

# MyPlate in Practice

3rd grade Family Nutrition and Education Program

Learn more about growing healthy kids' at:

[www.growhappykids.org](http://www.growhappykids.org)



## Eating Healthy, Staying Healthy



Dear Family,

This week your child has started a series of classes about eating healthy to stay healthy. Today they learned about using MyPlate as a guide for picking foods that are good for them.

MyPlate helps us choose foods that give our bodies the nutrients they need to stay healthy and strong. MyPlate reminds us to choose something from each food group at each meal.

Your child also learned when they should wash their hands to stay healthy and how to do it the right way.

Handwashing is the number one way to reduce the chances of getting sick. It should always be done before eating, after going to the bathroom, after petting or playing with animals, after playing outside, and many other times during the day.

Ask your child to show you how to properly wash hands.



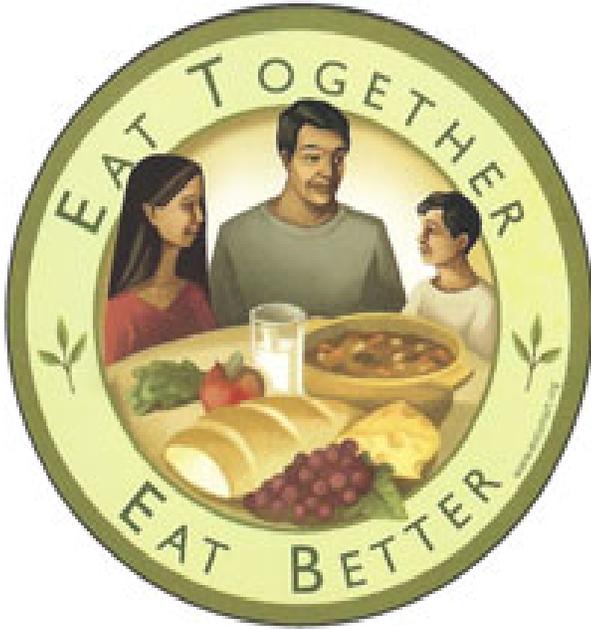
## SNAP-Ed

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## Eat Together, Eat Better

Eating a meal together every day might be hard for your family, so try to do so 3-5 times a week. Studies show children in families that eat together at least 3 times a week are less likely to get in trouble at school, have better grades and language skills in school, and have a better diet – that means they eat more healthy foods.

## It's In The Bag

Here are simple ways to stretch your food dollars and keep your foods safe to eat when shopping at the grocery store.

1. Make a list before going to the store and stick to it! Shopping with a list helps you buy only what you need.
2. Clip coupons. Your local newspaper usually runs weekly grocery ads. Look for coupons on food products you normally buy. Don't buy something you don't usually eat just because there is a coupon.
3. Get your dry good products and other items that won't spoil before picking up perishable foods. Select your refrigerated and frozen foods last. After shopping, go straight home and put perishable items in the freezer or refrigerator. If you aren't going right home, have an ice chest in your car for foods that can spoil or melt.



# Build a Healthy Meal

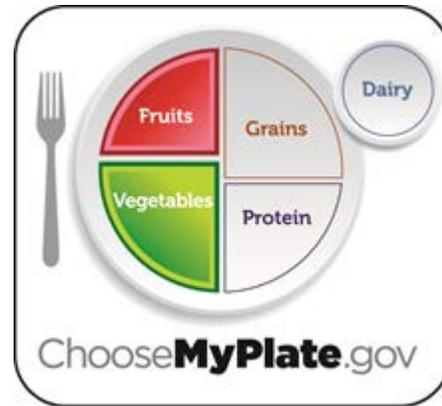
Tips for Healthy Meals from  
[ChooseMyPlate.gov](http://ChooseMyPlate.gov)

**Make half your plate veggies and fruits.** Vegetables are full of nutrients and help promote good health. Choose red, orange, and dark-greens such as tomatoes, sweet potatoes, and broccoli.

**Add lean protein.** Choose protein foods, like lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, include seafood on your plate.

**Include whole grains.** Look for the words “100% whole grain” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

**Avoid extra fat.** Gravies or sauces add fat and calories to otherwise healthy choices. Steamed broccoli is great! Instead of cheese sauce, try a sprinkling of low-fat parmesan cheese or a squeeze of lemon.



**Don't forget the dairy!** Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy-, rice-, or almond-milk (check the label to be sure it has been fortified with calcium) or include fat-free or low-fat yogurt in your meal.

**Try new foods.** Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite!

**Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert dish – Fruit!

## Dunk 'N' Munch Veggies

½ cup plain low-fat yogurt

½ cup low-fat sour cream

¼ cup chopped parsley

2 tablespoons finely chopped green onion

¼ teaspoon dried dill weed

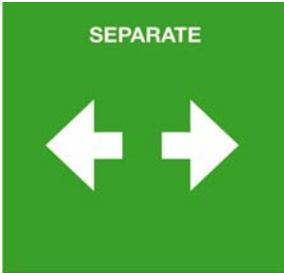
1/8 teaspoon garlic or onion powder

¼ teaspoon salt

### Instructions:

In a mixing bowl stir together yogurt, sour cream, parsley, green onion, dill weed, garlic or onion powder. Cover and chill. Serve with vegetable dippers. Note: Wash all vegetables with cool running water before cutting and serving.

**KEEP YOUR FAMILY SAFE FROM FOOD POISONING**

Wash Hands and Surfaces Often			Separate Raw Meats from other Foods
Cook to the right Temperature			Refrigerate Food Promptly

## Easy Veggie Dip

1 cup low-fat sour cream

1 cup plain low-fat yogurt

1 packet salad dressing seasoning mix

### Instructions:

Mix sour cream, yogurt and seasoning packet together in a mixing bowl. Cover and chill. Serve with fresh vegetables.

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 WSU Clark County Extension, at 1919 NE. 78<sup>th</sup> Street, Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer.