



NEWS PARENTS CAN USE

Session 1

Healthy Lifestyles

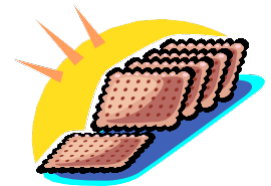
Nutrition In Me! Started Today!

It's fun, it's exciting and it's in your child's classroom now! *Nutrition In Me!* is a six-week series that teaches students about:

- ◆ Food choices that build strong bodies and minds.
- ◆ How to prepare delicious and good-for-you foods.
- ◆ The importance of physical activity every day.
- ◆ The science of cooking and keeping food safe in the kitchen.

It's important that kids learn to make good food choices so they'll grow up healthy and strong. *Nutrition In Me!* classes help kids to choose a variety of healthy food and prepare and taste healthy snacks. Each week you'll receive a newsletter so you'll know what went on in class and you can ask your child about it. Washington State University Kitsap County Extension provides this program.

Crazy Crackers



Set out some whole grain crackers and a variety of veggies, cheese and/or fruit. Let the kids decide what to put on their crackers. Here's a simple idea to get you started. Choosing balanced snacks helps you keep healthy and smart!

- ◆ Whole grain crackers such as Rye Crisp or Triscuit
- ◆ 2% sharp cheddar cheese, sliced
- ◆ Cucumber, peeled and thinly sliced

Place cheese and cucumber slices on crackers.

Just Do It!

Eat smart--use MyPlate as a guide to healthy eating. Work with your child to plan healthy snacks that have a food from 2 or 3 MyPlate food groups. Let your child help plan meals, which need a food from each *group* of the Plate.

Parent's Corner

Start Healthy Lifestyles Now!

Lifestyles that children learn as kids often become a way of life when they are adults. Give your children a head start to health, and teach them healthy living ways early. By setting a good example, you'll be healthy too.

- Make healthy foods and snacks easy to grab.
- Find a physical activity your child likes and encourage them to be active 60 minutes each day.



Families on the Move!

Make Your Own Family Fitness Plan

In order for fitness to become a family value, parents have to set the example. Support whatever type of physical activity your child wants to do, as long as it is safe.

- Schedule regular times throughout the week to be active—make it fun!
- Set reasonable goals.
- Start a daily activity log for each family member.
- Give rewards for reaching goals, and for trying hard. (Don't use food as a reward.)

Keepin' It Safe

Keep germs out of your family's food...

- wash hands before touching or preparing food
- keep foods that can spoil in the refrigerator—sitting at room temperature for 2 hours or more lets harmful bacteria grow
- thaw foods in the refrigerator, not on the kitchen counter



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 #6264, jlevenson@wsu.edu at least two weeks prior to the event.

NUTRITION IN ME! CLUB

LEVEL 2 - LESSON 1

MyPlate Salad

MyPlate Salad

Serves 24

8 cups spinach, washed and torn into bite-sized pieces

1 large can mandarin oranges, diced

1/4 cup sunflower seeds, toasted (1 tablespoon per salad)

1/4 cup reduced-fat cheese, shredded (1tablespoon per salad)

Low fat croutons

1. Put spinach on plate or in bowl.
2. Top with other ingredients in order listed.

Apple-Vinaigrette Dressing

Makes ¾ cup.

3 tablespoons oil

2 tablespoons cider vinegar

¾ cup apple juice

¼ teaspoon salt

½ teaspoon minced garlic

1. Put all ingredients into jar or container that will not leak.
2. Put the top on tightly.
3. Shake jar. Shake each time before you put on a salad.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 #6264, jlevenson@wsu.edu at least two weeks prior to the event.