



HCSF Newsletter



June 2010

June is National Fruits and Vegetables Month

Summer is on its way and so are many **fresh fruits** and **vegetables**. In the coming months you and your family will find lots of great choices at the grocery store, farmer's markets and even roadside stands! Read on for tips on how to get more of nature's bounty onto your plates!



Chowdown Challenge



Nope, we're not talking about a hot dog eating contest. How about this instead – we challenge you to include at least one to two fruits or vegetables **at every meal. Every day.**



Here's the scoop- every day **adults** should aim for 2 cups of fruit and 2 ½ cups of vegetables and **kids** should get 1 cup of fruit and 1 ½ cups of veggies!

Think it's impossible? Nah! We know you're up for it. Over the coming months, we'll show you how to incorporate fruits and veggies into each meal. This month we'll focus on breakfast and snacks.

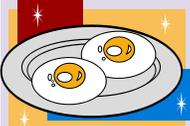
Start Smart: when you're preparing each meal – make sure you see at least one fruit or vegetable on the plate or in the bowl. **If you don't see at least one, you're not done!**



It all starts with your grocery list – so check out the sample menu below (and our list of easy additions on page two) so you know what to buy. We hate those sample menus that include things you've never heard of, or can't get at your local grocery store, so no surprises here. The point is to eat more fruits and veggies -- you can always change the variety if you get bored!

Write down what you eat to keep track for one week and you'll see just how easy it can be. Don't forget to **reward yourself** for making the challenge – take the kids bowling, to the zoo or for an afternoon at the pool.

We know you can do it!

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Breakfast 	Pancakes or waffles with strawberries and/or blueberries (fresh or frozen)	Hard cooked egg and ½ grapefruit or one small orange	Fruit smoothie and one slice wheat toast with fruit preserves or jam	Cereal with banana slices and a small glass of fruit juice	Oatmeal with ¼ cup raisins, dried cranberries or chopped apple and a small glass of fruit juice	Yogurt with blueberries and one slice of zucchini bread	Egg and veggie scramble with peppers, mushrooms, onions and 2T salsa. Add orange or kiwi slices to the plate to make it "restaurant special."
Snack 	Frozen grapes!	"Snack-Pack" of raisins, cranberries or dried plums	Bite size veggies (carrots, cherry tomatoes etc.) with low fat dip	Apple or celery slices with peanut butter	Sliced kiwi and strawberries or raspberries	Microwave a small baking potato and top with salsa and low fat cheese	Fruit salsa with cinnamon-sugar pita chips



Pssst! Need to ease into the challenge – try adding just **one** fruit and **one** vegetable to what you eat every day to get warmed up and then move on to the full challenge! See **Page Two** for more tips on getting those fruits and veggies on your plates!

Enlist the kids to be your fruit and veggie super sleuth. Have them check your plates to see if they include a fruit or a veggie. If not, they can use this list to help you add some color!



Easy additions

- Adding fruit to pancakes/waffles, cereal, oatmeal or yogurt
- Adding a portable fruit to everyone's lunch box or snack time – think apples, oranges, clementines, peaches, plums, pears or grapes. Some fruits already come in handy snack packs, like raisins, dried cranberries, dried plums, figs and dates
- Applesauce cups, mandarin oranges, peaches or mixed fruit cups (in their juice) are also easy additions to breakfasts or lunches
- Keep baby **carrots** and already cut up vegetables in the fridge to add to lunch or dinner. **Celery, bell pepper strips, radishes, cucumbers, small broccoli florets, snap and snow peas, and cherry or grape tomatoes** can be eaten alone, used in stir fries, or toss them into a salad for a power veggie meal!
- Always include veggie sides at dinner – frozen or canned beans, peas, corn, broccoli or mixed veggies can be microwaved or heated on the stove top and will be ready to go in under 10 minutes



Outdoor Obstacle Course



Have the kids help design a course, or use the sample course below and let them loose!

Obstacle Course Supplies

- Pails
- Sand
- Playground balls
- Hula hoops
- Jump rope
- Large cardboard box – big enough for the kids to crawl through
- Hand held timer or stopwatch (check your cell phone to see if it has a timer!)



Setting up the course:

- Set two or three pails filled with sand (or otherwise weighted down so they won't blow away) in a line, far enough apart so that your kids can zig-zag through them.
- Place the pails near a tree. After zig-zagging through the pails, run all the way around the tree and then zig-zag back through the pails.
- Next each child can jump rope ten times or hula hoop ten times. Switch places when the time is up.
- Add a large cardboard box for the kids to crawl through.
- Finish the course with a bucket and a ball to toss into it. You can repeat the course once or twice encouraging each child to be the leader.



Grilling season is upon us, and of course the kids (and a lot of grownups too) love **hot dogs**! They are the classic summer treat, and what's easier than hot dogs on the grill? The bad news is that beef and pork hot dogs are high in fat, calories and sodium, and can contain additives like nitrates that you don't want your kids to eat.

This summer, why not try some **healthier alternatives**? There are many brands of **turkey** and **chicken hot dogs** that you can find at most supermarkets – and you might have to try a few different brands until you find the one that your family likes, but keep trying. Try the ones offered at your market's meat counter too – just be sure to ask the butcher how they are made and what is in them. The satisfaction of knowing that you **CAN** include a healthier version of your kids' favorite will be worth the trial and error. **Happy Grilling!**