



# HCSF Newsletter



April 2008

Spring is in the air at last! Take the challenge during **Turn Off the TV Week** (April 21-27). Now that the snow is melting, there's even more reason to go outside for some **fresh air**. Celebrate **Earth Day** (April 22) by planting some seeds and starting a **garden**. When you need to refuel, make a healthy snack—Read on for more ideas!

## Click Off the Set, Swing into Spring



Take the '**Turn Off the TV**' challenge! Turning off the tube increases social and family time and encourages healthy active lifestyles. No TV for a week can be **easy** if you know what to do with your family instead:

- ◆Read aloud
- ◆Take a walk or ride a bike
- ◆Plant a garden
- ◆Play games in an indoor gym
- ◆Visit the library, museum, or zoo
- ◆Go to a sporting event
- ◆Cook a meal together
- ◆Eat dinner with the TV off

## Wisdom from the Elders Spring Awakening

Spring is the perfect time to 'plant' within our children and grand-children 'seeds' of truth and wisdom. Returning insects and animals remind us that we all need to have a season of rest. Growing grass and blooming flowers appear after the ground has been nourished by the winter snow. Our bodies and minds will also grow and thrive with the right amount of rest and nourishment.

-a Lac du Flambeau elder

## HCSF – Menominee Group Session: Snack Attack – April 3, 2008

Menominee families curbed their cravings by learning how to prepare healthy snacks. The kids got to play fun games, while moms and dads learned why planned snacking is an important part of a healthy diet. Watch for this activity coming soon to your community!



An assembly line making trail mix.



Making cheese and apple skewers!



**Freeze-it's Red!**  
Playing Red Light!  
Green Light!



Reading the recipes together.



Cutting apples.

# Healthy Snacks

## Carrot Pinwheels

Serves 4

### Ingredients:

- 2 Tbsp. Fat-Free Cream Cheese, softened
- 2 Tbsp. Low Fat Peppercorn (or plain) Ranch Dressing
- 2 whole wheat or flour tortillas (8 inch)
- 1 cup finely shredded carrots
- 1 small green or red bell pepper, thinly sliced
- paprika or ground red pepper (optional)

### Directions:

- **Mix** cream cheese and dressing until well blended. Spread evenly onto tortillas; sprinkle with carrots and peppers.
- **Roll** up tortillas tightly; wrap in plastic wrap. Refrigerate at least 30 minutes.
- **Unwrap** when ready to serve. Cut each roll into 6 pieces. One serving is 3 pieces. Place on serving plate; sprinkle with paprika.



**Tip:** Let the kids make their own pinwheels! Set out the tortillas along with the cream cheese mixture and bowls of chopped vegetables. And let them go at it!

When you want a little energy boost during your day but don't want to ruin your appetite for dinner, try these healthy snack recipes that the whole family will enjoy making and eating!

## Trail Mix

Serves 6

### Ingredients:

- 1 c. whole grain cereal (squares or Os work best)
- ¼ c. dried fruit of your choice
- ¼ c. nuts (walnut pieces, slivered almonds, or pistachios) -may also use peanuts if there are no allergies.)
- ¼ c. small, whole-grain snack crackers or pretzels

### Directions:

Measure out the ingredients. Combine in a large bowl. One serving is ¼ cup. Portion into snack size zip top bags!

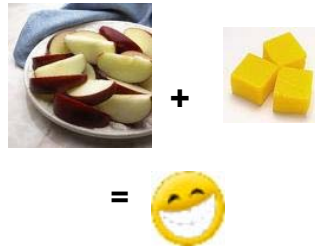
**Note:** small pieces of food can be a choking hazard for those under three!



## Fruit -n- Cheese Picks

### Ingredients:

- 1 apple, sliced
- 3 cubes part skim mozzarella cheese or low fat cheddar cheese
- Toothpicks
- Apple corer



### Directions:

- Use apple corer to cut apples into slices. Place one slice of apple and one cheese cube on a toothpick to make three fruit-n-cheese picks.
  - This will also work with red or green grapes, but keep in mind that grapes are a choking hazard for children under three!

Add a glass of milk or water and you're set for snack time!



## Thumbs Turning Green?

Celebrate the season and **Earth Day** (April 22) by starting a family garden. The whole family can take part in the fun! Have each member of the family choose seeds of their favorite vegetable, herb, or flower to plant outdoors or in a pot on the window sill.

April is a time to start planting seeds of **tomatoes**, **beans**, **oregano**, **rosemary**, **sage**, **marigolds**, **sunflowers**, and **petunias**—just to name a few!

Planting encourages learning about the environment, how things grow—all while growing together as a family!

