



Growing Healthy Habits

4th grade Family Nutrition and Education Program

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Dear Parents,

Your 4th graders are beginning a new Food Sense SNAP-Ed nutrition curriculum. It's called **Growing Healthy Habits**. For the next 5 weeks they will be learning about the food system, MyPlate, the benefits of gardening, and will be doing a seed dissection. Please enjoy this yummy recipe to make at home as a family. To Learn more about the WSU Food Sense program go to www.growhappykids.org

Confetti Spaghetti Recipe

This healthy pasta salad is an example of a recipe containing fruits and vegetables from all five color groups. Remember that eating a variety of colorful fruits and vegetables is the best way to ensure you are getting a variety of vitamins, minerals, and other nutrients in your diet!

Serves 8

Ingredients:

- 1 box whole-wheat pasta such as rotini, cooked and chilled
- 1 red bell pepper, washed and cut into chunks
- 1 carrot, washed and shredded
- 1 cup cauliflower (about ½ a small head), washed and cut into small pieces
- 1 cup baby spinach, washed
- 1 cup purple cabbage, washed and shredded (about ¼ of a head)
- 3 Tablespoons reduced-fat Italian dressing (or 2 Tablespoons oil and 1 Tablespoon vinegar)
- 2 Tablespoons part-skim shredded mozzarella cheese (optional)

You will need:

- Mixing Bowl
- Serving Spoon

Directions:

1. Place pasta and vegetables in a large mixing bowl.
2. Add dressing.
3. Mix thoroughly.
4. Dish into individual bowls and top with cheese (if desired).
5. Serve!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Washington State University Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (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 WSU Clark Country Extension, at 1919 NE 78th St. Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer. This material was created in part by the University of Maryland Extension.



Be A Germ-Buster



WASH YOUR HANDS

