

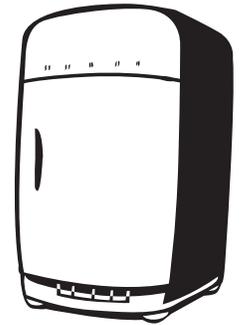


# Color Me Healthy NEWS

preschoolers moving & eating healthy

JUNE

## Keeping Your Family Safe



**M**aking sure your family's food is safe and free from harmful bacteria is important for good health. Young children are at high risk for food borne illness making it even more important that you follow good food safety rules when preparing food at home. Here are some simple steps to help you keep your family safe.

**CLEAN.** Wash hands and surfaces often.

**SEPARATE.** Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. Keep raw meat, poultry, eggs, and fish away from other foods, surfaces, utensils, or serving plates.

**COOK.** Cook foods to a safe temperature. Uncooked and undercooked animal foods are potentially unsafe. Reheat sauces, soups, marinades, and gravies to a boil. Always reheat leftovers thoroughly. If using a microwave oven, cover the container, turn or stir the food to make sure it is heated evenly throughout.

**CHILL.** Refrigerate perishable foods promptly. Follow the label.

**SERVE SAFELY.** Keep hot foods hot and cold foods cold. Harmful bacteria can grow rapidly in the danger zone between these temperatures. Whether raw or cooked, never leave meat, poultry, and eggs or fish out at room temperature for more than 2 hours (1 hour in hot weather). Be sure to chill leftovers as soon as you are finished eating. These guidelines also apply to carryout meals, restaurant leftovers, and home-packed meals-to-go.

**WHEN IN DOUBT, THROW IT OUT.** If you aren't sure that food has been prepared, served, or stored safely, throw it out.

For more information contact FDA's Food Information Line 1.888.SAFE FOOD.



## Tips To Help Your Family Get The Fruits And Vegetables They Need

**N**othing can make a bigger impact on your overall diet than increasing fruit and vegetables. They are high in fiber and packed with vitamins. Here are some easy tips to help you and your family get the fruits and vegetables they need each day.

- Offer cut-up raw vegetables with dip for snack time. You can cut them up yourself and keep them in the refrigerator so they are ready to go.
- One day a month, have a family tasting party to try new fruits and vegetables.
- Create a "build your own pizza" party. Buy the ready-made crust and sauce and have a variety of toppings, including peppers, pineapple cubes, spinach, squash, broccoli, onions, etc. Let family members make their own pizza or section of a large pizza. You may be surprised what your child is willing to try.
- Keep a basket or bowl with fruit on the kitchen table or counter for easy pick-up. It will also serve as a reminder



## Go Outside And Play

**O**ne way to help your children be more active is to encourage outdoor play.

The more time spent outdoors, the more time they are active. Here are some suggestions for fun, active play outside.

- Ride bikes
- Blow bubbles
- Play tag
- Play on a swing set
- Jump rope
- Walk the dog
- Play "hide and seek"
- Run through a sprinkler

to eat more fruits and vegetables.

- For a super sweet treat, cut up and enjoy a golden pineapple. Choose one that is beginning to turn yellow but has no bruises or soft spots.
- Make your own smoothies by blending together frozen fruit, such as sliced bananas or strawberries, and milk and/or 100% fruit juice.
- Snack on the perfect grab-n-go foods: fresh apples, ripe plums and pears, carrot and celery sticks. Have these foods washed and ready for eating.

## Color Me Healthy Parent Bulletin Board



If a child dislikes certain vegetables, use your imagination by calling them something fun and memorable. For example, call peas “green balls” and broccoli “little trees.”



Try to keep meal times and snack times about the same time each day. This helps your child get into a routine so they are hungry and ready to eat when food is served.



Remember everybody has a role. Your role as the parent is to offer a variety of nutritious meals and snacks; your child’s role is to decide which foods to eat and how much.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

### Zucchini Fries

#### INGREDIENTS

- 2 medium zucchini
- 1/2 cup Parmesan cheese
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1/2 teaspoon salt
- vegetable oil

#### INSTRUCTIONS

1. Preheat oven to 375°.
2. Cut the ends off of the zucchini.
3. Cut in half, and then cut each half in half lengthwise, then in 2-4 strips.
4. Mix all dry ingredients. If you do not have all of the spices, do not worry; it will be delicious with one, two, three, or even none of the spices.
5. Line a cookie sheet with foil and lightly oil.
6. Place the dry mixture, zucchini strips, and a tablespoon of vegetable oil in a zip top plastic bag and shake to coat the zucchini.
7. Place the zucchini not touching on the cookie sheet and bake until golden, about 20 minutes.



## Food For Families On The Go

### Chicken Pasta Salad *7 servings*

#### INGREDIENTS

- 2 cups cooked whole-wheat penne pasta (about 1 cup uncooked)
- 1½ cup canned chicken (drained)
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels (drained)
- 1/2 cup frozen peas (thawed)
- 1 can (15 ounces) black beans (rinsed and drained)
- 1/2 cup bottled Italian dressing

#### INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian)
4. Chill for several hours to blend flavors.

Prep Time: 30 minutes

Cook Time: 10-12 minutes

Calories per serving: 230