



April 2009

HCSF Newsletter

Spring is here! Celebrate spring with color - add colorful fruits and veggies to every meal. Find out how easy that can be on the back page. We've also included some ideas to make Easter a healthier holiday!



HEALTHY EASTER BASKETS

Easter baskets and hunting for eggs are always exciting for the kids! Here's a list of treats other than chocolate and candy:

- ❖ Jump ropes
- ❖ Bubbles
- ❖ Crayons and coloring books
- ❖ Silly putty
- ❖ Frisbees
- ❖ Easter pencils
- ❖ An Easter-themed picture book
- ❖ Stickers
- ❖ Slinkies
- ❖ Vegetable and flower seed packets
- ❖ Sidewalk chalk
- ❖ Nuts (for the three and older set)
- ❖ Apples and oranges

EASTER EGG BOATS

Makes 24

Ingredients:

- * 12 hard-boiled eggs
- * 2 teaspoons Dijon mustard
- * 2 teaspoons vinegar (white or cider)
- * ¼ to ½ cup light or fat free mayonnaise
- * 2 boppin' bell peppers (red, orange, yellow, or green)
- * Paprika

Directions:

- * Peel the hard boiled eggs, and then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, and then add the mayonnaise, stirring until the consistency is smooth but not soupy.
- * Next, make the sails. To do this, cut each pepper into 1-inch wide strips, then cut the strips into 1 inch squares and slice each square in half diagonally.
- * Fill the egg-white halves with the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika.





A DAY IN THE LIFE OF HEALTHY EATING



Do you find it hard to fit in enough fruits and vegetables to meet your daily recommended amounts? Although it might seem difficult, it's not impossible....we promise! With a little practice, you can easily meet your daily recommended amounts of fruits and vegetables!

The recommended amounts for pre-school age and younger kids are 1 ½ cups of veggies and 1 cup of fruit a day. Adults and older kids should eat 2 ½ cups of veggies and 2 cups of fruit everyday. We've listed some ways to meet your recommended amounts below. Use about half the amounts below for pre-school age and younger kids.

Breakfast:

Add 1 small sliced banana to whole wheat toast with peanut butter



= ½ cup of fruit

Other options:

- Add ½ cup of fruit to cereal or oatmeal, such as sliced banana or frozen or fresh berries (blueberries strawberries, raspberries are all great choices!)
- On weekends, add ½ cup of chopped veggies (peppers, onions, mushrooms, tomatoes, etc) to an omelet or scrambled eggs (**this would count as ½ cup of veggies**)

Morning snack:

Have a large handful of grapes with a small container of yogurt



= 1 cup of fruit

Other options:

- 2 large plums, 8 large strawberries, 1 medium pear, 1 small apple, 1 large orange



Lunch:

Add ½ cup of cooked or fresh veggies, such as groovy green beans



= ½ cup of veggies

Other options:

- Serve power peas, X-ray carrots, rockin' radishes, with soup or sandwiches
- Try ½ of a large boppin' bell pepper (raw) for a sweet and crunchy side



After-school or mid-afternoon snack:

Have 12 baby X-ray carrots and 1 4-oz container of no sugar added applesauce



= 1 cup of veggies
= ½ cup of fruit

Other options:

- 1 cup of groovy green beans (try them raw!) and 1/2 of a large orange
- 1 small box of raisins and 2 large celery stalks (make Ants on a Log by adding peanut butter or cream cheese to the celery stalks and raisins!)



Dinner:

Add a side salad with 1 cup of leafy greens and ½ cup of chopped veggies on top, such as X-ray carrots, terrific tomatoes, or cool cucumbers =

1 cup of veggies

Other options:

- 1 large ear of corn
- 1 large sweet or regular potato
- Add 1 cup of fresh, frozen, or canned veggies to spaghetti sauce



TOTAL = 2 cups of fruit
= 2 ½ cups of veggies