



HCSF Newsletter

March
2010



March is National Nutrition Month!

National Nutrition Month is a great time to boost the amount of fruits and veggies you and your family eat each day. Start with these easy tips:

- **“Sandwich” in fruits and vegetables: Add crunch to sandwiches with sliced radishes, peppers, cukes or even apple slices. Try it for a new take on lunch!**
- **Sprinkle your salad: Add grated or shredded carrots, grape tomatoes, mandarin orange slices or dried cranberries. Let the kids do the sprinkling before you serve!**
- **Brighten your morning – make a habit of adding fruit to your morning cereal, waffles or pancakes. Pureed berries, apples, peaches or pears make a tasty sauce to top them off right!**



For more great tips, check out www.eatright.org

Leprechaun's Shake

- 1 cup skim or 1% milk
- 2 scoops vanilla nonfat frozen yogurt
- 1 teaspoon peppermint extract
- 2-3 drops green food coloring



Pour all ingredients into a blender and whirl until smooth and green. Serve with a shamrock.

Rainbow Ribbons

Materials/Ingredients:

- * Wooden Skewers
- * Rainbow of fruit

- Red** - watermelon balls, strawberries, or cherries
- Orange** - orange sections, cantaloupe balls, mango, or papaya slices
- Yellow** - pineapple cubes or banana slices
- Green** – green grapes, honeydew melon balls, or kiwi fruit
- Blue** - large whole blueberries
- Purple** - purple grapes or cubed plums

To assemble: Clean and cut fruit and place in separate bowls so the kids can make their own Rainbow Ribbons. Place fruit on skewers in order listed to make a rainbow.



The First Day of **Spring** is **March 20th**! With the sun shining and snow beginning to melt, take advantage of the warmer weather and get outside to exercise!



Outdoor Physical Activities to Enjoy in Spring:



1. Play kickball, basketball or other sports with the kids.
2. Walk, jog or run around the block. Try following the leader!
3. Ride a bike or rollerblade around the neighborhood or at the park.
4. Play hopscotch on the driveway or sidewalk with friends.
5. Take a walk by the lake to feed the ducks and see how much ice has melted.
6. Do spring cleaning yard work together. Poke around your garden plot!



C WITH YOUR KIDS



O Cooking with your kids can be really fun and also helps them to be a part of the healthy choices you and your family are making. To make sure that cooking is something they look forward to, especially for younger children, it's important to **set your kids up for success**. This month, you can use these tips to help your children feel comfortable in the kitchen, no matter what age they are, to make your favorite family recipes or try something new. Check out the Pita Pizza recipe below!

O General Tips for Success in the Kitchen:

- K**
- ❖ Structure the work area so they are less likely to spill.
 - ❖ Have kids sit at the table to do their parts.
 - ❖ Kids should wear an apron, or old clothes that you're not worried about keeping pristine.
 - ❖ Measure with a baking sheet underneath to catch any spills.

Remember that the easier dishes are to prepare, the more likely your kids will want to try making them again. Start with things like pizza, breads, muffins, pasta, smoothies, and fun sandwiches. Slowly work your way up to the fancier stuff. Here are some age-appropriate cooking skills your children should be able to master with a little guidance from you.



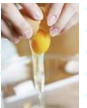
Under 5 years old:

- ❖ Scrub veggies, tear lettuce leaves, and snap (for example, snapping the ends off green beans)
- ❖ Roll out dough and cut with a cookie/ biscuit cutter or glass
- ❖ Peel carrots, mash cooked potatoes
- ❖ Remove husks from corn
- ❖ Measure and pour some ingredients
- ❖ Hand mix with guidance
- ❖ Open frozen veggie bags with assistance



6-10 years olds- All the under 5 skills plus some more advanced duties:

- ❖ Cracking and separating eggs
- ❖ Reading recipes out loud
- ❖ Using the electric mixer (with adult supervision)
- ❖ Stirring food over the stove (with adult supervision)
- ❖ Operating a can opener or blender with safety features
- ❖ Grating cheese
- ❖ Cutting vegetables, fruits, etc. (use a dinner knife)



Perfect Pita Pizza

This pizza can be assembled by children of any age, though the baking needs to be done by someone aged preteen to adult.

- 1 large whole wheat pita bread or two whole wheat English muffin halves
- 1/8 cup bottled spaghetti sauce
- 1/4 cup shredded part-skim mozzarella cheese
- Veggies for topping



Try sliced mushrooms, chopped red or green pepper, chopped red onion, chopped tomatoes, broccoli florets chopped fine, small spinach leaves or thawed frozen chopped spinach, etc.)

1. Preheat oven to 450 degrees. Place pita or English muffins on a baking sheet.
2. Spoon the spaghetti sauce over the bread and add desired toppings. Sprinkle mozzarella over the top and bake for 6-8 minutes (watch carefully so it doesn't burn).

Per serving: 256 calories, 16 g protein, 29.5 g carbohydrate, 8.8 g fat, 4.7 g saturated fat, 24 mg cholesterol, 4 g fiber, 492 mg sodium. Calories from fat: 30%.



Snack Attack! Peel a banana and dip in yogurt. Roll in crushed cereal and freeze. Make these the night before and they'll be perfect for after school snacking!