

Southwest Sessions

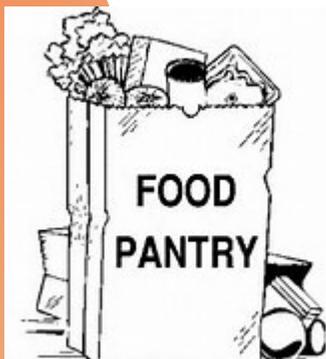
Food Pantry Wish List

Use these ideas to help you choose healthful foods to donate to your local food pantry.

Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts	Grains: Bread, Cereal, Rice, and Pasta
Baked beans	Bran cereals & Infant cereal
Bean soup	Bread or muffin mixes
Beef stew Canned and dry beans	Cold and hot cereals
Canned chicken	Dry noodles and pasta
Canned chili	Flour
Canned tuna or salmon	Graham crackers
Fresh or frozen meat, poultry and fish*	Granola bars
Peanut butter	Macaroni and cheese mixes
	Pancake mix

Dairy: Milk, Yogurt and Cheese	Vegetables	Fruits	Oils and Condiments
Evaporated milk	Baby food— vegetables	Apple sauce	Vegetable oil
Fresh milk, yogurt and cheese*	Canned tomato products	Baby food—fruit	Salad dressing
Infant formula	Canned vegetables	Canned and boxed	Syrup
Instant breakfast drinks	Fresh and frozen vegetables*	100% fruit juice	Jelly and jam
Nonfat dry milk	Spaghetti sauce	Canned fruit	Honey
Powdered milk	Vegetable juice	Dried fruit (raisins, cranberries, etc.)	Sugar
Shelf-stable (UHT) milk	Vegetable soup	Fruit leather made from 100% fruit	Mayonnaise
Canned and boxed pudding			

*Before you donate fresh or frozen foods, check that the facility has refrigerator or freezer storage facilities.



Paper Products	Soap Products	Personal Care Products	Extras
Toilet paper	Hand soap	Shampoo	Tea
Paper towels	Laundry and dish detergent	Toothpaste	Coffee
Napkins	Cleaning products	Toothbrushes	Spices
Tissues		Shaving cream	
		Razors	
		Deodorant	
		Feminine hygiene products	

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For more information about food and nutrition, visit
www.ndsu.edu/eatsmart.

Getting the Rest They Need

Kindergarten children are more likely to gain healthy sleep and get the rest they need if you pay attention to the following areas:

PARENTING POSTS



- **Routines**— What does your child need to do before climbing into bed? Do you offer a snack? Expect them to brush, flush and wash? Find a comfort item? Read together? Whatever your pattern, you can formalize it by making a book or poster with all of the important elements drawn and written out for anyone who will be helping your child get ready for bed.
- **Timing of sleep**—Establish a good pattern for school readiness by waking children a little earlier each morning, moving meals and snacks to match the school schedule and providing time for lots of physical exercise. All of these adjustments and a good night routine will help create earlier bedtimes.
- **Sleep associations**—If your child falls asleep sitting in your lap, in front of the television or with the light on, but wakes in the night and can't fall asleep again without having those same conditions met, he or she may have a sleep association issue. Help your child learn to fall asleep in his or her own bed, with the same conditions he or she will have when he or she wakes naturally in the night. Once established, he or she will be able to put himself or herself right back to sleep without interrupting your sleep!
- **Temperament**—Intense children may benefit from a back rub and talk time as part of the nightly routine. Slow-to-warm children need plenty of time to work through their routine. Dimming lights, pulling shades and picking up toys can be a helpful signal that bedtime is coming. Feisty kids have energy. Be sure they have plenty of exercise during the day and a stuffed animal to pet during story time to help unwind their busy bodies.

Keep your sleep routine and timing the same, even on weekends and during special events, for well-rested kids and happier adults.

For more information about sleep, sample sleep schedules and solid sleep research, look for Mary Sheedy Kurcinka, author of "Sleepless in America, Misbehaving or Missing Sleep?" on the web at www.parentchildhelp.com

NDSU Extension has monthly newsletters **Parenting Posts**, to help you keep up with your growing students. Newsletters for kindergarten and grades two, four and six are available in English and Spanish at www.ag.ndsu.edu/familyscience/parenting-posts-archive

More SW sessions coming!

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