



“Nourish” Newsletter

January 2018

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Dear families,

Happy New Year! This month we offer tips on how to save money on food, and prevent the flu and food borne illnesses. Here's to your health in the 2018!

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Happy, Healthy New Year

Resolve to:

1. Save \$\$ on Food

- Review store ads for sales and specials.
- Create menus your family likes. Use www.chooseMyPlate.gov as an outline.
- Use your menu to make a shopping list. Buy only what is on your list!
- Plan to use leftovers in your menu planning. For example, Monday's menu is Baked Chicken. Serve Chicken Pot Pie on Wednesday using Monday's leftover chicken.
- Control your portions. A serving size is the suggested amount of food defined by household measures. A portion is how much you chose to eat. Controlling portions can save money.
- Avoid buying “junk” foods. Foods, such as donuts, snack chips, candy, soda and sweetened beverages, cookies, desserts, and pastries only offer lots of fat and calories and high cost. A 5 pound bag of apples might cost \$5, whereby an apple pie may cost \$7-10. The apples cost less, provide more fiber and less calories and fat than the pie.
- Avoid wasting food. That's money thrown away. Only buy what you can use and eat within a week and use what you buy.



2. Make ½ your Plate Fruits & Veggies

- Stock up on canned and frozen fruits and vegetables when on sale. Canned and frozen vegetables provide as much nutrition as fresh, and are a budget minded choice. Canned and dried fruits store longer in the pantry than fresh.
- Buy fresh fruits when in season. Citrus is a good buy in the winter months.
- Only buy what you can eat within a few days.

3. Make ½ your Grain Whole Grains

- Read the food labels. Look for the word “whole” in the first ingredient.
- Buy 100% whole-wheat bread in place of white bread; brown rice instead of white rice.
- Mix whole wheat pasta with your regular spaghetti.
- Use whole wheat tortillas in place of flour tortillas.
- Choose popcorn for a whole grain snack.

FIGHT THE FLU

Flu is a virus. It lives in the nose, throat and lungs. The flu spreads from person to person through the air and by touching objects soiled with the flu virus. Droplets of virus-filled saliva and mucus are released into the air through sneezing, coughing, and blowing your nose. Breathing in these droplets of virus can make you sick. These virus-filled droplets also land on surfaces, door handles, sink faucets, and table tops, and can live there for 2 hours. Just touching soiled surfaces then touching your eyes, nose or mouth can transfer the flu to you as well.

Flu can be spread the day before you know you are sick through 7 days after getting sick.



What You Can Do to Stay Well This Winter

- Get a flu shot every year.
- Wash your hands often and well, or use hand sanitizer.
- Cough and sneeze into your bent elbow.
- Avoid touching your nose, eyes, and mouth.
- Wipe kitchen and bathroom sinks and faucets, door handles, telephones, and countertops with sterilizing wipes regularly.
- Avoid sick people. Stay home if you are sneezing or coughing nonstop.
- Keep sick children home until their fever is gone for 24 hours. www.cdc.gov



Happy Birthday

How long should you wash your hands to get rid of bacteria?

- 10 seconds
- 15 seconds
- 20 seconds
- 30 seconds

The answer: C. 20 seconds

It takes twenty (20) seconds to hum or sing Happy Birthday 2 times.

STOP THE FLU IN ITS TRACKS

Wash away the Germs

Wash your hands with warm water and soap often and well!

Always wash hands **BEFORE**:

- preparing food;
- eating food;
- tending to a sick person;
- treating a cut or scrape.

Always wash hands **AFTER**:

- sneezing, coughing or blowing your nose;
- tending to a sick person;
- using the bathroom; changing diapers or helping a child with the toilet;
- handling raw meat;
- touching pets;
- handling garbage.

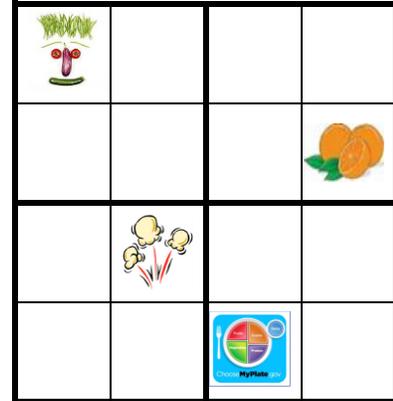
Always wash hands AND food preparation surfaces **BEFORE, DURING, AND AFTER** preparing food.

www.fightbac.org

KIDS CONNECTION

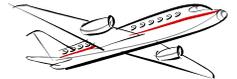
Nutrition Sudoku

Fill in this 4 X 4 grid with these pictures so that each column, each row, and each outlined square contains only 1 of each picture.



Feed your Funny Bone

What does a pilot eat for breakfast?



A banana and "plane" bagel.

Recipe Connection

Remember wash your hands before preparing food.

Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe Yield: 6 servings

Ingredients:

- 2-3 medium sliced potatoes
- 2 cups sliced carrots
- 1/4 teaspoon black pepper
- 1/2 cup sliced onion
- 1 pound browned and grained ground beef
- 1 1/2 cups green beans. (For variation, use peas or corn instead of green beans.)
- 1 can tomato soup (or your favorite cream soup)

Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350°F for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Adapted from: One Dish Meals, A Family Living Program, University of Wisconsin Cooperative Extension Service

https://snaped.fns.usda.gov/sites/default/files/uploads/Sensational_Six-Layer_Dinner.pdf

Mama's Chicken and Rice

Serves: 4

Ingredients:

- 1 tablespoon vegetable oil
 - 1 pound boneless, skinless chicken breasts, diced or 10-ounce can of drained chicken breast meat
 - 2 cups water
 - 1 cup thick and chunky salsa
 - 2 cups minute rice, whole grain
 - 1 can (16 ounces) whole kernel corn, drained
 - 1 cup shredded cheddar cheese, divided
- Helpful Hints: If you like a real spicy dish, add garlic, cumin, black pepper and chili pepper.

Directions:

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink. Start with step 2 if using canned chicken.
2. Add water and salsa to skillet and bring to a boil. Add chicken if using canned chicken.
3. Stir in rice, corn and 1/2 cup cheese.
4. Reduce heat and simmer 5 minutes, covered.
4. Sprinkle remaining 1/2 cup cheese on top and serve.

<http://www.kidsacookin.org/medium-skill-builders/Mamas-Chicken-and-Rice.pdf>