



“Nourish” Newsletter

December 2016

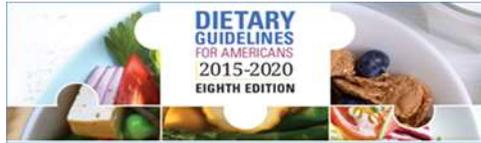


Like us on Facebook - Cdsd NutriPacks

Dear families,

We wish you a joyous holiday season filled with family, friends, good food, and many blessings! Look for more nutrition tips and recipes posts on our Facebook page this month and in the months to come: CDSN NutriPacks.

Kathie Novak, MEd, RD, Nutrition Ed. Coordinator



2015 Dietary Guideline #5

Support healthy eating patterns for all

Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

The foods and drinks you usually eat over a period of time (a day, week, or longer), is an eating pattern AND everything you eat and drink matters!

A “healthy eating pattern” includes many different kinds of foods and drinks every day, wherever you eat food (home, restaurants, work, or school). Eating a mix of different healthy foods and drinks helps to control body weight, improves nutrient, vitamin and mineral intake, and cuts your chance of getting long-term diseases.

These Food Groups should be included in your diet every day:

- Vegetables – broccoli, carrots, peppers, tomatoes, spinach, etc.
- Fruits – apples, oranges, watermelon, cherries and strawberries, etc. (Eat the whole fruit and limit juices.)
- Grains – ½ of the bread, cereals, rice, and pasta you eat should be whole grain, like whole wheat bread.
- Dairy (skim or 1%) – milk, cheese, cottage cheese and yogurt, etc.
- Proteins – chicken, shrimp, eggs, beans, nuts and soy proteins, etc.
- Oils – olive oil and canola oil

A healthy eating pattern limits:

- Added sugar - in cookies, snacks, soda, juices, and beverages, etc.
- Sodium – in foods like frozen dinners, salty snack foods, canned foods, and convenience meals, etc.
- Saturated and Trans fats – butter, sour cream, fatty beef, and whole milk cheeses and dairy products.

Your eating pattern is about more than just *what* foods and drinks you eat. *Where* you eat, *when* you eat, and *with whom*, and *what you're doing while you eat* is also important. Do not eat in front of the TV or while read a book or when using your smart phone.

Thanks to Charlotte Scheid for contributing to this section.

<https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/#guidelines>



Support Healthy Eating at School

There are so many reasons to celebrate at school! From birthdays to holidays, for meeting behavior goals, and winning contests, schools know how to party!

Food is naturally part of every party. But, did you know that common classroom party foods like cakes, cookies, chips and soda can add 500 calories or more to a child’s diet? Having these treats too often can lead to poor eating patterns, excess weight gain, and sends mixed messages about healthy food choices. Hearing the same messages about healthy foods choices again and again is the key to foster lifelong healthy eating patterns.

It’s all about the way food looks. So make healthy food *fun* – at school parties and at home!

Serve this:	Instead of:
Banana, pumpkin or zucchini bread – in fun shapes	Cupcakes
Fresh fruit kebabs and cheese cubes	Cookies
Sparkling water, club soda mixed with 100% fruit juice and a slice of lemon, or chocolate milk	Soda or punch
Dried fruit (raisins, cranberries, pineapple)	Candy
Popcorn in decorated paper bags, or BAKED chips	Potato and corn chips
Cheese (cut into fun shapes) and crackers	Cheese curls/puffs

Focus more on *active* games to make the party fun! Try these ideas:

- Have the kids make a funny face out of vegetables. Then let them eat it.
- Read a book about the holiday or birthdays to the classroom.
- Play a favorite game; silent ball or Simon says
- Make a craft or art project.
- Play freeze dance or teach them a line dance.
- Have a scavenger hunt.
- Play minute to win it games.



Find more information on school parties, visit:

<https://www.uchealth.org/Documents/file-pdf/COMHEA-PVH-HealthySchoolParties-PSD.pdf>

***STRETCH* Your Food \$\$\$**

Convenience vs. Cost



Our lives are busy! Especially at the holidays, busy schedules fast food meals can be an easy choice for breakfast, lunch and/or dinner. But, with quick meals comes cost. A typical fast food meal may cost between \$5.00 and \$9.00, or more! A meal made at home may only cost between 50 cents and \$1.50 for 1 person. That means that a family of 4 can eat a meal at home for \$10 including side dishes and drinks.

When you choose fast food, select your meal wisely. Today, fast food restaurants have healthier options on their menus. Here are a few examples:

Chick-fil-a <http://www.chick-fil-a.com>

- Grilled Chicken Sandwich (320 calories)
- Grilled Chicken Cool Wrap (340 calories)
- Medium Fruit Cup with Blueberries (50 calories)

McDonald's <https://www.mcdonalds.com/us/en-us.html>

- Fruit and Yogurt Parfait (150 calories)
- Southwest Grilled Chicken Salad (370 calories)
- Apple Slices (15 calories)

Wendy's <https://www.wendys.com>

- Small Rich and Meaty Chili (170 calories)
- Sour Cream and Chive Baked Potato (310 calories)
- Grilled Chicken Wrap (270 calories)

Thanks to Charlotte Scheid for contributing to this section.

FEED YOUR FUNNY BONE

What is a snowman's favorite lunch?



An Iceberger!

FOOD SAFETY



Uncooked cookie dough can make you sick!

Remember:

Any foods with raw eggs in them should be cooked to at least 160° F, using a food thermometer.

Learn more about food. Some online games to play over winter break.

- <http://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/>
- <http://www.fsis.usda.gov/Oa/foodsafety/mobile/mobilegame.swf>
- <http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game.aspx>

Recipe Connection

Remember wash your hands before preparing food.

Sweet Potato and Black Bean Stew

Serves: 6

1 cup per serving

Ingredients:

2 tablespoons vegetable oil
 Small, Dried chili pepper, whole
 1 ¼ cups Fresh onions, peeled, diced
 1 teaspoon ground cumin
 1 ½ cups Fresh sweet potatoes, peeled, cubed 1/2"
 6 cups Canned low-sodium black beans, drained, rinsed
 ¾ cup orange juice
 1 cup Low-sodium chicken stock
 1 tablespoon red wine vinegar
 ¼ teaspoon salt
 ¼ teaspoon ground black pepper
 4 cups Fresh Swiss chard, no stems, chopped

Directions:

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
4. Remove chili pepper and discard.
5. Add vinegar, salt, and pepper.
6. Add Swiss chard. Cover and cook until Swiss chard is tender. May serve over brown rice or whole-wheat couscous.

<http://www.whatscooking.fns.usda.gov>

It's a Meal Strata

Serves: 4

1- 4"x4" piece per serving

Cost Per Serving: \$.88

Ingredients:

3 cups vegetables (sliced or chopped) whatever you have available or frozen
 1 teaspoon oil (canola or vegetable)
 1 clove garlic, minced or 1/4 teaspoon garlic powder
 1 package (3 ounces) light cream cheese (also called Neufchatel), softened
 3 eggs
 1 cup cubed bread (day old, about 1 slice)
 1/3 cup cubed ham (cooked)
 1/8 teaspoon ground black pepper
 1/3 cup cheddar cheese, shredded

Directions:

1. Cut the vegetables so they are about the same size.
2. Heat oil over medium high heat in a large skillet. Add vegetables and garlic and cook until are tender. Turn off heat and pat the vegetables with paper towels to remove the water. Set aside.
3. In a large bowl beat the cream cheese until smooth. Add eggs and beat well.
4. Stir in vegetables, bread, cubed ham, and pepper.
5. Pour into a greased 8"x 8" baking dish or small casserole dish.
6. Bake in oven at 350°F uncovered for 10-15 minutes until egg is set.
7. Remove from heat, sprinkle on the cheese, and let stand for 5 to 10 minutes before serving.

<http://www.extension.iastate.edu/foodsavings>