Grow Bookshelf builds on the story time with your child by helping you bring money topics to life through story time.



Browse the reading guide at <https://bit.ly/3spj7Bx>. Choose one to read with your child. The books should be readily available at your library or bookstore.

The reading guide explains the key ideas covered in the book and gives you questions to ask during reading time and activities. Hold the book so everyone can see it and ask questions as you go.

Source: Consumer Financial Protection Bureau

## Zucchini, Egg, & Cheese Cups

### Ingredients:

- ½ cup shredded zucchini, squeezed dry & packed tightly
  - ½ cup shredded cheddar cheese
  - 1 Tablespoon grated Parmesan
  - ¼ cup all-purpose flour
  - 2 eggs, lightly beaten
- Optional: ketchup, salsa, guacamole

### Instructions:

Preheat oven to 375° & grease a mini muffin tin with nonstick spray.

Combine all ingredients into bowl & mix well to combine.

Fill prepared muffin tin with batter, using 1 Tablespoon in each.

Bake for 14-16 minutes, or until the edges are just starting to brown & the tops are firm to the touch.

Remove from oven & let sit for one minute.

Use a paring knife to help loosen the edges of the muffins.

Top with optional ingredients, then serve warm.



Refrigerate for  
5 days  
or  
Freeze for up  
to 3 months

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