

“Nourish” Newsletter

MARCH 2017

“PUT YOUR BEST FORK FORWARD”

Dear NutriPacks families,

It's National Nutrition Month! Put Your Best Fork Forward! Choose foods that improve your health and lower your risk for chronic diseases. Be informed about the food you eat. Keep your heart strong! Add daily exercise to keep your heart healthy and weight within a desired range.

Kathie Novak, MEd, RD, Nutrition Ed. Coordinator



March into a Healthy Breakfast

Hungry kids have a harder time learning. They often

have lower math scores and a poorer memory. Hungry children are likely to miss school or be late to school, and may show behavior problems.

Studies show that children who eat a full breakfast:

- Make less mistakes in Math and can do math quicker;
- Do better on vocabulary tests;
- Remember things better and pay attention more.
- Students who eat breakfast at school:
- Report to school more often and come to school on time.
- Are more alert and remember better.
- Score higher on tests, especially Math tests.
- Are better able to manage frustration and anxiety.

Recipe for a Healthy Breakfast:

- ✓ **Whole Grains:** Grains provide B vitamins and fiber which digests more slowly to keep the tummy feeling full longer. Substitute whole wheat breads and cereals, oatmeal or oat cereals, granola. Skip cereals with sugar as the 1st ingredient.
- ✓ **Fruit & vegetable-** Select whole fruit rather than juice. Fruit and vegetables offer minerals, folate (B-vitamin), vitamin C and fiber. Be creative; try veggies for breakfast, too; tomatoes, spinach, or avocado, carrots - try them all.
- ✓ **Milk and dairy** - Vitamin D and Calcium are important for growing bones and teeth. Serve low-fat milk, low-fat yogurt, and/or cheese at least 3 times a day to children.
- ✓ **Protein** - Protein builds and repairs the body and gives us needed minerals and vitamins. Eating protein foods, like eggs, nuts, ham, and/or nut butters at breakfast will help keep your child satisfied until lunch.

Choose MyPlate For meal planning



Try these breakfast ideas based on the MyPlate: Spinach omelet and rye toast; scrambled egg and salsa wrap; avocado on toast with an orange; oatmeal topped with yogurt and berries; oat cereal with milk and banana, Carrot muffin with slices of ham.

National School Lunch and Breakfast Program serves healthy meal to all children at school. To see if you can get meals at a discount or for free call or click.

PA Department of Education - 717-787-7698

<https://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals>

Take it to Heart

The heart is an important organ in our body. It is a strong muscle that helps pump blood all over the body and gives the body the nutrients and oxygen needed for survival. Also, the heart helps get rid of harmful wastes.

A few ways to keep the heart healthy is to increase physical activity, eat foods with monounsaturated and polyunsaturated fats, eat foods high in fiber and limit saturated fats as these fats may harm the heart.

A few examples of high fiber foods include apples, brown rice, black beans and carrots. Foods with monounsaturated fats are avocados, olive oil and almonds. Foods with polyunsaturated fats are canola oil, walnuts and sunflower seeds. If you like chips, look for chips with flaxseeds and vegetable oils (canola, sunflower and safflower).

For more information visit: Kidshealth.org, mayoclinic.org



Thanks to Charlotte Scheid for contributing to this section.

STRETCH Your

Food \$\$\$ - Learn to read shelf labels



1. Compare unit prices of different brands, sizes, or forms of food. Unit prices tell you the cost per amount, as the label here shows.
2. Judge prices between generic and store brands, and national brands. Compare prices of large sizes to smaller packages. Bulk sizes may or may not be the best deal.

This is the unit price. Use this number to compare food items and determine the best buy. The lower the unit price, the more you get for your money.

This is the name of the item.

This is the total price of the item.

This is the size of the item.

Unit Price
10¢ per oz.



Blue Bird Rice

Total Price
\$.60

6 oz.

Feed your Funny Bone



Why did the lemon go to the doctor?

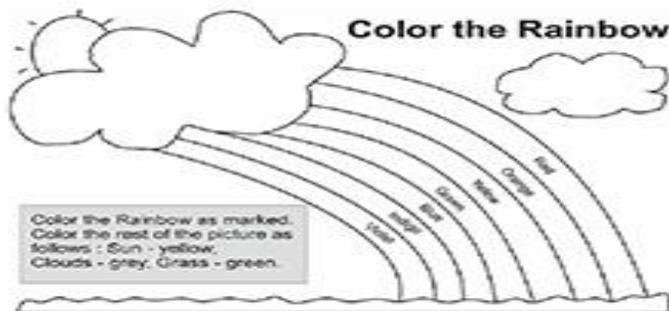
It wasn't "peeling" well.

Kids Korner

Rainbow treasure hunt

Draw a line to match the food to its color of rainbow.

- | | | |
|---------------|---|------------------------|
| Red | ← | Eggplant |
| Orange | | Spinach |
| Yellow | | Blueberries |
| Green | | Turnip |
| Blue | | Plums |
| Indigo | | Golden Delicious Apple |
| Violet | → | Strawberries |
| White (cloud) | | Papaya |



Recipe Connection

Always wash your hands before cooking! Ask for a grown up to help you.

Ham and Brown Rice

Serves: 6 1 ½ cups per serving
\$0.79 per serving

Ingredients:

- 1 can (14 ounces) low sodium chicken broth
- 2 1/2 cups cooked ham or pork, chopped
- 1/2 teaspoon minced garlic
- 1 1/2 cups instant brown rice, uncooked
- 1/2 teaspoon ground black pepper
- 2 cups frozen peas
- Parmesan cheese (optional)

Instructions:

1. Combine broth, ham, and garlic in a skillet. Heat to boiling.
2. Stir in rice and pepper. Reduce heat to a simmer, cover and cook for 10 minutes.
3. Uncover. Add peas and cook about 4 minutes more until rice is tender and peas are hot.
4. Sprinkle Parmesan cheese on top, if desired. Serve immediately.

<https://spendsmart.extension.iastate.edu/recipe/ham-brown-rice/>

Baked Oatmeal Muffins

6 servings, serving size = 2 muffins

Ingredients:

- 2 ¼ cups water
- 2 ½ cups oats (quick cooking or old fashioned)
- 2 eggs
- 4 Tablespoons brown sugar, divided
- 2 Tablespoons oil (canola or vegetable)
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon, divided
- ¼ cup nonfat milk
- 1 medium apple, finely chopped
- ¼ cup dried fruit (raisins, cranberries, cherries)
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F
2. Bring water to a boil in a saucepan. Add oats and boil for one minute. Remove from heat and let stand five minutes.
3. Beat eggs, 3 Tbsp. brown sugar, oil, baking powder, 1 tsp. cinnamon, and milk in a mixing bowl with a fork.
4. Stir in oatmeal, apples, and dried fruit.
5. Stir together the remaining 1 Tbsp. brown sugar and 1 tsp. cinnamon in a small bowl.
6. Lightly coat a muffin tin with cooking spray. Divide oatmeal mixture into 12 muffins. Sprinkle cinnamon sugar mixture on top of the muffins.
7. Bake for 30 minutes until the center is set and the top is lightly browned. Let muffins sit for 5 minutes before serving.
8. Store leftovers in an airtight container in the refrigerator or freezer.

<http://www.buyeatlivebetter.org/recipes.cfm?getid=7319>
Thanks to Charlotte Scheid for contributing to this section.