

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2018

Palmyra-Eagle Area School District



BEST BITES

Better sports snacks

Whether it's your turn to provide team snacks or your child is picking out his own post-practice snack, help him choose something nutritious. Browse the produce aisle for fresh fruit like oranges or grapes. Or look for a winning combination of protein and complex carbohydrates, such as string cheese with whole-wheat crackers.

Dance away

Hip-hop, tap, ballet... dancing strengthens muscles, improves flexibility, and gives your youngster's heart and lungs a workout. Put on music, and invite her to dance with you or with friends. Is there a style she especially enjoys? Consider signing her up for low-cost classes through your parks and recreation department.



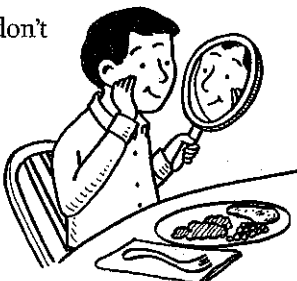
DID YOU KNOW?

Asparagus is in season, which means it's at its height of flavor and low point in price. To cook, break off the tough ends, and toss with olive oil, salt, and pepper. Roast on a baking sheet at 400° for 10 minutes, top with Parmesan cheese, and cook 5 minutes more.

Just for fun

Mom: Eat your spinach. It'll put color in your cheeks.

Jack: But I don't want green cheeks!



Earth Day food and fun

Every April 22, we celebrate Earth Day—a time to focus on the planet's health. Get your youngster involved, and encourage her to focus on her own health, too, with these eco-friendly activities.

Enjoy a waste-free meal

Can your family eat an entire meal without wasting any food? One idea is to cut food into smaller pieces before family members serve themselves. For example, set out platters of grilled chicken strips, baked potato halves, and apple slices. Encourage everyone to take only what they think they will eat.

Throw a leftovers "party"

With your youngster, look through your refrigerator, and make a list of leftovers or other items that need to be eaten soon. Then, she could use her list to create a menu for a meal of leftovers. For instance, she might suggest a casserole with leftover rice and veggies or banana



pudding made with overripe bananas for dessert.

Join a cleanup

Participate in a neighborhood or park cleanup, and enjoy a picnic afterward. Get trash bags and gloves for picking up litter. Let your child help you pack nutritious foods, such as turkey wraps and fruit salad, in reusable containers. After you've worked up a sweat cleaning up the trash, wash your hands, and eat together. ●

Easy-on-your-wallet protein

Protein is the building block of your child's bones and muscles. By choosing meatless protein more often, you'll save money and keep the choices healthy. Consider these ideas.

● **Eggs, cheese, and milk.** Combine these three protein-rich ingredients for a simple meatless dinner. You could make scrambled egg burritos, omelets, or even a quiche in a store-bought crust. *Note:* Try to use nonfat milk and low-fat cheese.

● **Beans and legumes.** Plant proteins like these are low in fat and cholesterol. Stretch your protein budget by mixing 1 can black beans (drained, rinsed) with 1 lb. lean ground beef or turkey for burgers or meatloaf. Or toss whole-grain noodles with peas or white beans instead of sausage. ●

