



Color Me Healthy NEWS

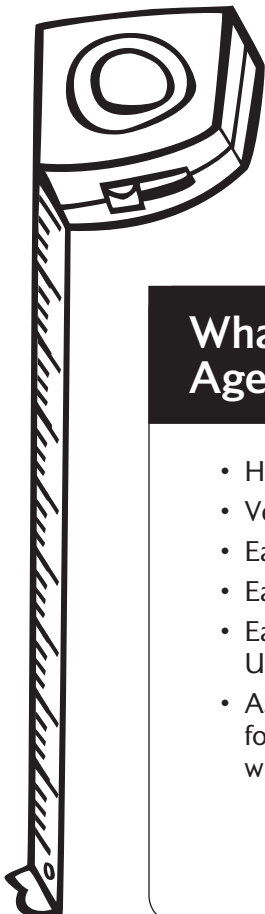
preschoolers moving & eating healthy

Welcome To Color Me Healthy

Congratulations! Your child's classroom is participating in *Color Me Healthy*, a program for 4 and 5 year olds on eating healthy and being active. Your child's teacher attended a special training focused on teaching *Color Me Healthy*. The program is designed for children, parents and child care providers and uses sight, sound, touch and taste to teach children about healthy eating and being active. *Color Me Healthy* includes classroom activities, songs, games, and imaginary trips, all developed especially for children

aged 4 to 5. *Color Me Healthy's* goal is to show children that eating healthy and being active is fun! You as the parent will have the opportunity to see and hear *Color Me Healthy* in action as your children share with you songs and activities from their day.

You will receive a monthly newsletter designed for busy parents like yourself. Watch for monthly issues that contain helpful information on eating healthy and being active, quick after-work recipes, as well as ideas to help you and your family be healthy!



Your Growing Child

You see so many changes in your little ones as they grow and develop. Eating is one of the areas where children begin to develop quickly between the ages of 3 and 5. Below are several changes that will occur with respect to eating as your child continues to develop.

What To Expect Between Ages Three And Four:

- Hesitate trying new foods.
- Verbalize food preferences.
- Eat independently with some help.
- Easily distracted in groups.
- Eat using mostly fingers.
- Use spoon and drink from cup.
- Ask for more food or drink when desired.

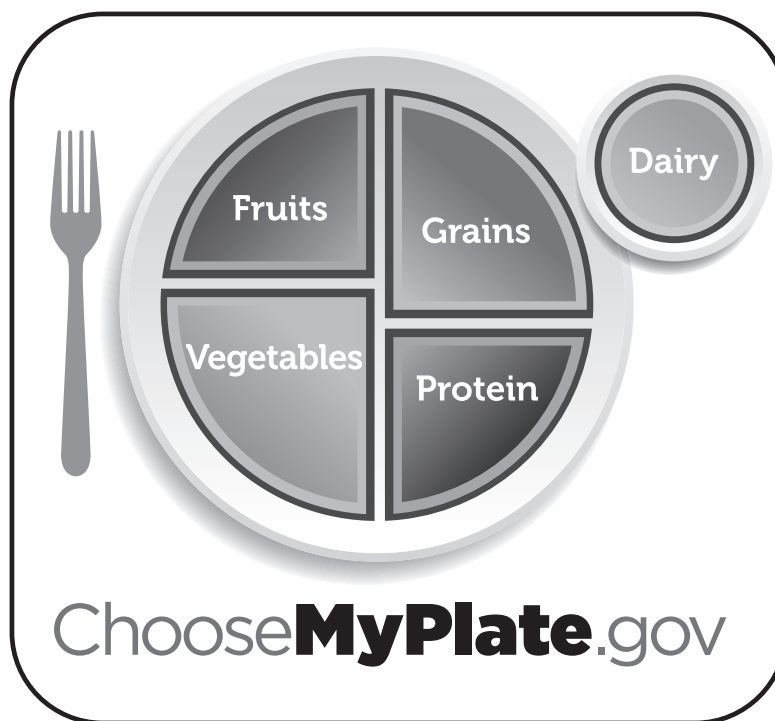


What To Expect Between Ages Four And Five:

- Begin to experiment with new foods.
- Initiate new food selections.
- Require less help at the table.
- Eat more comfortably in groups.
- Use fork and spoon. Pour own juice.



Choose a Healthy Plate



EAT SMART

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

MOVE MORE

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

Have fun!



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Color Me Healthy

It's time to play, we're going out, all my friends and I
Bright yellow sun, soft white clouds, up in a sky blue sky
Tumbling in the green green grass, how fast can you run?
We are going to have ourselves a wagon full of fun

Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
We are going to have ourselves a wagon full of fun

I've played hard, I'm 'bout to starve what do I want to eat
Apple red, celery green, oranges are sweet
Purple grapes, pink grapefruit, what's your favorite one?
We are going to have ourselves a wagon full of fun

Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
We are going to have ourselves a wagon full of fun

I'm piling up my wagon high with all my favorite treats
I'm pulling it behind me as I'm dancing to the beat
I'm so free you can't catch me no matter how you run
Look out 'cause I'm coming with my wagon full of fun

Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
We are going to have ourselves a wagon full of fun

Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
Color me color me color me color me — Color me healthy
We are going to have ourselves a wagon full of fun



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Heartbeat Beat

When I walk around (beat beat)
My heart makes this sound
(beat beat)

I walk faster, it beats faster
I can feel my heartbeat beat

When I dance around (beat beat)
My heart makes this sound
(beat beat)

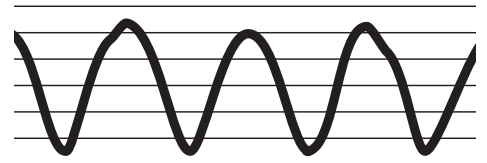
I dance faster, it beats faster
I can feel my heartbeat beat

When I jump around (beat beat)
My heart makes this sound
(beat beat)

I jump faster, it beats faster
I can feel my heartbeat beat

When I run around (beat beat)
My heart makes this sound
(beat beat)

I run faster, it beats faster
I can feel my heartbeat beat





Try New Foods

(to the tune of *Bingo*)

If you have a favorite food
You can try a new one
You can try new foods
Something new to you
If you try new foods
Then they can be your
favorites too

If you like apples, try a pear
Like carrot sticks? Try celery
You can try new foods
Something new to you
If you try new foods
Then they can be your
favorites too

If you like grapes try cherries too
Like corn-on-the-cob, try string
beans
You can try new foods
Something new to you
If you try new foods
Then they can be your
favorites too

If you have a favorite food
You can try a new one
You can try new foods
Something new to you
If you try new
foods
Then they
can be your
favorites too



Play Outside

We're gonna play outside
We're gonna play outside
I can't wait
My favorite part of the day
We're gonna play outside

It's finally time
Mr. Sun is out
Gonna feel so fine
Makes me wanna shout

We're gonna play outside
We're gonna play outside
I can't wait
My favorite part of the day
We're gonna play outside

When skies are grey
I can stay inside
But not today
We're gonna play outside

We're gonna play outside
We're gonna play outside
I can't wait
My favorite part of the day
We're gonna play outside
We're gonna play outside

Taste the Colors

(to the tune of *This Old Man*)

We love food colored green
Bell peppers and long string beans
Pickles, celery, cucumbers too
All these foods are good for you

Yellow foods are fun to eat
Bananas are a special treat
Squash and corn and lemon
wedges, too
All these foods are good for you

We love food colored red
Cherries, apples, jam on bread
Raspberries, tomatoes too
All these foods are good for you

We love food that's orange too
Carrot sticks and orange juice
Cantaloupes and sweet potatoes too
All these foods are good for you

All these foods are fun to eat
Colors make them special treats
Taste the colors one by one
Healthy foods are lots of fun



The Picnic Song

(to the tune of *Twinkle Twinkle*)

When you have the same old snack
That your Mom or Dad has packed
Spread your blanket on the floor
Now pretend you are outdoors
Picnics are a lot of fun
Let your smile shine like the sun

Grass so green and trees so high
Look up and see the clear blue sky
With pretend we have the chance
Eat outside with all those ants
Picnics are a lot of fun
Let your smile shine like the sun



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JANUARY

Eating Together As A Family

Scheduling a family meal is not always easy. Family members have different schedules and are often running in different directions. Mealtime, however, is a great time to come together as a family to catch up on the day's activities, as well as share nutritious foods. Try scheduling at least two or three family meals each week. Keep the mealtime as pleasant and as unstressful as possible. Mealtime is not the time to bring up problems or discipline issues. Make a family rule to have no phones or other devices during mealtime.



The family meal is a place for children to learn what their parents think is important, learn good manners and how to hold a conversation with an adult. The family meal is a good time to introduce a new food or recipe. The family meal gives children a feeling of being connected with their parents. Studies show that children who eat with their families are less likely to have problems in their teen years. Make having a family meal a priority; you'll be glad you did!



Snacks A Good Way To Boost Your Child's Nutrition

Snacks are a great way to help your child get the good nutrition they need. Young children can't eat enough at one meal to last them until the next scheduled meal. Their small digestive systems require snacks in between meals to help them get the energy and nutrients they need to grow and develop.

Foods eaten at snack time may make up as much as 1/4 to 1/2 of what a child eats. That's why snacks should be scheduled and selected carefully. Sometimes when we think of snacks, we think "quick," quick to prepare and quick to eat. That does not mean, however, that snacks should not be healthy. Quick healthy snacks can be as easy as a piece of fruit, a snack-size can of fruit with a graham cracker, half sandwich, scrambled egg, or cheese and crackers.



Turn On Your Child's Imagination

Our children are spending too much time in front of the screen. Too much screentime cuts into family time and promotes inactive lifestyles. Excessive screentime has been linked to overweight in children. Tips to help you and your family turn it off are:

- Designate certain days of the week as screen free days
- Turn devices off during mealtime
- Move the television to a less prominent location
- Listen to music instead of watching a screen
- Read to your children
- Have your child draw a picture
- Suggest your child play a game with a sibling
- Put a puzzle together
- Limit channel surfing

Color Me Healthy Parent Bulletin Board

Let your child help in the kitchen. Allow them to help measure ingredients as well as wash fruits and vegetables. Allowing children to help make a meal will make them more willing to try it.

Start a vegetable garden. Create a garden or plant a large flower box with a favorite vegetable selection. Let the children care for and harvest their own food.

Don't forget the **WATER!** To prevent dehydration and promote overall good health your child needs plenty of water throughout the day, especially during hot, humid weather. It is recommended that children drink 8-10 glasses of water per day.



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.

Pizza 2-4 servings

INGREDIENTS

- whole-wheat pizza crust or boboli for a large pizza
- whole-wheat english muffins, bagel halves or pita bread for a small pizza
- spaghetti sauce
- your favorite toppings (cheese, black olives, mushrooms, onion, green pepper, broccoli, zucchini)

INSTRUCTIONS

1. Place pizza dough on baking sheet.
2. Spread spaghetti sauce on the crust.
3. Add toppings. Be creative. You could put mushrooms in the shape of a letter or make circles of different kinds of vegetables. You could make one half with all green toppings (broccoli, green pepper, zucchini) and one half with all yellow and white toppings (yellow squash, onions, pineapple). Add just one piece of something you haven't tried before.
4. Don't forget the cheese! Mozzarella cheese is on most pizzas. You could use mozzarella, cheddar, or any other cheese you like. You may want to experiment with a combination of cheeses.
5. Bake at 350° until the crust is golden brown and the pizza is bubbly. Take out of the oven and let it cool for 5 to 10 minutes. Slice and serve.

NOTE: Be creative with your toppings. You can put almost anything on a pizza. You can put a new topping on just one part of the pizza so that you can taste it. If you like it, you can put on more next time.



Food For Families On The Go

Oven Fried Chicken Legs 6 servings

INGREDIENTS

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs (whole-wheat if available)
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Prep Time: 20 minutes
Cook Time: 45 minutes
Calories per serving: 220

INSTRUCTIONS

1. Heat oven to 375°.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° for 45 minutes.

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.



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FEBRUARY

Parents Worry Child May Starve

Preschool children sometimes refuse to eat anything at mealtime, causing you as a parent to be concerned. Don't worry about a skipped meal. Children have days when food just doesn't seem important to them. Then there will be days when you can't seem to fill them up.

Offer the next snack or meal at the regular time. Remember, your child determines whether to eat or not. You decide when you offer and what food to offer. Having scheduled times for meals and snacks gives the child a sense of security that food will be there to satisfy their hunger.



Fruit And Vegetable Selection Guide

Squeezing, pinching, shaking, smelling, thumping...how **DO** you pick the right fruits and vegetables? You want to make sure you are getting the most for your money, but how can you be sure you are choosing the perfect ones? The most important thing is to trust your senses. Look for fresh-looking fruits and vegetables that are not bruised or shriveled. Ask the produce manager to help you choose an item you are unfamiliar with. Below are some tips for buying 5 very popular fruits and vegetables. Remember these tips and you will be an expert in the produce aisle.

- **APPLE**—Look for firm, brightly colored apples with no bruises. The apple should feel heavy in your hand and have the stem attached; this is a good sign that the apple is not overripe.
- **BANANA**—Choose bananas according to the peel color and ripeness desired. For the best eating, choose firm, unscarred bananas that are greenish to greenish-yellow and ripen them at home. A golden yellow banana is ripe and will bruise easily. Bananas with brown specks are very ripe and soft and should be used quickly.



Heartbeat Health

You may think it's too early to think about heart health for your child. However, if your child is active now it can lower their risk of cardiovascular disease later in life. Cardiovascular disease is actually a group of diseases that affect the heart and blood vessels. The disease process can start very early in life. Being active can decrease the risk of developing heart disease. Being active early in life can also help our children develop a lifelong habit of physical activity.

A child that is physically active will:

- listen and participate actively in school
- sleep better at night
- build healthy bones and muscles
- have better self esteem

- **GRAPES**—Grapes should be plump and smooth. Choose bunches of grapes firmly attached to a fresh, green stem. Avoid bunches that have begun to wrinkle.
- **GREENS**—(kale, collards, spinach, turnip and mustard greens) The smaller and younger the leaves, the milder and better tasting they are. Look for greens with fresh color. Avoid yellowed, limp wilting leaves as this indicates the greens are old.

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Being a good role model for your child is the easiest way to help them be active and eat right. If you don't eat your vegetables, they probably will not either.

Give veggies a potato chip edge. Keep healthy dips such as low fat cottage cheese or yogurt next to cut up raw vegetables in the refrigerator.

When taking a walk, have a scavenger hunt. Have your child look for a blue door, wooden fence, red car, etc. while walking around the neighborhood. This is a good activity to help children learn new words and colors.



Kids Kitchen

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Banana Rolls

INGREDIENTS

- 1 banana
- 2 tablespoons peanut butter or nut butter alternative
- 1/4 cup cereal

INSTRUCTIONS

1. Peel and cut bananas to 2" pieces.
2. Spread one end of each piece with a small amount of peanut butter.
3. Dip the peanut butter end into cereal.
4. Serve immediately or chill until served.



Food For Families On The Go

Cheese Spinach Noodles *6 servings*

INGREDIENTS

- 8 ounces whole-wheat egg noodles
- 10-ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

INSTRUCTIONS

1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

Prep Time: 20 minutes

Cook Time: 15 minutes

Calories per serving: 160



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MARCH

Go With H²O

What is the substance that contains no calories, makes up 60 percent of our body weight and is practically free? The answer is WATER. Two thirds of our bodies are composed of water, making it the body's most vital nutrient.

Many people underestimate their need for water. It is recommended that we drink 8 to 10 glasses per day. Why is water so valuable?

- Helps your body digest food and absorb nutrients
- Keeps your body working properly
- Carries away bodily waste
- Cools the body through perspiration

"But I don't like the taste," you may say? Become the master of disguise and mix lemon or lime slices in your water cup. Inspire yourself and your children by using a favorite water bottle. Try making water a drink option at mealtime or snacks. Offer children water when they want to snack just before a scheduled meal.



I Don't Like It!

We have all heard that before. Children are constantly deciding what they do and don't like. They sometimes make up their minds that they are not going to like it before they even taste a food. Try introducing your child to different forms of a food to peak their interest. At snack time let your child choose raw apple, apple juice, applesauce or a small amount of all three. Have a tasting party. Talk about the different textures, tastes, and colors. Discuss the one they like the best and why. You can also do this with orange juice and orange slices. Try the same experiment with cooked and raw carrots or cooked and raw broccoli. They will be surprised how different they taste. Helping children experience all the different tastes foods have to offer will help them enjoy a wide variety of foods.



Go Outside And Play As A Family

To have a strong body, your child needs to be active. Here are some ways you and your child can play together outdoors:

- Play running games. Make a target in the yard and ask your child to run around and over it. Invite children from the neighborhood to join in the fun.
- Walk together often. Walking is a great activity to do together, no matter what season. A walk in the snow, picking spring flowers, a summer evening stroll or looking at fall leaves are all fun.
- Go swimming together as a family. If you find it difficult or painful to do weight-bearing physical activities, you will enjoy the ease of moving in the water.
- Pick strawberries, blueberries or fresh vegetables.

Color Me Healthy Parent Bulletin Board

Try cooking vegetables in a different way. Most kids like them raw or slightly cooked. Offer vegetables steamed, grilled, broiled, or tossed with pasta. Add vegetables to spaghetti sauces, chili, and soups.

The most important time for children to brush their teeth is right before they go to bed.

When going to the store, park your car further away from the building and walk. Every step counts towards your physical activity goals.



Kids Kitchen

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Cucumber Citrus Water

INGREDIENTS

- 1 cucumber, sliced
- 1 orange, sliced
- 1 lime, sliced
- 1 cup ice
- Water

INSTRUCTIONS

1. Add cucumber, orange and lime to a 2-quart drinking pitcher.
2. Top with ice and then add water.
3. Can be served immediately. However, for more flavor, chill for 30 minutes or more before serving.



Food For Families On The Go

Stuffed Bell Peppers 4 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can no-salt added tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant brown rice
- 4 medium green peppers

Prep Time: 30 minutes
Cook Time: 15 minutes
Calories per serving: 260

INSTRUCTIONS

1. Crumble turkey into a 1½ quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.



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APRIL

Please Try Just One Bite

If your children are not interested in certain foods, start with smaller serving sizes. A half-cup of broccoli may look so overwhelming that a child won't even try to eat any. Start with two or three small pieces and then offer more when these are eaten.

When introducing a new food, put a small amount on your child's plate. Talk to your child about the color, smell and texture of the new food.



Spice Up Your Fruits And Vegetables

One of the best ways to jazz up fruits and vegetables is by adding herbs and spices. They can be expensive so choose a few to have on hand that your family enjoys. Add herbs and spices towards the end of the cooking time to preserve their full flavor. When using dried herbs remember that they are stronger than fresh herbs so you don't need as much. Below are examples of how herbs and spices match up with fruits and vegetables. Give these a try and experiment on your own!

- **CINNAMON**—apples, sweet potatoes, acorn squash
- **DILL**—tomatoes, cabbage, carrots, cauliflower, green beans, cucumbers
- **ONION POWDER**—most vegetables especially mashed potatoes
- **OREGANO**—tomato sauce, bean salad, zucchini, spinach
- **PARSLEY**—potatoes, green beans, carrots
- **ROSEMARY**—mashed potatoes, peas, lima beans, green beans, roasted potatoes



Active After School


The amount of time a child is outside is directly related to how active they are. Encourage your children to play outside often. If they have no playmates in the area, encourage them to be creative on their own or take the time to play with them.

Here are some ideas for outdoor activities.


- Bike
- Skate
- Jump Rope
- Run
- Fly A Kite
- Play Hopscotch
- Dance
- Toss a Frisbee
- Play Kickball
- Play Tag
- Play Catch
- Play Soccer
- Play Hide-N-Go Seek




Color Me Healthy Parent Bulletin Board



Encourage your children to eat a wide variety of foods by letting them pick out a new fruit, vegetable, or grain at the grocery store. Tell them it's a new game called "Adventure Eating" and make it a weekly event.



Plan outdoor family activities such as going to a park or a zoo that involves walking or provides the opportunity to be active.



Almost 50% of your bone mass is formed during childhood. Make sure your children get the calcium they need to form strong bones and teeth. Low fat dairy products are a great source of calcium.



Kids Kitchen

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Fruit Kabobs

INGREDIENTS

- strawberries
- cantaloupe
- bananas
- kiwis
- OR any kind of fruit that is in season
- skewers, toothpicks, or plastic drinking straws

INSTRUCTIONS

1. Cut up fruits into chunks.
2. Place on skewers, toothpicks, or plastic drinking straws.
3. Have children experiment with different combinations.
4. Fruit Kabobs on a straw are a fun way to encourage kids to drink water. Have them stir the straw, with fruit attached, in the water to "flavor" it. The child can then drink the water through the straw.



Food For Families On The Go

Chicken And Vegetable Fried Rice *2 servings*

Prep Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 cup boneless, skinless chicken breast, diced
- 2 teaspoons freshly chopped garlic
- 2 teaspoons freshly chopped ginger
- 2 cups of chopped vegetables (for example: 1/2 cup chopped or shredded cabbage, 1/4 cup chopped carrots, and 1/4 cup peas)
- 3-5 chopped green onions
- 2 cups cooked brown rice
- 2 teaspoons low sodium soy sauce

Calories per serving: 512

INSTRUCTIONS

1. In a wok add half tablespoon of olive oil over medium-high heat. Once the oil is hot, add the chicken pieces and let it cook, approximately 5-6 minutes. Once cooked, remove the chicken and set aside. (If using leftover cooked chicken, just heat slightly)
2. In the same wok add the remaining olive oil and heat over medium-high heat. Add the garlic and ginger and cook for 2-3 minutes. Add the chopped green onions and other vegetables.
3. Cook on high heat for approximately 5 minutes.
4. Once the vegetables are tender, add the cooked rice and chicken and toss again on medium heat for 2 minutes.
5. Add the soy sauce and toss to combine.



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MAY

Protection For FUN In The Sun

You and your family should enjoy spending time outside being active. While you are out having fun, protect your skin from the sun's damaging rays. Sun protection should begin in infancy and continue throughout life. It is estimated that we get about 80% of our total lifetime sun exposure in the first 18 years of life. Therefore, sun protection for young children is important to decrease the risk of problems later in life. Exposure to sun over time increases your risk for skin problems, including skin cancer.

Begin now to teach your children about sun protection. Take action to protect you and your children from the sun's harmful rays:

- Stay indoors or in the shade during the hottest time of the day—10am-2pm (daylight saving time 9am-1pm)
- Children and other family members should wear hats or visors and loose cotton tee shirts to protect their skin
- Apply a sun block with sun protection factor (SPF) of 30 or higher, and reapply per directions after playing in the water



Snack Attack

Mom, I'm hungry! When you hear this and it's not meal time, you know it is time for a snack. Small children need snacks to help them make it from meal to meal. But snacks don't mean throw good nutrition out the window. Your child's snacking mood may vary, but you can always maintain healthy snacking habits. Below are examples of great snacks no matter what their snacking mood. Try these suggestions if their snacking mood is:

THIRSTY—skim or low fat milk, water with lemon, lime, or orange wedge

SMOOTH—banana, cottage cheese, yogurt with fruit

CRUNCHY—raw vegetables, apples, popcorn, graham crackers, rice cakes, granola bar, a handful of dry cereal

JUICY—fresh fruit, 100% frozen juice popsicles, cherry tomatoes, blueberries

FUN—fruit, frozen bananas, watermelon, strawberries

REALLY HUNGRY—1/2 peanut butter sandwich, cereal with milk, bagel with low fat cream cheese, cheese and crackers



Helping Your Child Be Active And Helpful At Home

It is not too early to teach preschoolers that they need to help out at home. Make housekeeping chores fun and involve the whole family. It will get the chores done and help your child to be both active and helpful.

There are lots of ways to be active at home. Ask your child to help with these jobs:

- Dust furniture
- Pick up toys
- Rake leaves
- Set or clear the table
- Work in the garden
- Feed or walk their pet



Color Me Healthy Parent Bulletin Board

Eat a variety of nutrient rich foods.
You need more than 40 different
nutrients for good health and
no single food supplies them all.
Remember to include whole grains,
fruits, vegetables, dairy products, and
meat, poultry, and fish.

Active play and
movement are
important for
every child's
growth, health,
development,
and learning.

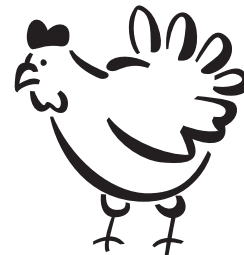
Lead a movement
parade around the
room or outside,
while calling
out different
movements
children can do:
hop, skip, leap,
twirl, twist, jump,
stomp, and more.



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.

Chicken Nuggets



INGREDIENTS:

- 1 egg
- 2 tablespoons milk
- 3½ cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget size pieces
- 1/4 cup barbeque sauce, ketchup, or mustard for dipping sauce

INSTRUCTIONS

1. Preheat oven to 400°.
2. Whisk the egg and milk together in a small mixing bowl.
3. Place cornflakes in a plastic bag.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with warm barbeque, ketchup, or mustard dipping sauce.



Food For Families On The Go

Tuna Burgers *6 servings*

INGREDIENTS

- 2 (4.5-ounce) cans low-sodium tuna, packed in water
- 1¼ cup bread crumbs, divided (whole-wheat if available)
- 1 cup low-fat shredded cheddar cheese
- 1 egg, lightly beaten
- 1/4 cup minced celery
- 1/4 cup minced onion
- 1 tablespoon Italian seasoning
- Non-stick cooking spray

INSTRUCTIONS

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, 3/4 cup bread crumbs, cheese, egg, celery, onion and Italian seasoning.
3. Form six patties; coat each side with remaining 1/2 cup bread crumbs.
4. Spray non-stick skillet with cooking spray; heat to medium heat.
5. Cook patties 3–5 minutes on each side until golden brown.

Prep Time: 10 minutes
Cook Time: 10 minutes
Calories per serving: 280



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JUNE

Keeping Your Family Safe

Making 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

Nothing 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

One 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.

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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

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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



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JULY

Variety Is The Spice Of Life

All foods can fit into a healthy diet. Even young children understand the idea of “sometimes.” Sometimes you sit in the front seat and sometimes your sister does.

The same applies to foods. There are “sometimes” foods that are not as healthy as others. Sometimes there will be cookies after school, sometimes fresh fruit, sometimes a bowl of cereal, sometimes cheese and crackers, and sometimes ice cream. Learning to expect and enjoy variety is one of the greatest lessons you can teach your children as they develop eating habits they will carry with them for a lifetime.

Encourage your children to try new foods and become interested in food preparation and how food is grown. Try the KIDS KITCHEN with your children to get started!



Check Out The Colors, Check Out The Smells

Children love to play with the colors and smells of food. Here are some ideas you can use with your child.

CHECK OUT THE COLORS

Food comes in a rainbow of colors. Here are some ways to check out the many colors of food:

1. Go to the fruit and vegetable section of the store. Talk about the many colors of the food.
2. For fun, have a red day, yellow day, orange day or green day. On these days, eat at least one food of that color. It may be a good way to get your child to try a new food.

CHECK OUT THE SMELLS

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, or others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.



What If You Cannot Be Active In Your Neighborhood?

If your neighborhood does not have sidewalks, is not safe, or has no place for you and your family to be active—what can you do? Unfortunately, not all neighborhoods are built to allow for walking or playing outside. You may need to find other places where you and your family can get the activity you need.

- be active inside, dancing is a fun way to get some movement
- make indoor chores fun, play music and turn them into games you do together
- plan a trip each week to a nearby park, make it a family tradition
- take a class, check with your community center or parks and recreation department to see what is available in your area
- check with neighborhood schools or faith communities to see if they allow families to use their facilities after hours

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Allow your children to have some choice in what they eat. You can help guide them in the right direction but help them to make good choices on their own. Having a wide variety of healthy foods to choose from will make this task easier.

When your child plays outside, remember to use sunscreen.

Give your toddler a chance to taste sparkling water. For a fun twist, make 100% fruit juice ice cubes in advance. When selecting unflavored sparkling water, make sure it is sugar-free and calorie-free.



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Banana Oatmeal Pancakes

2 servings (3 pancakes)

INGREDIENTS

- 2 eggs, beaten
- 2 bananas, mashed
- 1/2 cup of old fashioned rolled oats, uncooked
- 1/2 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/2 teaspoon olive oil
- 1/2 cup fresh or frozen fruit of your choice (optional)

INSTRUCTIONS

1. In a medium bowl, combine eggs, bananas, rolled oats, sugar (optional), baking powder, vanilla extract, and cinnamon. Batter should be cohesive and without lumps.
2. Heat olive oil in medium skillet on medium-low heat. Once heated, spoon 1/4 cup portions of the batter onto skillet and cook until golden brown on both sides (about 4 minutes on each side).
3. Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes. You can also serve pancakes with chopped nuts or peanut butter on top.



Food For Families On The Go

Garden Bow Tie Pasta 6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound whole-wheat bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- Salt and pepper to taste

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3–5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with salt and pepper.
6. Heat 3–4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese

Prep Time: 10 minutes
Cook Time: 20-25 minutes

Calories per serving: 350



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AUGUST

Mealtime Is About More Than Just a Meal

You have worked all day and been away from your child for eight hours or more. Everyone is tired and hungry, maybe even a little cranky. On the nights where the stress of the day leads into the stress of the night, hit the pause button and worry less about what is on the table and more about spending time with the family. The evening meal does not always have to be perfect. Sometimes pancakes, eggs, or a simple sandwich is just fine. Eating together as a family is a great time to learn about each other's day. Try having a set of questions that each family member gets to answer. For example, "tell us one thing you did today you were proud of and one thing you hope you get to do again." Your family's standard may be "what was the best part of your day today?"



How Can You And Your Family Eat More Fruits And Vegetables?

- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add bananas or berries to cereal or yogurt.
- Make a stir-fry, experiment with different vegetables or use what you have on hand.
- Use frozen or canned fruits and vegetables without added sauce or sugar when fresh is not available or is too costly.



Wonderful Water

Our children (like us) don't drink enough water. Children need between 4-8 glasses of water per day to prevent dehydration and promote overall good health. Your child may need even more in hot weather. Here are some steps to help you and your family get the water they need.

- When your child asks for something to drink, serve water.
- Serve water with meals.
- Add lemon, lime, or orange slices to water.
- Let children keep a water bottle in the refrigerator.
- Let your child drink water out of a sports bottle like the athletes, it may encourage them to drink more.
- When you do serve soft drinks or fruit drinks, mix them half and half with water.

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To encourage good eating habits in children, try not to barter or make deals with children using food, limit the amount of unhealthy foods kept in the house, and provide a variety of choices.

More screen time (TV and video games) is associated with unhealthy weights and poor fitness in children and youth.

Right-size portions. Serve reasonable portion sizes based on age to get and stay healthy.



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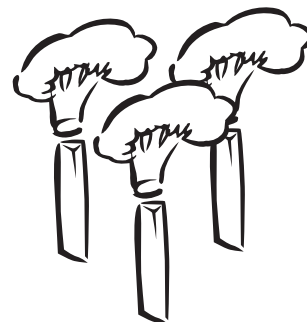
A Forest Full of Color

INGREDIENTS

- 2 carrots cut into strips (or baby carrots or prepared carrot strips)
- 1 cup broccoli or cauliflower florets (or some of each)
- Ranch salad dressing

INSTRUCTIONS

1. Wash and cut up vegetables.
2. Put the carrot strips on a plate so they look like tree trunks.
3. Place the broccoli and cauliflower at the top of the carrot sticks as the top of the trees.
4. Put the Ranch dressing at the bottom of the carrots.
5. Dip the carrots, broccoli, and cauliflower in the dip and dig in!



Food For Families On The Go

Mushroom Beef Taco Filling *8 servings*

INGREDIENTS

- 4 cups (approximately 8 ounces) white mushrooms
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 tablespoons chili powder
- dash cayenne (optional)
- 4 tablespoons tomato paste
- 1 pound ground beef (97% lean), cooked and well-drained (can also use turkey or chicken)

Prep Time: 10 minutes
Cook Time: 15-20 minutes
Calories per serving: 98

INSTRUCTIONS

1. Chop the mushrooms finely. This can be done in a food processor.
2. Cook the chopped mushrooms in a hot skillet over medium-high heat until well done and no moisture remains, approximately 5-7 minutes. Remove the mushrooms from the pan and set aside.
3. Heat the oil in the skillet and add the onions. Cook for 1-2 minutes stirring frequently.
4. Add the seasoning and the tomato paste. Stir to combine.
5. Add the cooked mushrooms and the cooked and well-drained hamburger.
6. Add a little water if needed for everything to be well combined. Serve on corn or whole wheat tortillas.
7. Use the filling for tacos or taco salad with your family's favorite toppings.

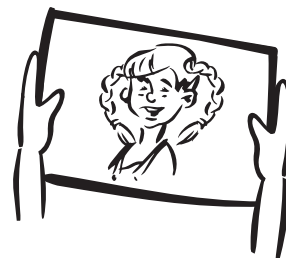


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SEPTEMBER

Media's Effect On Children



Television, video games, tablets, phones and computers are all a part of most children's lives. The effects of too much media consumption are unhealthy weights and lack of physical activity; not to mention the unhealthy snacking that too often occurs while watching. In addition, children are exposed to thousands of ads for unhealthy foods.

With all of the time spent inactive in front of a screen, what can you do to help your child watch less:

- Allow your children to watch no more than 1 hour per day—this includes video games, computer, tablet or phone.

- Instead of turning on a device, go outside and be active. Take a walk or bike around your neighborhood.
- Encourage drawing, reading out loud or alone, singing, and outdoor activities instead of using media.
- Make a family rule of no technology during meal time.
- Begin to educate your child about advertising and help them understand they are selling a product.



Eating Out And Eating Healthy

We are all so busy with work and family that eating out has become a way of life.

Eating out, however, sometimes makes it hard to eat healthy. Try to limit the number of times you eat out per week.

Sharing a simple meal at home is usually healthier. When you do eat out, try some of the tips below to keep you and your family healthy.

- If you are eating at a fast food restaurant, bring fresh whole fruit for dessert and order low-fat milk or water instead of soft drinks.
- Many restaurants now have nutrient information on their foods. Check out the calories on menu items; try to choose foods that fit into your child's calorie needs.
- Choose a restaurant that serves healthy options.
- Share a meal with a family member. Portions in restaurants are usually much larger than what you should eat for one meal. Consider sharing an entrée with your child; the kid's menu items are sometimes not as healthy as some of the adult selections.
- Select roasted, baked, broiled, or grilled meats without sauces, gravies or breading.
- Ask to substitute a baked potato or other vegetable for French fries.
- Go easy on salad dressing and sauces. Request them on the side so you can control the amount you eat.



Stress Busters

Had a stressful day? Try some of these simple tips to help you get a handle on your stress:

- Take several deep breaths.
- Put yourself in time out. A few minutes of alone time can help manage stress.
- Turn on some music. Sing along or dance with your child.
- If someone can watch the child, let them play and you take a walk.
- Vacuum, dust, or sweep the kitchen floor. It will get the chores done and take your mind off your stressful day.



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Boost the benefits of breakfast.
Add an apple or banana chunks
to cold cereal, oatmeal or yogurt.
Send the kids to school with an
apple to eat on the way.

Physical
activity for
young children
means active
play—outside
or inside.
Teach children
early that
activity is fun.

Make changes
gradually. Do not
expect to change your
eating habits overnight.
Changing too much
too fast can get in the
way of success.
Small changes over
time make positive
impacts on lifelong
eating habits.



Kids Kitchen

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Fruit Chaat *6 servings*

INGREDIENTS

- 2 medium bananas, peeled and sliced
- 1 medium apple, chopped into small pieces
- 1 mango, peeled and cut into small cubes
- 1 cup halved red grapes
- 1 medium sweet potato
- 1–2 limes
- 1/2 teaspoon salt (adjust to taste)
- 1/2 teaspoon red chili powder (adjust to taste)
- 1/4 teaspoon black pepper (adjust to taste)

INSTRUCTIONS

1. Poke holes in the sweet potato and microwave for 5–8 minutes, rotating half way through. Allow to cool, peel and cut into small cubes.
2. Combine banana, apple, mango, grapes, and sweet potato in a big mixing bowl.
3. Squeeze juice from limes into mixture and toss.
4. Mix in the salt, chili powder, and black pepper.



Food For Families On The Go

Honey Citrus Chicken Drumsticks *6 servings*

INGREDIENTS

- Zest from one orange
- Juice from one orange (approximately 1/3 cup)
- Zest from one lemon
- 1/4 cup honey
- Pinch salt
- Pinch pepper
- 1/4 cup olive oil
- 1 teaspoon fresh thyme
- 6 skinless chicken drumsticks with bone-in

INSTRUCTIONS

1. Preheat oven to 375°.
2. Combine all ingredients (except chicken) to make marinade. Separate into two bowls.
3. Marinate the chicken in one of the bowls of marinade for 15–20 minutes.
4. Spread marinated chicken onto foil-lined baking pan and dispose of bowl of marinade used to marinate chicken.
5. Bake for 20–25 minutes at 375°.
6. Once cooked, brush chicken with remaining marinade.

Prep Time: 20 minutes
Cook Time: 20 minutes
Calories per serving: 210



Color Me Healthy NEWS

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OCTOBER

Encourage Your Child To Eat Smart And Move More

BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run,

and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

BE ADVENTUROUS

At the grocery store, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

BE CREATIVE

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.



The Breakfast Club

Your mother always told you that breakfast was the most important meal of the day. Well, she was right. Children do better in school when they have a good breakfast. Getting children ready, yourself ready...it's a lot to do in the morning. However, the first meal of the day does not have to be a hassle. It can be quick, fun, and eaten on the run if necessary.

Here are a few tips for you and your family to break the fast:

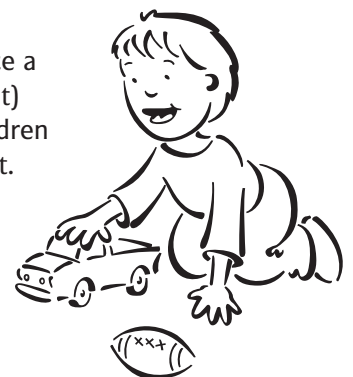
- A peanut butter and banana sandwich and glass of milk is a favorite. It gives them calcium, protein, and one serving of fruit.
- Top cold or hot cereal with fresh or canned fruit.
- A cereal bar and milk make a great, quick, on the run breakfast when you don't have time for a sit-down meal.
- Yogurt in a "to-go" tube is a good way to get a quick dose of calcium.
- Bagels with fruit spread or low-fat cream cheese are great on the go.
- Make egg sandwiches the night before, wrap tightly in plastic wrap and microwave to warm slightly in the morning for a quick breakfast.



Indoor Play

It's raining, it's cold, it gets dark too early, and you feel your neighborhood is unsafe. All these point to the need to be physically active indoors. Make a fun area in the house for indoor play. Be creative so your children can stay active even if they cannot go outdoors.

- Turn on the music and dance. (Dance like a bird, elephant and other animals).
- Build a fort under the table or in a large box.
- Play on the stairs.
- Hop on one foot, hop on both feet, spin in a circle, call out different moves for your child to try.
- Play limbo using a broom and music.
- Play running games. Place a target (pillow or placemat) on the floor and ask children to run around and over it.



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It's cold out, start your day with warm cereal. Oatmeal is almost as quick as cold cereal. Buy plain oatmeal and top with fruit such as applesauce, peaches, or berries.

Starting at age two, your health care provider should go over your child's weight and height.

Balance your food choices over time. Not every food has to be "perfect." When eating a food high in salt or sugar, select other foods that are lower in these ingredients. Your food choices over several days should fit together into a healthy pattern.



Kids Kitchen

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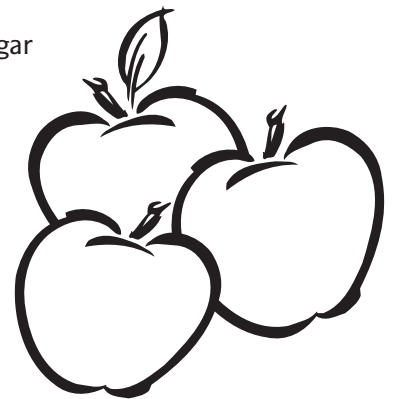
Baked Apples

INGREDIENTS

- 2 apples
- 2 tablespoons brown sugar (optional)
- 1 tablespoon cinnamon

INSTRUCTIONS

1. Peel apples.
2. Cut apples into 1" pieces.
3. Sprinkle apple pieces with brown sugar and cinnamon.
4. Microwave for 30 seconds until soft.
5. Let cool for 1 minute.



Food For Families On The Go

Brown Rice Salad *4 servings (1½ cups)*

INGREDIENTS

Salad

- 1 avocado, cubed
- 2 cups cooked brown rice, chilled
- 1 orange, cut in small pieces
- 1 can black beans, rinsed and drained
- 1 green onion, thinly sliced
- 2–3 tablespoons herb (parsley, mint, cilantro, basil) (optional)

Dressing

- Juice from 1 lime or lemon (approximately 2 tablespoons)
- 2 tablespoons olive oil
- Salt and pepper to taste

Prep Time: 15 minutes
Cook Time: 0 minutes
Calories per serving: 337

INSTRUCTIONS

1. Combine avocado, brown rice, orange pieces, black beans, and onion in a large bowl.
2. Combine juice, olive oil and salt and pepper in a small bowl. Whisk to combine.
3. Pour dressing over salad and stir to coat.
4. Add herbs into large bowl with other ingredients and stir to combine.
5. Can be kept refrigerated for several days.



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NOVEMBER

Souper Winter Meals

Soup is a great meal to have when the weather turns cooler. Making your own soup does not have to be complicated or take lots of time. Try this quick and easy black bean soup recipe. This recipe is made even easier because it uses canned beans. Be sure to rinse the beans well to remove over 1/3 of the sodium. Get the children involved and discuss the colors of all the foods used to make the finished product. Allow them to top their own soup with sour cream, shredded cheese, or finely chopped green onions. Try the recipe for Black Bean Soup in this newsletter.



Vegetables Seen In The Freezer Aisle

Fresh vegetables are great, however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned vegetables are GREAT and will get you well on your way to get the fruits and vegetables you need each day. Contrary to popular myth, frozen or canned fruits and vegetables are rich in nutrients. Frozen or canned vegetables are great to have on hand when you are in a hurry or need a quick side dish to round out a meal. Choose frozen vegetables without sauce or butter. Frozen steam in the bags vegetables are convenient. Choose low-sodium canned vegetables or rinse well to reduce sodium.



We Can Be Active In The Fall And Winter

It is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and winter. Don't let the cool temperatures discourage you:

- Go bird watching
- Rake leaves
- Stack firewood
- Go ice or roller-skating
- Jump rope
- Play in the snow
- Go for a brisk walk
- Ride bikes



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Plan fun, family activities.
Involve the kids in planning bike rides
or an action-packed
day at the park.

Mealtime is
more pleasant
when you give
small servings
and let the child
ask for more.

Don't cook different
foods for each family
member. Prepare
healthy meals that are
eaten by everyone.
You decide what foods
are served. Your child
decides how much
to eat or not.



Kids Kitchen

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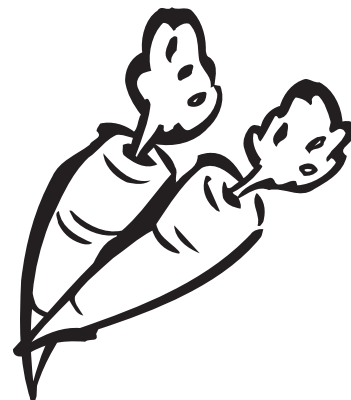
Maple Glazed Carrots

INGREDIENTS

- 2 cups baby carrots
- 1/2 cup orange juice
- 3 tablespoons maple syrup
- 1 pinch nutmeg

INSTRUCTIONS

1. Pour orange juice into a 4-cup microwave safe dish.
2. Heat 1 minute on high. Add the carrots.
3. Stir to coat the carrots with the orange juice.
4. Cover and microwave 8 to 9 minutes on high.
5. Stir again, and then add the remaining ingredients.
6. Microwave uncovered 2 minutes on high.
7. Stir and check for doneness. Cook another minute on high if needed.



NOTE: Let your child try a raw carrot while the carrots are cooking. Discuss how different they taste after they are cooked.



Food For Families On The Go

Black Bean Soup 6 servings (1 cup)

INGREDIENTS

- 1 teaspoon olive oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin or chili powder (or combination)
- 2 (15-ounce) cans black beans, rinsed and drained
- 2 cups chicken broth or water
- Salt and pepper to taste
- Plain yogurt or low-fat sour cream for topping

Prep Time: 20 minutes
Cook Time: 10 minutes
Calories per serving: 160

INSTRUCTIONS

1. Sauté the onion in olive oil in a large pot over medium-high heat.
2. After 2 minutes, add the cumin or chili powder.
3. Add one can of beans and broth or water. Cook for 4-5 minutes on medium heat, stir occasionally.
4. Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree.
5. Add the second can of beans to the pot and cook over medium heat 3-4 minutes or until bubbly.
6. Taste and add salt and pepper as needed.
7. Serve topped with yogurt or low-fat sour cream.



Color Me Healthy NEWS

preschoolers moving & eating healthy

DECEMBER

Toy Buying For The Holidays

As parents, you have to make wise choices when buying toys for the holidays. Consider the array of items that lend themselves to your child being safe and physically active. When choosing a toy, ask yourself, "Will my children be active when playing with this toy, or do they sit and watch?" Are batteries needed? Does it have to be changed? Is your child's imagination involved? Do your children need a parent or friend to enjoy the toy?

Choose toys carefully. Look for good design and quality construction in the toys you buy. Watch out for toys with small parts and sharp edges. Be a label reader and look for suggested age range. Buy toys that match your child's age, interest and abilities.

Consider the following list of age appropriate toys for four and five year olds:

- Small trucks, cars, planes, and boats
- Farm, village, and other play sets
- Backyard gym sets, jungle gyms
- Puppets and theaters
- Playhouses
- Cooking toys
- Wagons
- Tricycles



Plan: Know What's For Dinner

Sometimes the hardest part about preparing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Go to colormehealthy.com click on Eat Smart, then Prepare More Meals at Home to find shopping and planning guides to help you make mealtime easier. Also at colormehealthy.com you will find easy, quick recipes that will fast become family favorites.



Being Active All Days, All Ways

Accumulating physical activity in your family's day, a little bit at the time adds up. So do the health benefits. Here are 4 quick ways to add more movement in your day, every day:

- Walk to your mailbox instead of driving
- Avoid the drive-thru. Park and walk into the bank, cleaners, etc.
- Take the stairs instead of the elevator
- Park in the space farthest from your destination



Color Me Healthy Parent Bulletin Board

Too cold to play outside? Help your child make boxer shoes by cutting holes in the front of cereal boxes large enough for little feet to fit in. Walk around the house in new shoes.

Balls that can be bounced, rolled, caught, or thrown, all encourage gross motor skills, hand-eye coordination, and dexterity.

As fine motor skills improve, activities such as holding a crayon, drawing, and using a pair of safety scissors can strengthen coordination, encourage creativity, and foster self-esteem.



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Snack Mix

INGREDIENTS

- 2 cups dried cereal (Chex, Cheerios)
- 1 cup raisins
- 1 cup nuts
- 1 cup dates or other dried fruit

INSTRUCTIONS

1. Pour all ingredients into a large mixing bowl.
2. Cover and shake until all ingredients are mixed.

Prep Time: 5 minutes

Cook Time: 0 minutes

Calories per serving: 140



Food For Families On The Go

Chicken Quesadillas 4 servings

INGREDIENTS

- 1 cup chopped, cooked chicken
- 2 tablespoons salsa
- 1/4 cup chopped white onion
- Non-stick vegetable cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack, Colby or other cheese, shredded
- 4 (10-inch) whole-wheat tortillas

Calories per serving: 240

INSTRUCTIONS

1. Preheat electric skillet to 350°.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and seal edges.
4. Place in skillet sprayed with non-stick vegetable cooking spray.
5. Brown on one side at medium heat for approximately 3–4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.