

# Nutrition Tidbits

September/October 2012

## Where is Food \$ense?

### Schools

- Fairmount Elem.
- Odyssey Elem.
- Challenger Elem.
- Discovery Elem.
- Horizon Elem.
- Quil Ceda Elem.
- Liberty Elem.
- Shoultes Elem.
- Frank Wagner Elem.
- North M.S.
- Mt. View H.S.

### ECEAP Sites

- Hillcrest ECEAP
- Shoultes ECEAP
- Mukilteo ECEAP
- Grove ECEAP
- Tulalip ECEAP
- Snohomish ECEAP
- Garfield ECEAP
- Hawthorne ECEAP
- Madison ECEAP
- Silver Lake ECEAP

### Agencies

- Tulalip Boys and Girls Club
- Tulalip Health Clinic
- Everett Justice Center
- Cocoon House
- Snohomish Health District
- VOA Food Bank
- Camp Fire Mega Clubs
- Pregnancy Aid WIC

## What is Food \$ense?

Food \$ense is a nutrition education program for children, adults, and families. The program provides nutrition education through trained nutrition educators partnering with schools and agencies throughout Snohomish county. Educators use fun, experiential learning techniques and science-based information to engage their audience and motivate them to eat healthier and exercise more.

Here in Snohomish County we work with youth and adults in 39 different schools and agencies.

We encourage eating more fruits and vegetables, saving money and wiser food choices. Our long term goal is to help grow a generation of adults and families who are more healthy, more fit, and more self-sufficient.



Greetings!

Nutrition and physical activity are critical to health. In life's busyness it can be easy to avoid making them a priority.

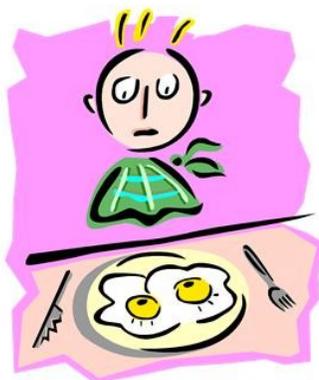
Making nutritious choices and being physically active does not have to take a lot of time nor does it have to break your budget.

Each newsletter will contain tips and recipes that are quick and cost-effective. Please contact us if you have any questions or comments about either our program or this e-newsletter.

Sincerely,  
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This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Washington State University Extension at 425-338-2400. This institution is an equal opportunity provider and employer.



## Get a Boost with Breakfast

Breakfast is important because it gives our bodies and minds the energy to think and be active. It can also help us maintain our weight by preventing excessive hunger and overeating later in the day. Breakfast helps students' memory, concentration, creativity, and behavior.

Many people struggle with breakfast. Despite being labeled "the most important meal of the day," many people skip it. If you are one of the many "breakfast skippers" here are a few tips for you:

### Time Crunch?

If you run out of time for breakfast in the morning, then try setting out breakfast the night before or making a breakfast bag to grab as you run out the door. Aim for three food groups each morning.



### Not Hungry?

Many people are not hungry in the morning. This presents an obvious barrier to eating breakfast. Try making a smoothie. Sometimes drinking can be easier than eating. Another strategy is to pack a breakfast bag with a few small things - a granola bar, a piece of fruit, and a yogurt. Then snack on these things throughout your morning.



### Bored of Breakfast?

Breakfast is one of those meals that can get repetitive. If you are bored try changing things up with a smoothie, parfait, or loaded oatmeal. These are all healthy and cost-effective ideas.



## Recipe of the Month - Egg Me On Sunrise Sandwich



### Ingredients:

- 2 whole wheat English muffins
- 2 eggs
- 4 Tablespoons shredded cheddar cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

### Directions:

1. Wash your hands!
2. Line a baking sheet with foil and lightly coat with cooking spray.
3. Open English muffins and place "inside-up" on baking sheet.
4. In a glass measuring cup, beat eggs, cheese, salt, and pepper with fork until well blended.
5. Slowly pour egg mixture onto each English muffin half, keeping as much as possible on the muffins. Bake 10-12 minutes or until egg mixture is no longer runny and cheese is melted.