

# Ida's Notebook



**Ida Risser**

Whenever I go outside I find more work than I expected. In March I got the pruning shears to work on our twenty some blueber-

ry bushes. They are taller than I am but most of their buds have been eaten off by the sparrows over the winter and so we can't expect

## Sensible Snacks

NEW YORK — It's true - sensible snacking can actually be good for children, and help them to meet nutritional needs for adequate growth and development.

Since children have a smaller stomach capacity for food, it's often necessary to serve three meals a day with several snacks. By offering snacks midway between meals, interference with the regular mealtime is minimized. And this way, it's easier to resist food handouts right after a meal if another snack or feeding is scheduled in two or three hours. By setting a consistent snack hour, the food provider can better manage timing, location, and snack selection.

The snack substantial enough to fill a hungry child should contain some protein, carbohydrate, and fat-- the same as a nutritious meal.

An apple or carrot sticks, while immediately satisfying, may not do the trick for long-term hunger prevention because they contain only carbohydrate. So, for snacks that are both filling and nutritious, Dairy Council, Inc. recommends:

- peanut butter sandwich with a glass of whole milk
- container of fruit yogurt and graham crackers
- homemade bran or corn muffin with fresh fruit
- fruit roll (thin pancake with fresh strawberries rolled in the middle)
- yogurt smoothie (blenderized yogurt, banana, and whole milk)

For more information on the Week of the Young Child (April 10-17, 1988) and meeting the nutritional needs of infants and children, contact your local dairy council or dietetic association.

many berries.

However, I did not even start that job as I saw some limbs on a bur oak that needed to be sawed off and next I noticed that our white mulberry was sending branches too close to the kitchen roof. And, by the time that I pruned the grapes and the wineberries, it was time to start supper.

The other week an odd looking brown and white goose came to our meadow to visit. He decided to stay as we have one goose of his

breed. She has been alone for years as a dog killed her mate and our big Emden- geese would not accept her. We have sold fourteen of our large geese because they wandered too far from home in the winter.

The sugar peas are poking their little green sprouts out of the ground and I'm waiting for the 100 foot row of potatoes to do the same. I've planted three different kinds so we should have enough for the summer.

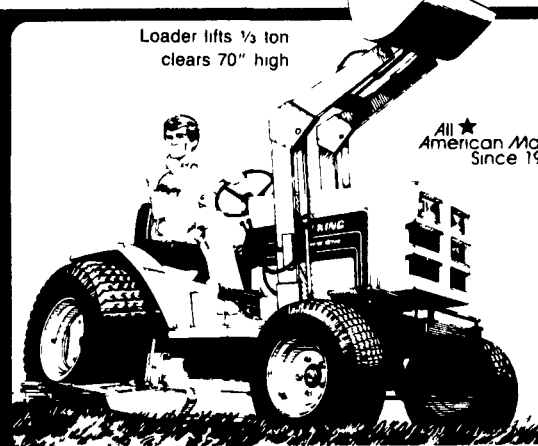
New strawberry plants have

been ordered as the old bed has gradually deteriorated into just a few plants. There should be plenty for us but I fear there won't be many to sell.

My red and blue braided rug is finished and I am glad as there will be lots of outside work now. The fresh-cut asparagus is one of the great delicacies of the spring. And, I want to dig more dandelion plants for a salad before they get too mature. Of course, then I can fry the blossoms in a batter for dinner.

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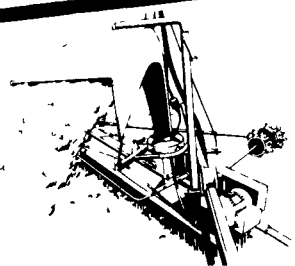
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