



Dear families,

Welcome to the 2016-17 school year! In each monthly newsletter you will find tips to help you stretch your food dollars, recipes, meal planning ideas, food safety tips, MyPlate monthly messages, and fun activities for the kids. We look forward to serving you this school year! Look for more nutrition tips and recipes posts on our Facebook page: CSDS NutriPacks

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2015 Dietary Guideline #5

Support healthy eating patterns for all

Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

The foods and drinks you usually eat over a period of time (a day, week, or longer), is an eating pattern AND everything you eat and drink matters!

A “healthy eating pattern” includes many different kinds of foods and drinks every day, wherever you eat food (home, restaurants, work, or school). Eating a mix of different healthy foods and drinks helps to control body weight, improves nutrient, vitamin and mineral intake, and cuts your chance of getting long-term diseases.

These Food Groups should be included in your diet every day:

- Vegetables – broccoli, carrots, peppers, tomatoes, spinach, etc.
- Fruits – apples, oranges, watermelon, cherries and strawberries, etc. (Eat the whole fruit and limit juices.)
- Grains – ½ of the bread, cereals, rice, and pasta you eat should be whole grain, like whole wheat bread.
- Dairy (skim or 1%) – milk, cheese, cottage cheese and yogurt, etc.
- Proteins – chicken, shrimp, eggs, beans, nuts and soy proteins, etc.
- Oils – olive oil and canola oil

A healthy eating pattern limits:

- Added sugar - in cookies, snacks, soda, juices, and beverages, etc.
- Sodium – in foods like frozen dinners, salty snack foods, canned foods, and convenience meals, etc.
- Saturated and trans fats – butter, sour cream, fatty beef, and whole milk cheeses and dairy products.

But your eating pattern is about more than just what foods and drinks you eat. Where you eat, when you eat, and with whom, and what you’re doing while you eat is also important.

Thanks to Charlotte Scheid for contributing to this section.

<https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/#guidelines>

Support Eating Patterns at School

There are so many reasons to celebrate at school! From birthdays to holidays, for meeting behavior goals and winning contests, schools know how to party!

Food is naturally part of every party. But, did you know that common classroom party foods like cakes, cookies, chips and soda can add 500 calories or more to a child’s diet? Having these treats too often can lead to poor eating patterns, excess weight gain, and sends mixed messages about food. Consistent messages about healthy foods choices is key to foster lifelong healthy eating patterns.

It’s all about the way food looks. So make healthy food fun – at school parties and at home!

Serve this:	Instead of:
Banana, pumpkin or zucchini bread	Cupcakes
Fresh fruit kebabs	Cookies
Sparkling water or club soda mixed with 100% fruit juice and a slice of lemon	Soda or punch
Dried fruit (raisins, cranberries, pineapple)	Candy
Popcorn in decorated paper bags/	Potato and corn chips
Cheese (cut into fun shapes) and crackers	Cheese curls/puffs

Focus more on active games to make the party fun! Try these ideas:

- Read a book about birthdays to the classroom.
- Play a favorite game.
- Make a craft or art project.
- Play freeze dance.
- Have a scavenger hunt.
- Play minute to win it games.



Find more information on school parties, visit:
<https://www.uchealth.org/Documents/file-pdf/COMHEA-PVH-HealthySchoolParties-PSD.pdf>

***STRETCH* Your Food**

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Convenience vs. Cost

Our lives are busy! And with busy schedules fast food meals can be an easy choice for breakfast, lunch and/or dinner. But, with quick meals comes cost. A typical fast food meal may cost between \$5.00 and \$9.00, or more! While a meal made at home may only cost between 50 cents and \$1.50 for 1 person. That means that a family of 4 can eat a meal at home for \$10 including side dishes and drinks.

Today, fast food restaurants have healthier options on their menus. So, when you choose fast food, select your meal wisely. Here are a few examples:

Chick-fil-a <http://www.chick-fil-a.com>

- Grilled Chicken Sandwich (320 calories)
- Grilled Chicken Cool Wrap (340 calories)
- Medium Fruit Cup with Blueberries (50 calories)

McDonald's <https://www.mcdonalds.com/us/en-us.html>

- Fruit and Yogurt Parfait (150 calories)
- Southwest Grilled Chicken Salad (370 calories)
- Apple Slices (15 calories)

Wendy's <https://www.wendys.com>

- Small Rich and Meaty Chili (170 calories)
- Sour Cream and Chive Baked Potato (310 calories)
- Grilled Chicken Wrap (270 calories)

Thanks to Charlotte Scheid for contributing to this section.

FEED YOUR FUNNY BONE

What is a monster's favorite breakfast cereal?



"Scream" of Wheat



Food Safety

Complete the hidden message below.

A	B	C	D	E	F	G	H	I	J
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Answer: Wash Your Hands with Soap and water!

Recipe Connection

Remember wash your hands before preparing food.

TASTY TACO RICE SALAD	IT'S A MEAL STRATA
<p>Serves: 8 1½ cups per serving</p> <p>Ingredients: 1 pound lean ground beef 1 ½ cups instant brown rice, uncooked 2 cups water 1 cup onion, chopped (about 1 medium) 1 tablespoon chili powder 3 cups tomatoes, chopped 1 seeded jalapeño (chopped finely) 2 cups spinach or romaine lettuce 1 cup 2% fat cheese, shredded</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Cook ground meat in a large skillet until brown (160°F). Drain off fat. 2. Add rice, water, onion, and chili powder to meat in skillet. 3. Cover. Simmer over low heat about 15 minutes to cook rice. 4. Add tomatoes and jalapeño. Heat for 2-3 minutes. 5. Serve rice mixture on layers of spinach or romaine lettuce. Sprinkle with cheese. Serve at once. <p style="text-align: right;">http://www.extension.iastate.edu/foodsavings</p>	<p>Serves: 4 1- 4"x4" piece per serving</p> <p style="text-align: right;">Cost Per Serving: \$.88</p> <p>Ingredients: 3 cups vegetables (sliced or chopped) whatever you have available or frozen 1 teaspoon oil (canola or vegetable) 1 clove garlic, minced or 1/4 teaspoon garlic powder 1 package (3 ounces) light cream cheese (also called Neufchatel), softened 3 eggs 1 cup cubed bread (day old, about 1 slice) 1/3 cup cubed ham (cooked) 1/8 teaspoon ground black pepper 1/3 cup cheddar cheese, shredded</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Cut the vegetables so they are about the same size. 2. Heat oil over medium high heat in a large skillet. Add the vegetables and garlic and cook until are tender. Turn off heat and pat the vegetables with paper towels to remove the moisture. Set aside. 3. In a large bowl beat the cream cheese until smooth. Add eggs and beat well. 4. Stir in vegetables, bread, cubed ham, and pepper. 5. Pour into a greased 8"x 8" baking dish or small casserole dish. 6. Bake in oven at 350°F uncovered for 10-15 minutes until egg is set. 7. Remove from heat, sprinkle on the cheese, and let stand for 5 to 10 minutes before serving.