

Eat Smart New York!



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National Start! Walking Day

National Start! Walking Day is Wednesday April 8th and is sponsored by the American Heart Association. On this day, adults around the United States can take the pledge to make walking a part of every day life and lead a heart healthy life. The American Heart Association especially encourages adults to get together with co-workers and to make their workplace more heart healthy friendly! You can encourage your co-workers to wear their sneakers and join you for a lunch time walk on April 8th. Walking provides lots of health benefits, including stress reduction, helping to control your weight, lowering your blood pressure and blood cholesterol and helping to keep your bones strong. Did you know, that according to the American Heart Association, that for every 1 hour that you walk (not stroll!) that you add 2 hours to your life? How's that for health insurance! Make your plans today to join National Start! Walking Day.



Five Easy Ways to Enjoy Cooking with Kids

Cooking with kids allows you to teach many things in addition to food and nutrition skills. Cooking is a wonderful way to teach culture, math (doubling or halving the ingredients), organization (planning) and following directions.



1. Get your kids involved in planning fun meals and snacks. Although you may see cooking as a chore, kids see the kitchen as a magical place. Everyone loves to be involved in choosing favorite dishes. Small children really get excited to say "I made it myself".
2. Get kids involved in kitchen safety. All children need adult supervision in the kitchen. Talk about which kitchen tasks are for adults and which are for kids. Establish cooking rules like always washing hands before cooking and never touching a hot stove.
3. Get kids involved in shopping for new foods. Food shopping works best when children are well rested and fed. Use your trip through the aisles to talk about meal ideas. Encourage kids to choose one new fruit or vegetable that looks good to them.
4. Get kids involved in preparing tasty treats. Kids are able to manage different kitchen tasks at different ages. A preschooler can stir pre-measured ingredients. A tween can learn to cut, chop and dice safely.
5. Get kids involved in setting an appealing table. Kids are proud when they make even simple dishes themselves. You can reinforce their success by making the table setting special by using a "fancy" plate, colored napkins and lighting a small candle.

From Cattlemen's Beef Board and National Cattlemen's Beef Association.

Kid-Friendly recipes!

Mamá's Pizza Boats

Makes 4 servings

4 hot dog buns or English muffins

$\frac{1}{2}$ cup pizza sauce

5 ounces sliced cooked ham or other cooked meat

1 cup vegetables, like fresh or canned mushrooms, sliced onions, chopped bell peppers and/or drained crushed pineapple

$\frac{3}{4}$ cup shredded part skim mozzarella



Directions:

1. Heat oven to 450 degrees.
2. Wash hands.
3. Open buns or split muffins and lay cut side up on baking sheet. Toast for a few minutes in the oven until tops are golden brown.
4. Remove from oven and spread about a tablespoon of sauce on each half of the bun or muffin.
5. Layer meat and vegetables or pineapple on each half.
6. Sprinkle cheese on top.
7. Bake for about 10 minutes or until heated through and cheese starts to bubble.

**Nutrition Facts: Calculated using hot dog buns, and mushrooms, red onions, sliced sweet green bell peppers, and pineapple for additional toppings. Serving Size – 1/4 recipe, 250 Calories, 70 Calories from Fat, 7g Total Fat, 28% Calories from Fat, 3.5g Saturated Fat, 0g Trans Fat, 30mg Cholesterol, 670mg Sodium, 29g Total Carbohydrate, 2g Dietary Fiber, 6g Sugars, 16g Protein, 8% Vitamin A, 25% Calcium, 20% Vitamin C, 10% Iron

From Food and Fun for Healthy Families, 2008 Iowa State University Nutrition Calendar

American Pie Oatmeal

Makes 2 servings

1 $\frac{2}{3}$ cup water

Pinch of salt

1 cup quick cook oats

$\frac{1}{2}$ cup cinnamon applesauce (or add cinnamon to taste to plain applesauce)

$\frac{1}{2}$ cup raisins

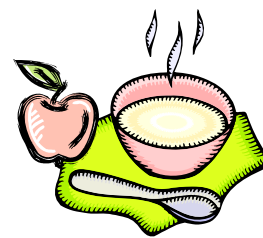
2 teaspoons brown sugar

Directions:

1. Combine water, salt and oatmeal in a large, microwave safe bowl. Microwave on high for 2 minutes or until the oatmeal is hot.
2. Stir in the applesauce, raisins and brown sugar.
3. Divide into 2 bowls and serve.

**Nutrition Facts: Serving Size – 1/2 recipe, 320 Calories, 25 Calories from Fat, 3g Total Fat, 8% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 15mg Sodium, 72g Total Carbohydrate, 6g Dietary Fiber, 35g Sugars, 7g Protein, 0% Vitamin A, 6% Calcium, 2% Vitamin C, 15% Iron.

From MA Department of Public Health WIC



Money \$aving tips

- ◇ Shred your own cheese rather than buying it already shredded
- ◇ Aim to go to the store only 1 time per week. You save money by not being in the store and making impulse purchases.
- ◇ Have a snack before you shop to curb buying things you don't need because you are hungry.
- ◇ Roast a whole chicken and then use the leftovers for salads.



Cowboy Salad

Makes 12 servings

- 2 (15-ounce) cans black-eyed peas or black beans
- 1 (15-ounce) can corn
- 1 small bunch of cilantro, or to taste
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 tablespoon canola or vegetable oil
- 2 tablespoons vinegar or lime juice
- Salt and pepper to taste



Directions:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the avocado and tomatoes.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar (or lime juice), and salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Serve with your favorite meal or as a snack with baked tortilla chips.

**Nutrition Facts: *Calculated using black beans and avocado.*
Serving Size – 1/12 recipe, 110 Calories, 30 Calories from Fat, 3.5g Total Fat, 27% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 310mg Sodium, 17g Total Carbohydrate, 5g Dietary Fiber, 2g Sugars, 5g Protein, 20% Vitamin A, 4% Calcium, 15% Vitamin C, 8% Iron

From Healthy Recipes at Oregon State University Extension

Chicken Lickin' (Barbecued Chicken)

Makes 4 servings

- 4 skinless chicken breasts or 4 legs with thighs
- 1 cup barbecue sauce
- 1 green pepper, sliced
- 2 carrots, sliced
- 2 potatoes, thinly sliced
- salt and pepper, to taste



Directions:

1. Preheat oven to 350° F.
2. Put aluminum foil on baking sheet.
3. **Pour half of barbecue sauce onto middle of foil.**
4. **Place chicken on sauce. Pour remaining sauce over chicken.**
5. **Top chicken with vegetables.**
6. Cover chicken-vegetables mixture with another sheet of foil. Roll or fold edges of top and bottom sheets of foil together.
7. Bake for about 40 minutes.

(Steps for children are written in blue/bold.)

**Nutrition Facts: *Calculated using boneless, skinless chicken breasts.* Serving Size – 1/4 recipe, 300 Calories, 15 Calories from Fat, 1.5g Total Fat, 5% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 70mg Cholesterol, 820mg Sodium, 43g Total Carbohydrate, 2g Dietary Fiber, 25g Sugars, 29g Protein, 110% Vitamin A, 4% Calcium, 70% Vitamin C, 8% Iron

From California Department of Public Health WIC

TV Turn Off Week is April 20-26th!



Turn off your TV (and other screen activities like the computer and video games) and tune into your family and non-screen time activities. Take advantage of TV Turn Off Week to spend time walking with your family after dinner (it's light later now!), reading books, playing board games, volunteering, doing yard work, riding your bikes, make a collage with found objects, draw or paint pictures, have kids send handmade cards to relatives who live far away or just take time and TALK to each other... enjoy the freedom of being disconnected!

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National Library Week

*Building Strong and Vibrant
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 office at
(585) 786-2251
 and Speak to a
 Nutrition Educator.

START NOW!

BUDGETING

COOKING

KEEPING IN SHAPE

EATING HEALTHY

SAVING MONEY ON FOOD

MAKING TASTY MEALS

National Library Week is celebrated April 12-18. This year's theme is "Worlds connect @ your library!" Stop by your local library to borrow books, music CDs, VCR tapes, DVDs, magazines, use the computers to search the web or for homework help or use the resources to look for a job.

Head to the library with your child and look at the cookbooks in the children's section. Let your child take out a cookbook and then together, select a recipe you can prepare together. Have your child draw a picture and write a short story (if they are old enough) about what was their favorite part of making the recipe. Make trying new recipes with your child a regular practice in your home.



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