



HCSF Newsletter

May 2010



Snacking on the run!

We've all been there. You're out running errands and the kids are hungry and so are you. You run into the gas station or the convenience store for a snack. Now what? You can still make healthy choices for your family. You don't have to settle for Bug Juice and Flamin' Hot Cheetos@!

Best bets:

- 🍌 **Fresh fruit** – many gas stations and convenience stores have a basket with apples, oranges or bananas near the cash register
- 🍌 **Nuts** – unsalted, if possible
- 🍌 **Cereal bars** – such as Nutri-Grain® bars or granola bars
- 🍌 Animal **crackers** or graham crackers
- 🍌 You might also find individual boxes of **raisins** or **craisins** near the trail mix or nuts
- 🍌 Check the cooler cases for **hard boiled eggs**, **yogurt** and **string cheese** – some places do stock them!
- 🍌 If it's a hot day and nothing but a frozen treat will do – check and see if the freezer case has **frozen fruit bars**. If not, reach for **popsicles** over high-fat ice cream treats
- 🍌 If only salty will satisfy – try a small bag of **Sun Chips®** or **baked potato chips**



And, of course, something to drink!

Pass up the giant slushies and the energy drinks. Grab a big bottle of **water**. If you need a caffeine boost, try some **iced coffee or tea**. Just skip the whipped cream, sprinkles and flavor syrups.

For the kids – water is a great choice for them too! **Low fat milk** is another good option – lots of stores carry kid friendly sizes in their cold cases. 100% juice is another option – but stay away from the Bug Juice, the Capri Suns and Sunny-Ds – they are more like soda than juice. And if the kids have already had juice that day, opt for water.

Button Bracelets

This sweet and simple craft features well-loved faces all in one place and makes a great gift for Mom on her special day.

What You'll Need:

- Photographs
- Scissors
- Colored elastic band
- Buttons with large thread holes
- Glue Stick



How to make the bracelets:

1. Select snapshots with faces that will fit on your buttons.
2. Cut a piece of elastic about 2 inches longer than you would like the finished bracelet to be. Thread buttons on until it is the desired size, leaving an inch of elastic on the end to tie it closed.
3. Use a coin to trace circles around the faces. Cut them out and glue onto buttons.
4. Tie ends of the bracelet together and snip off extra elastic.

Find more fun kids crafts at <http://familyfun.go.com/mothers-day/>

Date Nut Bread

Ingredients

- 1 ½ cups dates, pitted and chopped
- 2 ¼ cups boiling water
- 3 teaspoons baking soda
- 1 cup chopped walnuts or pecans
- 1 cup brown sugar
- 3 tablespoons butter
- 2 eggs, beaten
- 1 teaspoon salt
- 4 ½ cups all-purpose flour
- 1 teaspoon vanilla extract, ¼ tsp cinnamon



Directions:

1. Combine baking soda with the boiling water. Soak the dates in the water and baking soda solution for 30 minutes.
2. Cream sugar and butter together. Add eggs, vanilla, dates (with the soaking water), nuts, flour, salt and cinnamon.
3. Divide batter equally between two 9 x 5 inch greased loaf pans. Bake 1 hour and 15 minutes at 350 degrees F (or until loaf tests done). Cover with tin foil for last 30 minutes. Loaves can be frozen when cool.

C WITH YOUR KIDS



Want to try something special with your kids for a fun Saturday night supper or make a fancy meal for mom on **Mother's Day**? How about a dish sure to please both kids and adults – Chicken Parmesan! Our version is **baked** instead of fried, but we guarantee it is just as yummy. Instead of serving with noodles, try it with a tossed salad and green beans or another favorite veggie. Break out the checkered tablecloth and the company dishes and live it up!

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Baked Chicken Parmesan

- 4 boneless, skinless chicken breast halves
- 1 egg, beaten
- 3/4 cup Italian-seasoned dry breadcrumbs
- 1 jar spaghetti sauce
- 1/2 cup low fat mozzarella cheese



Directions

1. Preheat the oven to 400 degrees. Dip chicken breast halves in egg, then in breadcrumbs.
2. Place chicken in 13 x 9 inch baking dish. Bake uncovered at 400 degrees for 20 minutes.
3. After 20 minutes, pour pasta sauce over chicken; top each chicken breast with 2 tablespoons cheese. Bake uncovered for 10 more minutes or until the chicken reaches 165 degrees when checked with a meat thermometer.
4. Serve with green beans and a tossed salad.

Note: If you double this recipe, make sure to use another egg and more breadcrumbs when you are breading the chicken.

Kids can beat the egg(s), help measure the breadcrumbs and the cheese and they can open the jar of spaghetti sauce. While the chicken is baking, have everyone get in the act and help make the salad. Toast some slivered almonds to top the green beans for even more gourmet flair!



Snack Attack – Portable Edition: Spread mustard on a flour tortilla. Top with a slice of deli turkey or ham, a slice of low fat cheese and some lettuce. Roll up and enjoy!



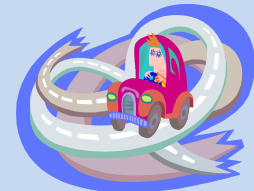
Snacking on the Run – The Sequel: Stock the Glove Box!



If you know you're going to be running all day in the car or you are going on a road trip, stock the glove box, your purse or a small cooler with some snacks that will keep everyone satisfied.

Try:

- Cheerios or other plain cereals/pretzels in snack size baggies
- Granola/trail mix
- Nuts or toasted pumpkin seeds (over three only please!)
- Baby carrots, celery sticks or other bite size veggies
- Peanut butter & multi grain cracker "sandwiches"
- String cheese, containers of yogurt or no sugar added applesauce (stash these in the cooler)
- Clementines/oranges, bananas, apples, raisins, grapes
- Bottled water or water in thermoses



Tasty Tip: When you make quick breads (like the Date-Nut bread on Page 1) or muffins – freeze the extra loaf or extra muffins. Then when you're having one of those crazy weeks, you can pull them out of the freezer and breakfast or snacks are D-O-N-E!