



HCSF Newsletter

August 2010



It's **August** and summer is winding down, with school right around the corner!

Read on for tips on healthy after-school snacks, how to take advantage of the last hot summer days and one last month of menus for our **Chowdown Challenge**. Don't forget to check out the supplement on how to freeze and store the bounty from your garden.



Smart Snacking

As the kids start heading back to school it's time to once again think about **after-school snacks**. We'll keep giving you **healthy** snack suggestions (see Cook With Your Kids – popsicle edition on page two) but we also want to talk about some of the **convenience snack foods** that might find their way into your shopping carts.

Case in point: lots of companies are marketing 100 calorie snacks, like the Chips Deluxe cookies pictured above. Problem is, **even though they are "only" 100 calories, they're loaded with fat and sugar.**

Let's get our magnifying glasses out and have a look at the label, shall we?



Keebler® 100 Calorie Right Bites™ Chips Deluxe®

Nutrition Facts	
Serving Size	1 Pouch (21g)
Servings Per Container	1
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	2%
Sugars 9g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

THE BREAKDOWN: You'll notice that **25 of the 100 calories** in the cookies are from fat – meaning ¼ of the calories in these cookies are from fat. And if we look at the sugar you'll see that there are **9 grams of sugar** in one serving! Dietary Guidelines for kids recommend **no more than 4 teaspoons (16 grams)** – of added sugar per day so that's **more than half** of the recommended amount of added sugar in one "snack" size serving!! These cookies will provide a quick burst of energy, followed by "the crash". For a better after-school snack, try **two graham cracker squares and a small glass of low-fat milk!**

Water Balloon Catch



This wet and wacky game is as refreshing as a dip in the pool. On a hot day, even if you drop the ball, you're still cool.

What you need:

- Gallon-size milk jugs (one for each player) to make "catchers"
- Scissors
- Masking Tape
- Ribbons
- Balloons (**PLEASE NOTE:** balloons are a choking hazard for small children – do not allow unsupervised play and pick up and discard any broken balloons immediately.)
- Have mom or dad create the "catchers" by cutting the bottom off a gallon-size milk jug (one for each player), taping the cut edges (use lots of tape, as the plastic can be sharp!), and decorating the handle with ribbons, as shown in the picture.
- Fill a bunch of water balloons to the size of a grapefruit.
- Let the kids loose! See how many times you can toss the balloons without breaking them or how far you can catch and throw them.



WITH YOUR KIDS



Popsicles are fun treats to make with your kids, and can even help use up your leftover smoothies and yogurt!

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Strawberry Banana Pops



- ¼ cup fat-free milk
- ¼ cup orange juice
- 1 tablespoon honey
- 1 pint fresh strawberries, stems removed
- 1 medium ripe banana, cut into chunks
- 10 Popsicle molds *or* paper cups (3 ounces *each*) and Popsicle sticks

In a blender, combine the milk, juice, honey, strawberries and banana; cover and process until blended. Fill each mold or cup with ¼ cup strawberry mixture; top with holders or insert sticks into cups. Freeze. **Yield:** 10 pops.

Berry Smoothie Pops



- ¼ cup orange juice
- 1 cup fresh blackberries
- 1 cup fresh raspberries
- ¾ cup fresh blueberries
- 1 medium ripe banana, cut into chunks
- ½ tablespoon sugar
- 9 Popsicle molds *or* paper cups (3 ounces *each*) and Popsicle sticks

In a blender, combine the orange juice, blackberries, raspberries, blueberries, banana and sugar; cover and process until blended. Fill each mold or cup with ¼ cup berry mixture; top with holders or insert sticks into cups. Freeze. **Yield:** 9 pops.

Orange Cream Pops



- 2 cups (16 ounces) plain yogurt
- ½ can (3 ounces) frozen orange juice concentrate, thawed
- 2 teaspoons vanilla extract
- 10 Popsicle molds *or* paper cups (3 ounces *each*) and Popsicle sticks

In a small bowl, combine the yogurt, orange juice concentrate and vanilla. Fill each mold or cup with ¼ cup yogurt mixture; top with holders or insert sticks into cups. Freeze. **Yield:** 10 pops.

Strawberry Apple Cream Pops



- 2 cups (16 ounces) strawberry yogurt
- ½ cup thawed apple juice concentrate
- 10 Popsicle molds *or* paper cups (3 ounces *each*) and Popsicle sticks

In a large bowl, combine yogurt and apple juice concentrate. Fill each mold or cup with ¼ cup yogurt mixture; top with holders or insert sticks into cups. Freeze. **Yield:** 10 pops.

Chowdown Challenge

It's the last month of our Chowdown Challenge! How are you doing? We've provided one last sample menu to help you on your way. Remember, at least one to two fruits or veggies at every meal!

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Dinner	Grilled chicken breasts – (save some for Monday!), corn on the cob, green salad and “broccoli trees”	Chicken tacos in whole wheat tortillas – add lettuce, tomatoes, black beans, avocado and salsa	Beef and “broccoli-trees” stir fry	Ham or turkey roll-ups w/lettuce, cukes and peppers in whole wheat tortillas	Veggie pasta salad with radishes, carrots, green beans, corn, black beans and low fat Italian dressing	Chicken fingers with a green salad and oven baked fries	Turkey sloppy joes, carrots, celery, cukes, tomatoes, corn
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Dessert	Watermelon, cantaloupe or pineapple for dessert	Fruit smoothies OR 100% fruit popsicles	Cocoa-Nut Bananas (sliced bananas dusted with cocoa & coconut)	Orange slices	Frozen grapes	“Monkey munch” – popcorn with dried fruits and peanuts	Frozen yogurt with strawberries, raspberries, blueberries - or all three!



Back to School Grocery List: Apples, Grapes, Bananas, Baby Carrots, Celery, Peanut Butter, Wheat Bread or Tortillas, Graham Crackers, Low-fat milk, Low-fat yogurt