April 2010

Plastic Jug Watering Can

What you'll need:
- ½ gallon plastic milk or juice jug with handle and lid
- Small finishing nail or screw
- Hammer
- Stickers

How to make the watering can:
1. Thoroughly wash out a plastic milk or juice jug.
2. Have your child go through a supply of stickers to choose what they would like to use to decorate their water jug. We've enclosed a few to get you started!
3. A grown up should use the tip of a finishing nail or screw and a hammer to gently poke holes in the lid of the jug. (See photo).
4. Have your child decorate the jug with their choice of stickers.
5. Fill jug with water and put lid back on.
6. Show child how to hold the jug with the handle and tip it to rain on the veggies and flowers you're planting!

Tips:
- If the decorations wear off, don't fret--just redecorate the jug with new accessories.
- Add some plant food (according to box directions) to the water jug if children are old enough to understand not to drink it. This is fun because it will turn the water blue!
- Keep water jug on a low shelf near the garden so your helper can reach it easily.

For this and other craft projects, check out: http://www.kaboose.com/

Quick and Easy Lentil, Rice and Barley Slow Cooker Soup

Ingredients
- 1 cup lentils (the orange ones that get soft are best)
- 8 cups water
- 1 small onion, chopped (or 2 Tbsp dehydrated if in a hurry)
- ¾ cup diced carrots
- ½ cup diced celery
- ¼ cup barley
- ¼ cup brown rice (not quick cooking)
- 12-16 oz diced low fat ham (or whatever is left over from dinner!)
- 1 bay leaf (optional)
- 1 tsp salt-free herb mix
- Black pepper to taste

Directions: Put everything in the slow cooker. Turn to Low and let it cook all day. There is no salt in this recipe because the ham provides salt. Add a small amount of salt (~1/2 to 1 tsp) if you leave out the ham.
Spring holiday meals like Easter and Mother’s Day can always use a great vegetable side dish. Have the kids help put this quick and easy recipe together and watch it disappear from the dinner table!

**Holiday Peas**

**Ingredients:**
- 2 packages (16oz each) frozen peas
- 1 teaspoon salt
- 1 cup finely crushed wheat crackers - Try wheat saltines! You can find them right next to the regular saltines in your local grocery store.
- 2 tablespoons grated parmesan cheese
- 2 tablespoons butter, melted

**Directions:**
1. Place peas in a large saucepan, add salt. Cover with water and bring to a boil. Reduce heat, cover, and simmer for 5-6 minutes or until tender.
2. Have your kids put the wheat crackers in a sealed plastic bag and crush them using their hands. Then, toss the crumbs, parmesan cheese and melted butter together in a small bowl.
3. Drain peas and place in serving bowl; top with crumb mixture.

**Nutrition Facts:** 3/4 cup equals 87 calories, 3 g fat (1 g saturated fat), 6 mg cholesterol, 523 mg sodium, 12 g carbohydrate, 4 g fiber, 4 g protein.

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**Eat Out & Be Healthy!** No one expects that your family will eat each and every meal at home. We all live in the real world – there are days where cooking just isn’t an option. There are also special occasions to be celebrated, and sometimes everyone just needs a treat! But eating out doesn’t have to mean going “all out”. You can still enjoy eating out AND make healthy choices. Check out the chart below for tips on how to enjoy a healthy restaurant meal!

**STOP and be Cautious!**

**GO!**

<table>
<thead>
<tr>
<th>ITALIAN and PIZZA</th>
<th>BURGER JOINTS</th>
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</thead>
<tbody>
<tr>
<td>Thick-crust or butter-crust pizza with extra cheese and meat toppings, Stuffed crust pizza, Garlic or cheesy bread, Pasta with cream or butter-based sauce, Entrées with side of pasta</td>
<td>Thin-crust pizza with half the cheese and extra veggies, Plain rolls or breadsticks, Pasta with tomato sauce and veggies, Entrée with side of veggies, Grilled dishes</td>
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<tr>
<td><strong>MEXICAN</strong></td>
<td><strong>SUBS, SANDWICH AND DELI CHOICES</strong></td>
</tr>
<tr>
<td>Crispy shell chicken taco, Refried beans, Steak Chalupa, Crunch wraps or gordita-type burritos, Nachos with refried beans, Adding sour cream or extra cheese</td>
<td>Grilled chicken soft taco, Black beans, Shrimp ensalada, Grilled “fresco” style steak burrito, Veggie and bean burrito, Limiting sour cream or cheese</td>
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<tr>
<td><strong>ASIAN FOOD</strong></td>
<td><strong>Foot-long sub, High-fat meat such as ham, tuna salad, bacon, meatballs, or steak, The “normal” amount of higher-fat (Cheddar, American) cheese, Adding mayo and special sauces, Choosing white bread or “wraps” which are often higher in fat than normal bread</strong></td>
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<tr>
<td>Fried rice or noodles, egg rolls, fried won tons, fried chicken, beef or fish</td>
<td>Six-inch sub, Lean meat (roast beef, chicken breast, lean ham) or veggies, One or two slices of lower-fat cheese (Swiss or mozzarella), Adding low-fat dressing or mustard instead of mayo, Adding extra veggie toppings, Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced</td>
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**Snack Attack – Dip It! Edition:** Dip graham crackers or mini-toaster waffles in cinnamon applesauce for an easy afternoon snack!