

Eat the Rainbow for Better Health

Look inside for:

- The Simple Green Smoothie Formula
- Local Farmers' Markets/Farm Stands/CSA Listings
- How to Store Fresh Fruits and Vegetables (English and Español)
- 10 Tips to Add More Vegetables to Your Day (English and Español)
- Do It Yourself Lunch!
- 20 Ways to Sneak Vegetables into Kids' Food
- Fruit Juice Facts
- "Increase Fruits and Vegetables," Chapter 6: A Year of Being Well by the Michael and Susan Dell Foundation (English and Español)
- Get Moving this June with these Ideas! (English and Español)

For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org

Like us on Facebook! 

June 2015



An easy way to eat more fruits and vegetables is to mix them into smoothies. Here is a simple smoothie recipe that will give you at least 4 servings of fruit and vegetables in one delicious glass.



2 CUPS
LEAFY GREENS

+

2 CUPS
LIQUID BASE

+

3 CUPS
RIPE FRUIT

SPINACH
KALE
ROMAINE
BOK CHOY
SWISS CHARD
COLLARDS
DANDELION

WATER
COCONUT WATER
COCONUT MILK
ALMOND MILK

BANANA
MANGO
BERRIES
ORANGE
AVOCADO
PEACH
PEAR
APPLE
PINEAPPLE
GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.
2. ADD FRUITS AND BLEND AGAIN.

*Use at least one frozen fruit to chill smoothie
**This formula yields about 32 ounces and serves 2

BOOST IT!

CHIA SEEDS
COCONUT OIL
ALMOND BUTTER

HEMP SEEDS
HEMP PROTEIN POWDER
FLAX SEEDS

CACAO
CINNAMON
ACAI POWDER




Local Farmers' Markets

great sources of fresh produce

Town	Address	Months Open	Day of week	Time
Bridgeport	481 Brewster Street, St. Ann's Field	June 7 – October 25	Saturday	9:00 am – 1:00 pm
Bridgeport	877 Park Avenue	May 4 – October 26	Sunday	10:00 am – 2:00 pm
Bridgeport	McLevy Green: Main Street & Bank Street	July 11 – October 31	Saturday	11:00 am – 4:00 pm
Bridgeport	985 Stratford Avenue, East End	July 14 – September 29	Sunday	10:00 am – 2:00 pm
Bridgeport	752 East Main Street, East Side	July 9 – October 29	Wednesday	10:00 am – 2:00 pm
Bridgeport	2800 Main Street, St. Vincent's	July 8 – October 29	Tuesday	12:00 pm – 4:00 pm
Fairfield	1950 Bronson Road, Greenfield Farmers' Market	May 17 – October 25	Saturday	11:00 am – 4:00 pm
Monroe	7 Fan Hill Road	June 20 – October 24	Friday	3:00 pm – 6:00 pm
Shelton	Cornell Street & Canal Street	June 21 – November 8 & 22	Wednesday Saturday	3:00 pm – 6:00 pm 9:00 am – 1:00 pm
Stratford	1000 Main Street	June 23 – October 27	Monday	2:30 pm – 6:00 pm
Trumbull	6500 Main Street	June 19 – October 9	Thursday	2:00 pm – 6:00 pm

It's all coming together at GetHealthyCT.org

 Follow us on Facebook




Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Town	Name	Address	Telephone	Type
Easton	Aspetuck Valley Apple Barn	714 Black Rock Turnpike	203-268-9033	Farm Stand
Easton	Lakeview Orchards	206 Everett Road	203-268-0140	Farm Stand
Easton	Candee Farm	456 Morehouse Road	203-268-5623	Farm Stand (pick your own)
Easton	Sherwood Farm	355 Sport Hill Road	203-268-6705	Farm Stand
Easton	Silverman's Farm Market	451 Sport Hill Road	203-261-3306	Farm Stand (pick your own)
Easton	Sport Hill Farm, LLC	596 Sport Hill Road		Farm Stand and CSA
Greenwich	Lake Avenue Farm	668 Lake Avenue	203-340-2191	CSA
Milford	Robert Treat Farm	1339 New Haven Avenue	203-878-4270	Farm Stand and CSA
Newtown	Farming 101	101 Brushy Hill Road	203-917-9979	Farm Stand
Newtown	Middlebrook Farm and Orchard	112 South Main Street	203-426-8226	Farm Stand
Ridgefield	Simpaug Farms		203-431-7188	CSA
Ridgefield	The Hickories	136 Lounsbury Road	203-894-1851	CSA
Ridgefield	Garden of Ideas, LLC	647 North Salem Road	203-431-9914	CSA
Shelton	Guy's Eco Garden	276 Leavenworth Road	203-929-3080	Farm Stand
Shelton	Stone Gardens Farm	83 Sawmill City Road	203-929-2003	CSA
Shelton	Beardsley's Cider Mill and Orchard	278 Leavenworth Road	203-926-1098	Farm Stand (pick your own)
Shelton	Jones Family Farms	606 Walnut Tree Hill Road	203-929-8425	Farm Stand (pick your own)
Westport	Belta's Farm	128 Bayberry Lane	203-454-2293	CSA

It's all coming together at GetHealthyCT.org

 Follow us on Facebook



Local Farmers' Markets

great sources of fresh produce

CT Town	Address	Months Open	Day of week	Time
Darien	Behind fire house, Mechanic Street	May 28 – December 25	Wednesdays	11:00 am – 4:00 pm
Greenwich	Arch Street & Horseneck Lane parking lot	May 17- December 20	Saturdays	9:30 am-1:00 pm
Greenwich	Augustine's Farm 1332 King St,	June 22- December	Daily	Mon-Fri- 10:30 am -8:00 pm Sat- 10:30am- 7:00 pm Sun- 11:00 am- 7:00 pm
New Canaan	Old Center School Parking lot South Ave & Maple Street	May 17 - November 22	Saturdays	10:00 am – 2:00 pm
Norwalk	Health Department, 137 East Avenue	July 9- November 5	Wednesdays	10:00 am- 2:00 pm
Norwalk	Rainbow Plaza, 205 Main Street	May 14 - November 19	Wednesdays	11:00 am - 3:00 pm
Norwalk	120 Connecticut Ave	July 8- October 31	Mondays	10:00 am – 2:00 pm
Old Greenwich	38 West End Avenue	May 28- November	Wednesdays	3:00 pm -6:00 pm
Stamford	202 Hubbard Avenue	May- November	Tuesday- Sunday	Tues- Fri- 2:00-6:00 pm Sat- Sun- 10:00 am- 4:00 pm
Wilton	Ambler Farm	June 14 – October 30	Saturdays	9:00 am – 2:00 pm
Wilton	Wilton Farmer's Market	June 11- October 1	Wednesdays	12:30 pm- 5:00 pm



Local Farmers' Markets

great sources of fresh produce

NY Town	Address	Months Open	Day of week	Time
Harrison	470 Mamaroneck	All year	Monday- Friday	9:00 am- 5:00 pm
Harrison	West Harrison Farmer's Market, Lake St. Village Green	June- October	Saturday	8:00 am- 2:00 pm
Larchmont	Down to Earth Farmers Market Parking lot off Chatsworth Ave	May 10- December	Saturdays	8:30 am- 1:00 pm
Larchmont	Metro-North parking deck off Chatsworth Ave.	May 25- December 21	Saturday	8:30 am – 1:00 pm
Mamaroneck	St. Thomas Episcopal Church, 168 West Boston Rd	Jan 4- May 17	Saturday	9:00 am- 1:00 pm
New Rochelle	Down To earth Farmer's Market Huguenot Park/Twin Lakes	June 20- November 21	Friday	8:30 am- 2:30 pm
Pleasantville	Memorial plaza	May 24- November 23	Saturday	8:30 am- 11:00 am
Portchester	North Main & Adee Streets	June – October	Friday	10:00 am – 2:30 pm
Pound Ridge	65 Westchester Ave	Mid April- December	Sunday	11:00 am – 4:00 pm
Rye	Down to Earth Farmer's Market Parking lot behind Purchase St.	May 11- December 7	Sunday	8:30 am- 2:00 pm
Rye	Parking lot on Theodore Fremd Ave	May 26- Dec 15	Sunday	8:30 am- 2:00 pm
Tarrytown	Down to Earth Farmer's Market	May 24- November 22	Saturday	8:30 am -1:00 pm
White Plains	White Plains Farmer's Market, Martine Avenue and Main Street	May- November	Wednesday	8:00 am-4:00 pm

It's all coming together at GetHealthyCT.org



Follow us on Facebook



Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

CT Town	Name	Address	Telephone	Type
Darien	Ox Hollow Farm	25 Old Kings Highway North	860-354-3315	CSA
Darien	Farm Share Ltd.	Home Delivery CSA	914-315-1851	CSA home delivery
Darien	Stoneledge Farm, LLC	1441 Post Road	518-622-3003	CSA
Greenwich	Farm Share Ltd.	Home Delivery CSA	914-315-1851	CSA home delivery
Greenwich	Gazy Brothers Farm	Arch St & Horseneck Ln	(203) 723-8885	CSA
Greenwich	Lake Avenue Farm	668 Lake Avenue	203-340-2191	CSA
New Canaan	Farm Share Ltd.	Home Delivery CSA	914-315-1851	CSA home delivery
New Canaan	Ox Hollow Farm	Old Center School Parking Lot Corner of South Avenue, Maple Street, and Main Street	860-354-3315	CSA
Norwalk	Farm Share Ltd.	Home Delivery CSA	914-315-1851	CSA home delivery
Ridgefield	Garden of Ideas, LLC	647 North Salem Rd	203-431-9914	CSA
Ridgefield	The Hickories	136 Lounsbury Road	203-894-1851	CSA, Farm Store
Ridgefield	Simpaug Farms	38 C Grove Street	203-431-7188	CSA- pick up and home delivery
Southport	Stoneledge Farm	651 Pequot Avenue	203-400-7836 or 203-521-9162	CSA
Stamford	Farm Share Ltd.	Home Delivery CSA	914-315-1851	CSA delivery
Stamford	Hubbard Heights Farm	202 Hubbard Avenue	203-856-0541	CSA
Stamford	Stoneledge Farm, LLC	132 Glenbrook Rd	518-622-3003	CSA
Westport	Ox Hollow Farm	CSA Pick up: 7 sylvan Lane Westport, CT	860-354-3315	CSA
Westport	Belta's Farm	128 Bayberry Lane	203-454-2293	CSA
Westport	Stone Gardens Farm	CSA pickups in Westport and Greenwich	203-929-2003	CSA
Wilton	Stoneledge Farm	345 Belden Hill Road	Email: amkepic@gmail.com	CSA



Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

NY Town	Name	Address	Telephone	Type
Armonk	Roxbury Farm	2 Banksville Road	518-758-8558	CSA
Bedford	Mad Hatter Farm	89 Baldwin Rd.	(860) 824-7635	CSA
Larchmont	Farm Share Ltd.	70 Hillcrest Avenue	914-315-1851	CSA- pick up and delivery
Mamaroneck	Harrison Ave. Farm	1681 Harrison Ave	914-698-8973	Farm Stand
Mt Kisco	Seedswell Vegetable Farm	284 Guard Hill Rd.	N/A	CSA, Farm Stand
Pelham Manor	Pelham, NY CSA	451 Esplanade	N/A	CSA
Pleasantville	Roxbury Farm	861 Bedford Rd.	518-758-8558	CSA
Pound Ridge	Pound Ridge Organics	The hamlet of Scotts Corner	N/A	CoOp
Rye	Stoneledge Farm LLC	200 Forest Avenue	518-622-3003	CSA
South Salem	Stoneledge Farm LLC	111 Spring Street South Salem Presbyterian Church	518-622-3003	CSA
White Plains	Hazon CSA of White Plains	280 Old Mamaroneck Rd.	914-522-3881	CSA- pick up and delivery
White Plains	Roxbury Farm	468 Rosedale Ave	518-758-8558	CSA
White Plains	Stoneledge Farm, LLC	82 Prospect Street	518-622-3003	CSA
Yorktown Heights	Hilltop Hanover Farm	1271 Hanover Street	914-962-2368	CSA




Local Farmers' Markets

great sources of fresh produce

Town	Address	Months Open	Day of week	Time
East Haven	East Haven Town Hall	July 7 – October 6	Sundays	9:00 am – 12:00 pm
Fair Haven	Corner of Grand and Poplar Streets	July 10 – October 30	Thursdays	2:00 pm – 6:00 pm
Hamden	Spring Glen Church 1825 Whitney Avenue	June – October	Tuesdays	3:00 pm – 6:00 pm
New Haven	Downtown New Haven Green, Temple and Chapel Streets	June 18 – November 26	Wednesdays	11:00 am – 3:00 pm
New Haven	Edgewood Park Corner of Whalley and West Rock Ave	May 4 – December 21	Sundays	10:00 am – 2:00 pm
New Haven	Wooster Square, Russo Park Corner of Chapel and DePalma Crt	June 18 – November 26	Wednesdays	11:00 am – 3:00 pm
New Haven	The Hill Corner of Park and South Streets	July 11 – October 24	Fridays	11:00 am – 2:00 pm
Madison	26 Meeting House Road	May 3 to October 11	Fridays	3:00 pm – 6:00 pm
Meriden	Intersection of State & East Main Across from AmTrak	July 13 – October 26	Saturdays	9:00 am – 1:00 pm
Milford	Woodmont Robert Treat Farm, 1339 New Haven Avenue	July – September	Wednesdays	3:30 pm – 6:30 pm
Milford	Downtown 58 River Street	June 22 – October 12	Saturdays	9:00 am – 1:00 pm
Milford	Devon Village 120 Bridgeport Avenue, Route 1	July – October	Sundays	10:00 am – 2:00 pm
North Guilford	2351 Durham Road	June 1 – October 26	Saturdays	9:00 am – 12:30 pm

It's all coming together at GetHealthyCT.org

 Follow us on Facebook




Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Town	Name	Address	Telephone	Type
Bethany	Eve's Corner Garden CSA	Center of Bethany Evescsa.com	203-606-7467	CSA
Bethany	Rojo Farm	327 Litchfield Tpke	203-885-7656	CSA
Branford	Lakso Family Farm	137 Leetes Island Road		Farm Stand
Cheshire	Little Portion Acres	963 Wallingford Road	203-699-0206	CSA
Madison	Lowry Family Farm	Route 1, East River	203-247-6933	Farm Stand & CSA
Madison	Field House Farm LLC	623 Green Hill Road	203-779-9187	Farm Stand & CSA
Meriden	High Hill Orchard Co.	170 Fleming Road	203-294-0276	Farm Stand & CSA, pick your own
Milford	River Crest Farm LLC	534 Oronoque Road	203-876-9786	CSA
Milford	Robert Treat Farm	1339 New Haven Avenue	203-878-4270	CSA
New Haven	Common Ground Ecology Project	358 Springside Avenue	203-389-4333	Farm Stand
North Guilford	Trout Lily Farm LLC	3700 Durham Road	203-710-0282	Farm Stand
North Haven	Frankie's Fruit & Vegetable	1940 Hartford Turnpike	203-376-0407	Farm Stand & CSA
Orange	Homestead Farm	301 Old Grassy Hill Road	203-506-3140	CSA
Woodbridge	Massaro Community Farm	41 Ford Road	203-736-8618	Farm Stand & CSA

It's all coming together at GetHealthyCT.org

 Follow us on Facebook

Get Fresh WITH FRUITS & VEGETABLES



Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



THE AMERICAN
HEART ASSOCIATION
RECOMMENDS



4-5 SERVINGS
of fruits and vegetables
each per day.

Don't wash, cut or peel until you're ready to eat (except lettuce and greens).



Fridge temperature should be at 40° F or below.



Always refrigerate cut or peeled produce.

1 PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS	SWEET POTATOES, POTATOES, & YAMS
HARD SQUASH	WATERMELON

(Winter, Acorn, Spaghetti, Butternut)

2 COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS	STONE FRUIT
CITRUS FRUIT	<i>Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.</i>
<i>Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.</i>	TOMATOES

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

3 REFRIGERATOR

Store in plastic bags with holes, in your produce drawer, unless noted:

APPLES & PEARS	FRESH HERBS
BEETS & TURNIPS	<i>Except basil. Keep stems moist and wrap loosely in plastic.</i>
<i>Remove greens and keep loose in the crisper drawer.</i>	GREEN BEANS
BERRIES, CHERRIES & GRAPES	LETTUCE & LEAFY GREENS
<i>Keep dry in covered containers or plastic bags.</i>	<i>Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.</i>
BROCCOLI & CAULIFLOWER	MELONS
CARROTS & PARSNIPS	MUSHROOMS
<i>Remove greens.</i>	<i>Keep dry and unwashed in store container or paper bag.</i>
CELERY	PEARS
CORN	ZUCCHINI & SUMMER/YELLOW SQUASH
<i>Store inside their husks.</i>	
CUCUMBERS, EGGPLANT & PEPPERS	
<i>Store on the upper shelf, which is the warmer part of the fridge.</i>	



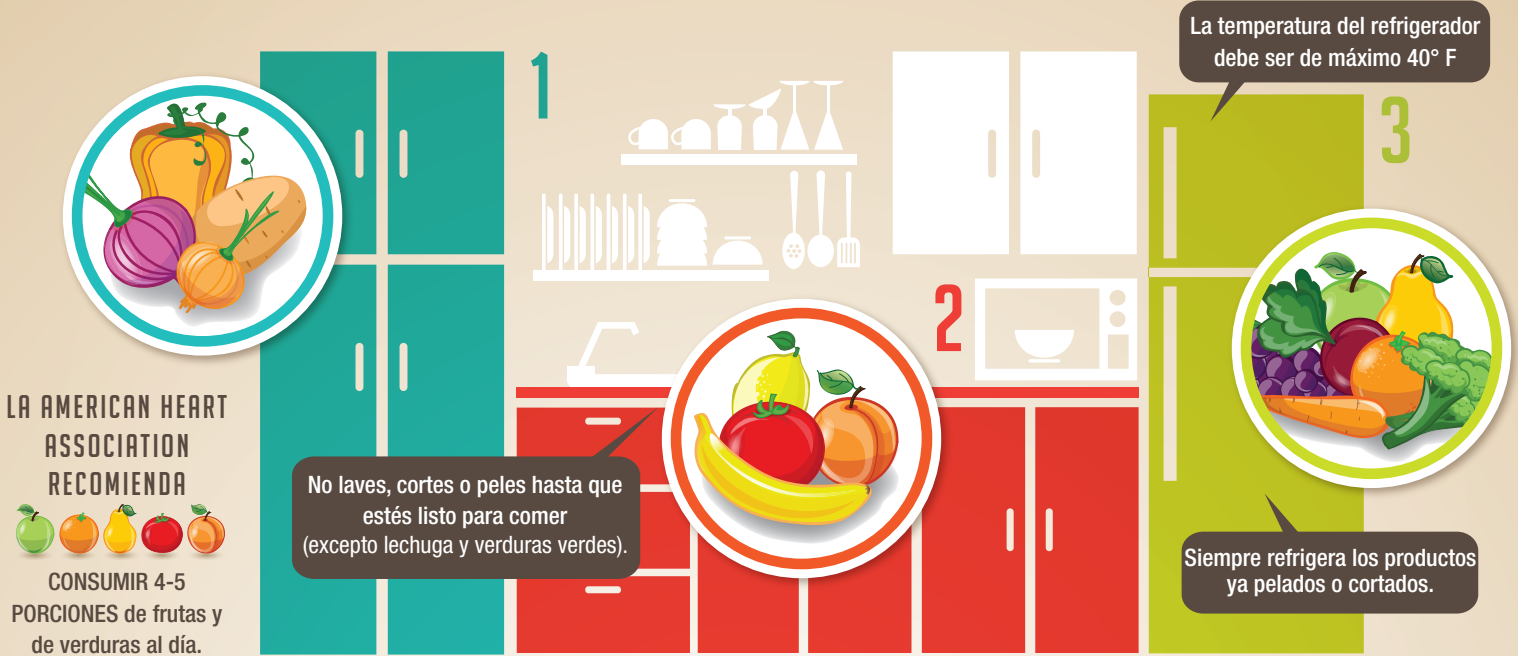
American Heart Association's Simple Cooking with Heart is nationally sponsored by



FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

Refréscate CON FRUTAS Y VERDURAS

Ahorra productos y dinero al aprender cómo guardar las frutas y verduras frescas.



LA AMERICAN HEART ASSOCIATION RECOMIENDA



CONSUMIR 4-5 PORCIONES de frutas y de verduras al día.

ALACENA

Guarda en un lugar fresco y oscuro como tu alacena o bodega:

CEBOLLAS, AJOS Y CEBOLLAS ESCALONIAS, CALABAZAS DURAS **CAMOTES, PAPAS Y ÑAMES, SANDÍAS**
(calabaza de invierno, calabaza bellota, calabaza de cuello torcido, calabaza espagueti)

EN LA BARRA DE LA COCINA

Guarda sueltos y lejos de la luz del sol, el calor y la humedad:

PLÁTANOS CÍTRICOS

Guarda los limones, limas, naranjas y toronjas sueltas o en una bolsa de red. Refrigéralos para que duren más.

FRUTAS CON HUESO

En una bolsa de papel guarda los aguacates maduros, chabacanos, nectarinas, duraznos y ciruelas; después muévelos al refrigerados para que te duren unos cuantos días más.

JITOMATES

MANTENLAS POR SEPARADO:

- Las frutas como manzanas, plátanos y peras generan gas etileno, lo que puede causar que otros productos maduren o se descompongan más rápido.
- Guarda las frutas y verduras por separado
- Mantén las manzanas, plátanos, brócoli, coliflor, pepinos, cebollas, peras, papas y sandías alejados de otros productos.

REFRIGERADOR

A menos que se indique lo contrario, usa bolsas de plástico con agujeros para guardar en el cajón:

MANZANAS Y PERAS

BETABELES Y NABOS
Quítale lo verde y déjalos sueltos en el cajón de las verduras.

MORAS, CEREZAS Y UVAS

Manténlas secas en contenedores tapados o bolsas de plástico

BRÓCOLI Y COLIFLOR

ZANAHORIAS Y CHIRIVÍAS
Quítale la parte verde

APIO

ELOTES
Guárdalos dentro de su hoja

PEPINOS, BERENJENAS Y

PIMIENTOS

Guárdalos en la repisa superior que es la parte más cálida del refrigerador.

HIERBAS FRESCAS

Con excepción de la albahaca, mantén las hojas húmedas y sueltas en plástico.

EJOTES

LECHUGAS Y VERDURAS DE HOJAS VERDES

Lava y seca con un aparato o trapo de papel, envuelve sin apretar en una toalla o toalla de papel y ponlas en una bolsa de plástico en el cajón de las verduras.

MELONES

HONGOS

Mantelos secos y sin lavar en un contenedor o bolsa de papel

CHÍCHAROS

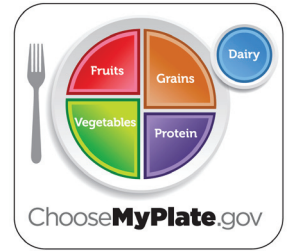
CALABACITAS Y

CALABAZAS AMARILLAS

10 tips

Nutrition Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

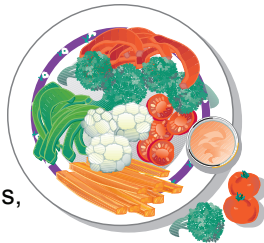
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

agregue más vegetales a sus comidas diarias



10 consejos para ayudarlo a comer más vegetales

¡Comer más vegetales es fácil! Comer vegetales es importante porque contienen vitaminas y minerales y no contienen muchas calorías. Para incluir más vegetales en sus comidas, siga estos sencillos consejos. Es más fácil de lo que piensa.

1 descubra maneras de cocinar rápido
Cocine vegetales frescos o congelados en el horno de microondas para añadir un plato rápido y fácil a cualquier comida. Coloque pimientos, zanahorias o brócoli en un tazón con poca agua para cocerlos al vapor en el horno de microondas y crear un acompañamiento rápido.

2 prepare ingredientes por adelantado

Pique porciones de pimientos, zanahorias o brócoli. Embólselos para usarlos cuando esté apurado. Puede disfrutarlos en ensaladas, con aderezos o en tortillas de harina enrolladas con vegetales.



3 elija vegetales de colores brillantes
Avive su plato con vegetales color rojo, anaranjado o verde oscuro. Están repletas de vitaminas y minerales. Pruebe calabacín, tomates cereza, camotes o berza. No sólo son ricos en sabor sino muy nutritivos también.

4 busque en el congelador

Los vegetales congelados son rápidos y fáciles de usar, y son tan nutritivos como los frescos. Pruebe añadir maíz, guisantes, habichuelas tiernas, espinaca o guisantes dulces congelados a algunos de sus platos favoritos, o bien prepárelos como acompañamientos.

5 pruebe vegetales enlatados
Los vegetales enlatados son un buen complemento a cualquier comida, así que tenga a la mano tomates, frijoles rojos, garbanzos, zetas y remolachas enlatadas. Elija latas marcadas "bajo en sodio," "sodio reducido," o "sin sal adicional" ("low in sodium," "reduced sodium," or "without added salt").



6 haga que sus ensaladas brillen de color
Avive sus ensaladas con vegetales de colores brillantes como frijoles negros, pimientos dulces rojos, rábano rayado, col roja picada o berro. Sus ensaladas no sólo se verán muy bien sino que también serán deliciosas.



7 pruebe sopas de vegetales
Calientelas y cómalas. Pruebe sopas de tomate, calabacín o verduras. Busque sopas con contenido de sodio reducido o bajo.

8 si sale a comer

Si sale a cenar, no se preocupe. Al pedir su plato, pida vegetales o ensalada como acompañamiento en lugar de los fritos típicos.

9 disfrute del sabor de las vegetales de temporada

Para obtener el mejor sabor al más bajo costo, compre vegetales de temporada. Busque las ventas especiales de sus supermercados locales para encontrar las mejores compras de temporada. Visite también el mercado de su comunidad (farmers markets).



10 pruebe algo nuevo
Si no lo prueba, nunca sabrá si le gusta. Elija un vegetal que no haya probado antes, agréguela a una receta o busque en internet para ver cómo prepararla.

DO IT YOURSELF LUNCH!

Are you tired of the same boring lunches? Think outside the “lunchbox” and have fun making your lunch by using different variations of the lists below.

Pick one item from each column and combine however you would like. It is always OK to choose more than 1 item from the fruit or veggie column! Have fun and be creative!

Protein	Grain	Fruit	Veggie
Almonds	Goldfish	Apple	Broccoli
Black beans	Granola bar (homemade)	Avocado	Carrots
Cannellini beans	Oatmeal	Banana	Celery
Cheese	Organic corn tortillas	Berries	Cucumbers
Chicken	Popcorn	Craisins	Green beans
Chickpeas	Rice	Grapes	Jicama
Cottage cheese	Triscuits	Kiwi	Kale
Edamame	Whole grain bread	Melon	Onions
Eggs	Whole grain English muffin	Orange	Peas
Greek yogurt	Whole grain muffins	Peach	Peppers
Ham	Whole grain pita	Pear	Pickles
Hummus	Whole grain tortillas	Plum	Pumpkin
Milk (lowfat)	Whole wheat pretzels	Raisins	Salsa
Mozzarella			Spinach
Peanut butter			Sweet potato
Peanuts			Tomato sauce
Pistachios			Tomatoes
Salmon			
Shrimp			
Tuna			
Turkey			

Possible combos to get you started:

- 1-2 hard boiled eggs, English muffin, 1 cup grapes, small spinach and cucumber salad
- Salmon salad, Triscuits, cucumbers, apple
- Smoothie made from frozen berries, milk, spinach, banana, vanilla and cinnamon, popcorn, carrots with hummus
- Pizza quesadilla filled with tomato sauce, mozzarella, and broccoli, fruit of choice
- Big salad – spinach, cucumbers, carrots, peppers, craisins, and cubed chicken, chunk of crusty bread
- Whole wheat tortilla spread with 2 tbsp peanut butter rolled around a banana, frozen yogurt pop, pepper strips with dip
- Zucchini-carrot muffin, peanuts and raisins, tortilla chips with salsa

Copyright © 2012

www.simplywellwithmichelle.com

1. Definitely think outside the box! Kids can get tired of eating the same thing all the time and if they don't eat a variety of foods they won't get all the nutrients they need.
2. Don't use a school lunch as an opportunity to test out new foods! You don't want them to be hungry at school so always give new foods a few test runs at home first.
3. Don't be afraid of going meatless! Many kids prefer it and even if you only do it occasionally it is a nice change. And just a quick note on fats, I don't have them included on their own in the chart but they do eat them. It may be cream cheese on a bagel, mayonnaise in a tuna salad or avocado in a quesadilla. I don't feel fat needs its own category because it will naturally be included.

Feel free to print out the chart and post it in your own kitchen. You will probably be surprised at the lunches your kids put together! Here's to a year filled with healthy school lunches your kids will actually eat!

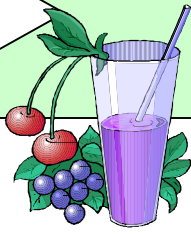
20 Ways to Sneak Vegetables into Kids' Food

Struggling with a picky eater? Worried your child isn't eating enough fruit and veggies? Start sneaking vegetables into your child's food to avoid meal time battles and increase the nutritional value of what they are eating.

1. Add pureed winter squash to macaroni and cheese.
2. Mix shredded carrots into meatballs.
3. Use vegetables instead of pasta. Try spaghetti squash or zucchini.
4. Add chopped mushrooms to Sloppy Joes or meatloaf.
5. Mash cauliflower into mashed potatoes.
6. Blend onions and carrots and add it to marinara sauce.
7. Add pumpkin puree to pizza sauce and make your own pizza with it.
8. Top pizza with red peppers then add the cheese on top.
9. Cut up carrots added to creamy potato soup won't be noticed.
10. Layer in a little spinach in lasagna.
11. Make sweet potato fries instead of the regular kind.
12. Add shredded zucchini or summer squash to casseroles.
13. Mix broccoli with ingredients inside of stuffed shells.
14. Blend spinach in with a smoothie that contains blueberries (the dark color will mask the green of the spinach).
15. Add finely chopped onions or shredded carrots to salmon cakes.
16. Make pumpkin pie.
17. Puree vegetables and make bisque such as butternut squash soup.
18. Pureed vegetables can also be added to a creamy soup like clam chowder.
19. Sneak any veggie into your child's favorite burrito.
20. Dehydrate kale and make kale chips.

Fruit Juice Facts

A Parent's Guide to Juice



Health professionals continue to stress that eating more servings of fruits and vegetables is extremely important for good health. These guidelines suggest the amount of whole fruit your child should include in a healthy meal plan. Drinking 100% fruit juice is an easy way to make sure your child meets their fruit intake for the day. However, parents need to be aware of how much and how often juice is consumed.

Daily Fruit Recommendations from MyPyramid.gov

	Age	Total Fruit per Day
Toddlers	2 - 3 years	1 cup
Girls	4 - 8 years	1 cup
Boys	4 - 8 years	1 ½ cups
Girls	9 - 18 years	1 ½ cups
Boys	9 - 13 years	1 ½ cups
	14 - 18 years	2 cups

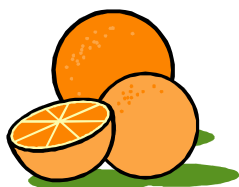


What health benefits do 100% fruit juices offer? Fruit juices are packed with vitamins, minerals and phytochemicals – unique compounds found only in plants. Researchers have found that these compounds in fruit and fruit juice help to maintain good health by preventing and fighting disease.

Can 100% fruit juice be a substitute for fresh fruit?

Yes! When portion size and frequency are appropriate, one hundred percent (100%) fruit juice can count as a substitute for whole fruits and vegetables. Most servings of fruit should come from whole fruits, but a limited portion of them can come from 100% fruit juice.

One-half (1/2) cup or 4 ounces (4oz.) of 100% fruit juice equals one serving from the fruit group.



1 medium orange equals

60 calories

3 grams of fiber

1 serving of a fruit



4 oz 100% orange juice

60 calories

0 grams of fiber

1 serving of a fruit

What is 100% juice?

Juice is the liquid from a fruit or vegetable.
100% juice is the juice without added sugars.

To determine if a juice beverage is 100% juice, the container label must state that the product is 100 % juice. This information is usually included near the Nutrition Facts panel on the back of the label, or clearly listed on the front label.



Contains 100% Juice

Nutrition Facts	
Serving Size 1 cup	
Servings per Container 8	
Amount Per Serving	
Calories 120	Calories from fat 0
% Daily Value	
Total Fat 0g	0%
Cholesterol 0mg	0%
Potassium 480mg	
Sodium 0mg	0%
Total Carb. 29g	10%
Dietary Fiber 0g	0%
Sugars 28g	
Protein 1g	
Vitamin A 0%	Vitamin C 120%
Calcium 2%	Riboflavin 0%
Thiamine 15%	Folate 10%

Beware of other Juice “Names”

Fruit drink
Juice drink
Juice cocktail
Juice beverage

They may be mostly sugar and contain only 5-10% juice.

Why limit 100% juice?

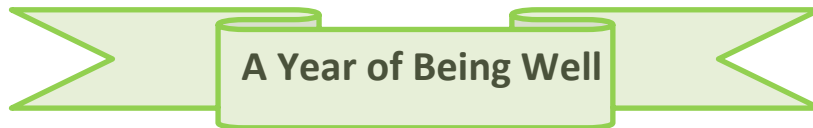
- Many children may be consuming too much juice, often in place of milk, water, whole fruits or vegetables.
- Children who consume too much juice may not be hungry and will miss out on other important nutrients their bodies need from other foods.
- Juice does not contain the fiber that whole fruits and vegetables contain.
- Large quantities of juice provide excessive amounts of calories and may contribute to unwanted weight gain and tooth decay.

What can I do to keep juice healthy for my family?

100% Fruit Juice Guidelines for Kids	
Amount Daily	Age Group
No Juice	Infants six months of age and under
4 – 6 ounces	Older infants (when able to drink from a cup) plus children 1 – 6 years
8 – 12 ounces	Children 7 – 18 years
<i>Note: Juice should never be fed by bottle to small children.</i>	
<i>Source: American Academy of Pediatrics</i>	



- ✓ **Buy only 100% juice**, look for the word “juice” on the label.
- ✓ **Avoid products** that are called “drinks,” “beverages,” or “cocktails”
- ✓ **Do not give juice to infants** younger than 6 months.
- ✓ **Give only 4 to 6 ounces** of fruit juice per day to children between the ages of 1 to 6 years.
- ✓ **Give only 8 to 12 ounces** of fruit juice per day to children between the ages of 7 to 18 years.
- ✓ Give juice only to infants who can drink from a cup, **never in a bottle.**
- ✓ **Do not allow your child to carry** a cup or box of juice around throughout the day.
- ✓ **Never allow a child to fall asleep with a container of juice.** This promotes tooth decay.



A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called [A Year of Being Well](#) produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family's journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book “is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn't necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better.” – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado [A Year of Being Well \(Un Año de Estar Bien\)](#) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarle alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

Este libro “está diseñado para ayudarle a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papas, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien.” – Susan Dell

A Year of Being Well ----Table of Contents

Month 1: Get Started	Mes 1: Póngase en marcha
Month 2: Get Smarter	Mes 2: Sea más inteligente
Month 3: Lead by Example	Mes 3 Guíe con el ejemplo
Month 4: Drop Liquid Calories	Mes 4: Disminuya las calorías líquidas
Month 5: Eat Real Food, Not Junk Food	Mes 5: Coma alimentos reales, no comida chatarra
Month 6: Go Green: Increase Fruits and Vegetables	Mes 6: Coma productos frescos: consuma más frutas y verduras
Month 7: Limit All Screen Time	Mes 7: Limite el tiempo frente a las pantallas
Month 8: Get Moving	Mes 8: Póngase en movimiento
Month 9: Get More Sleep	Mes 9: Duerma más
Month 10: Make friends and Buddy Up	Mes 10: Haga amigos y compañeros de actividades físicas
Month 11: Go to School	Mes 11: Vaya a la escuela
Month 12: Pass It On: Spark a Community Effort	Mes 12: Difúndalo: incie un esfuerzo en toda su comunidad
Finally Reflect and Re-Plan	Finalmente reflexione y plane de nuevo

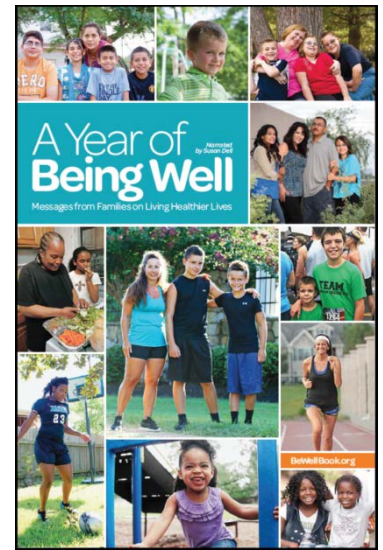
Get your free copy of *A Year of Being Well* at www.bewellbook.org.

Available in English and Spanish

4

EASY STEPS TO be well this month

At the end of each chapter, in A Year of Being Well, there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of these resources are free and provided by Get Healthy CT and their partners.



1 Remember, when fresh fruit isn't available, look for frozen or canned fruits and veggies without the added salt or sugar. They hold the same terrific nutrient base and are reasonably priced. *Check out “The Simple Green Smoothie Formula” found in this packet for ways to eat more fruits and vegetables.*

2 Learn to mix fruits and vegetables into other foods. Add veggies to pasta sauces or casseroles. *Check out “20 Ways to Sneak Vegetables into Kids’ Food” found in this packet.*

3 Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruit and vegetables. Low-fat dips like low-fat peanut butter and light dressings are perfect for dipping veggies. *Check out “10 Tips to Add More Vegetables to Your Day” found in this packet.*

4 Bring kids shopping to help select the produce they want to enjoy each week. Challenge them to try a different fruit or vegetable each week along with their favorites. *For more information on local farmers’ markets, farm stands and CSAs, check out the listings found in this packet.*

5 Reasons Why You Should Shop at Your Local Farmers Market:

1. Once a fruit or vegetable is picked, it starts to die. Getting produce from local farms decrease the amount of time that a fruit or vegetable is picked from the vine to your plate.
2. When a vegetable or fruit is ripened on the vine, the produce contains more nutrients. Most fruits and vegetables have to travel a long time to wind up in a grocery store. They are picked when they are unripe and left to ripen in a truck or by unconventional methods.
3. Local farmers do not use harmful chemicals and limited pesticides.
4. Buying local gives you a chance to support your neighbor and local economy.
5. Farm programs such as a Community Supported Agriculture (CSA) can help to greatly reduce the cost of fresh, organic produce.

Go Green: Increase Fruits and Vegetables

Incorporating more fruits and vegetables into your family's diet sounds easy. But many families can't easily get to stores that sell fresh fruits and vegetable. And it can be even harder to get kids who aren't used to eating healthy items to try them. The proof is in the numbers: Only 20 percent of high school students report eating fruits or green vegetables five or more times a day.

It can be hard for parents to fill their children's stomachs with apples, grapes, broccoli, or green beans rather than fill them with junk food. And eating a serving of fruit or vegetables at each meal doesn't even meet the number of daily recommended servings. So how can parents get their kids to consume enough of these essential foods? Three Be Well families found innovative ways to accomplish their goal. — *Susan Dell*



Did you know?

Studies show that people who consume many foods and drinks with added sugar tend to consume more calories than people who consume fewer of these foods.
National Heart Lung and Blood Institute

Serve fat-free and low-fat dairy foods. From ages 1 to 8, children need two cups of milk or its equivalent each day. Children ages 9 to 18 need three cups.
American Heart Association

Cindy

and her family

Cindy made lifestyle changes for her family when she was diagnosed with Type 2 diabetes. Cindy had to replace the fast foods they often ate with appropriate portions of protein (for example, lean meats, soy, and eggs), dairy products, healthy starches (foods like whole grains and brown rice), and produce (fruits and vegetables). She also became a master at making healthy practices and food options part of every family celebration and holiday — times when it is easy to overindulge in fatty foods with low nutritional value.

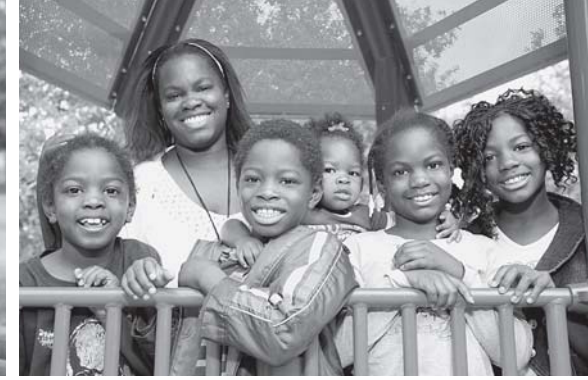
The family now views fruits and vegetables as staples of their diets. This practice has been so successful at improving their health that the family has lost a combined 150 pounds. — *Susan Dell*

“When I was diagnosed with Type 2 diabetes, I knew that I’d need help from the whole family to make some drastic changes in our lifestyle. One of the easiest ways we could all be healthier was to incorporate more fruits and vegetables into our meals — and I don’t mean fried vegetables or sugarcoated fruits.

At every meal we have 4 ounces of protein — which is about the size of a deck of cards — one starch, one serving of fruit, and all of

the vegetables you want. We just had to try different foods to see which ones each of us likes and keep those foods as staples in our kitchen all of the time.

At dinner each night, the only extra foods on the table are vegetables. We dish out meats and starches at the stove. We eat less of those because the only second helpings available are the veggies. I never tell my kids they can’t eat more vegetables.”



MONTH 6:
Go Green: Increase
Fruits and Vegetables

Jamilia

and her family

In many cities, finding a store that stocks quality fruits and vegetables can be hard. Oakland, California, is no exception. Jamilia has limitless energy and a commitment to feeding her five children plenty of produce each day.

Eating healthy in inner-city Oakland can be hard, where — like so many cities — quality fresh fruits and veggies are in low supply. So Jamilia loads her crew onto a bus and travels across the city to farmers markets where she can afford the fresh foods she wants. The only additional cost for Jamilia is the time it takes to complete these trips. Realizing that so many families in her neighborhood also wanted to have access to healthier food options, Jamilia began working with her local schools and farmers to organize farmers markets closer to home. Because of Jamilia’s efforts, other parents have the chance to increase the fruits and veggies in their own families’ diets. — *Susan Dell*

“I try to teach my kids that they have the option to control what they put in their bodies. I tell mothers to involve their kids in the planning, shopping, and cooking so they’ll eat more of the fruits and vegetables they should be eating but don’t always want to. If you involve the kids, they’ll at least try the fruits and veggies — at our house they have to try it many times before they can officially decide that they don’t like the food.

When I tried to get the kids to eat broccoli, I had to serve it raw once and steamed once

before we figured out the ways each of the five kids liked to eat it. Who cares if I have to cook some and leave some raw every time I serve it? As long as they are eating it, I’m happy.

I also add at least one vegetable or fruit to every meal. A lot of times I’ll add veggies like peas or carrots into my pasta sauces or things like tuna casseroles. These changes weren’t very hard, I just had to add the healthy ingredient into my family’s favorites. It takes a little effort on my part, but it’s my responsibility to give them healthy options.”

Debra

and her family

We first met Debra in 2008 when she was dropping off bags of sugar snap peas to her daughter's summer camp class at the Harlem YMCA. For Debra, returning to the Y with more food after her daughter's friends begged her to bring more was a small sacrifice to make sure kids in her neighborhood were exposed to fruits and vegetables.

Debra told us that many of the neighborhood's children, including her own daughter, were hooked on greasy or processed foods. Kids weren't used to eating the healthy items, so they wouldn't even try them when offered. So the challenge became getting the kids to eat them without a fuss. — *Susan Dell*

“When I started trying to get my daughter, Giovanni, and the other neighborhood kids who eat with us every night, to try vegetables, I thought I'd never hear the end of it. They all complained that they didn't like vegetables, but they hadn't even tried most of them. So I figured the best way to get the kids to eat healthier foods was to make healthy foods more fun.

We do things like make obstacle courses for action figures out of broccoli 'trees' and cherry tomato 'rocks.' I let the kids decorate whole-wheat pancakes with faces. They use shredded carrots for hair, raisins for eyes, and

bananas for the mouth.

Our favorite thing to do is to make 'food necklaces' instead of candy necklaces. We use thread and a needle to string things like blueberries, strawberries, carrots, and pieces of red peppers to make a necklace that we can tie around our necks and munch on them until they are empty. The kids can get at least one serving of fruits or vegetables out of one necklace.

My momma always told me not to play with my food. But I try to come up with new ways to make food fun — whatever it takes to get healthy foods in the little bodies I feed.”



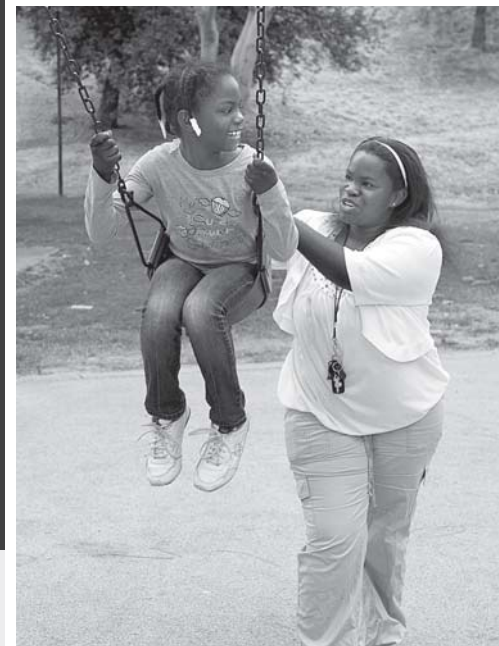
4

EASY STEPS TO be well this month

- 1 Remember, when fresh fruit isn't available, look for **frozen or canned fruits and veggies** without added salt or sugar. They hold the same terrific nutrient base and are reasonably priced.
- 2 Learn to **mix fruits and vegetables** into other foods. Add veggies to pasta sauces or casseroles.
- 3 Make fruits and vegetables **fun**. Try dressing up sandwiches with faces and smiles made from fruits and vegetables. **Low-fat dips** like low-fat peanut butter and light dressings are perfect for dipping veggies.
- 4 Bring kids shopping to **help select** the produce they want to enjoy each week. Challenge them to **try a different** fruit or vegetable each week along with their favorites.

Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.



Resources



Ripe: A Fresh, Colorful Approach to Fruits and Vegetables
Cheryl Sternman



Vegetarians Recipes Cookbook



Fruits & Veggies More Matters
www.fruitsandveggiesmorematters.org



Your local farmers market



Coma productos frescos: consume más frutas y verduras

Incluir más frutas y verduras en la alimentación de su familia suena fácil. Sin embargo, muchas familias no tienen fácil acceso a tiendas que vendan frutas y verduras frescas. Además, podría ser todavía más difícil lograr que las prueben niños que no están acostumbrados a comer alimentos saludables. La prueba está en los números: apenas 20 por ciento de los estudiantes de secundaria afirman comer frutas o verduras de hoja verde cinco o más veces por día.

Puede ser difícil que los padres llenen el estómago de sus hijos con manzanas, uvas, brócoli o ejotes, en lugar de llenarlos con comida chatarra. Además, comer una ración de frutas o verduras en cada comida ni siquiera cumple con el número de raciones diarias recomendadas. Así pues, ¿cómo pueden lograr los padres que sus hijos consuman estos alimentos esenciales en cantidad suficiente? Tres familias del programa Be Well encontraron formas innovadoras de lograr su meta. – *Susan Dell*



¿Sabía usted que...?

En estudios, se ha comprobado que las personas que consumen muchos alimentos y bebidas con azúcar añadida tienden a consumir más calorías que quienes consumen menos de estos alimentos.

Instituto Nacional del Corazón, Pulmones y Sangre

Sirva productos lácteos sin grasa y bajos en grasa. Entre los 1 y 8 años de edad, los niños necesitan dos tazas de leche o su equivalente cada día. Los niños y adolescentes de 9 a 18 años de edad necesitan tres tazas. *Sociedad Americana del Corazón*

Cindy

y su familia

Cindy realizó cambios en el estilo de vida de su familia cuando le diagnosticaron la Diabetes tipo 2. Cindy tuvo que reemplazar la comida rápida que comían frecuentemente con raciones apropiadas de proteínas (por ejemplo, carne magra, soya y huevos), productos lácteos, almidones saludables (productos como los granos integrales y el arroz integral) y productos agrícolas (frutas y verduras). También se convirtió en una maestra en hacer que las prácticas y opciones de alimentos saludables fueran parte de cada celebración y fiesta familiar — momentos en los que es fácil abusar de alimentos grasosos de bajo valor nutricional.

Ahora, su familia ve a las frutas y verduras como la parte básica de su alimentación. Esta práctica ha sido tan exitosa para mejorar su salud que la familia en su conjunto ha bajado 68 kg (150 libras). — *Susan Dell*

“Cuando me diagnosticaron Diabetes tipo 2, supe que necesitaría la ayuda de toda mi familia para realizar cambios drásticos en nuestro estilo de vida. Una de las maneras más sencillas para lograr que todos estuviéramos más sanos fue incluir más frutas y verduras en nuestras comidas y no me refiero a verduras fritas ni a frutas recubiertas de azúcar.

En cada comida, comemos 125 g (4 onzas) de proteínas (lo que equivale más o menos al volumen de una baraja), un almidón, una ración de fruta y toda la verdura que quiera

comer cada quien. Simplemente tuvimos que probar diferentes alimentos para ver cuáles nos agradan a cada uno y tener siempre estos alimentos como productos básicos en nuestra cocina.

Cada noche, en la comida, los únicos alimentos adicionales sobre la mesa son verduras. Servimos las carnes y almidones junto a la estufa. Comemos menos de estos alimentos porque solamente está permitido repetir las verduras. Nunca digo a mis hijos que no pueden comer más verduras”.



MES 6:
Coma productos frescos:
consume más frutas y verduras

Jamilia

y su familia

En muchas ciudades, puede ser difícil encontrar una tienda que tenga frutas y verduras de calidad. Oakland, California, no es la excepción. Jamilia tiene energía ilimitada y está comprometida con alimentar a sus cinco hijos con productos agrícolas abundantes, cada día.

Comer saludablemente puede ser difícil en zonas urbanas deprimidas de Oakland, donde, al igual que en muchísimas ciudades, las frutas y verduras frescas de calidad escasean. Así, Jamilia sube a su cuadrilla a un autobús y recorre la ciudad hasta los mercados de productores, donde puede adquirir los alimentos frescos que desea a precios accesibles. El único costo adicional para Jamilia es el tiempo que se tarda en completar estos recorridos. Al darse cuenta de que muchas familias en su barrio también querían tener acceso a opciones de alimentos más saludables, Jamilia empezó a trabajar con las escuelas y agricultores locales para organizar mercados de productores más cerca de su casa. Gracias a los esfuerzos de Jamilia, otros padres tienen la oportunidad de aumentar el consumo de frutas y verduras en la alimentación de sus familias. — *Susan Dell*

“Trato de enseñar a mis hijos que tienen la opción de controlar lo que introducen en su cuerpo. Digo a las madres que involucren a sus hijos en la planeación, compra y preparación de los alimentos para que sus hijos coman en mayor cantidad las frutas que deben comer y que no siempre quieren comer. Si usted involucra a los niños, ellos al menos probarán las frutas y verduras; en nuestra casa ellos tienen que probarlas varias veces antes de que puedan decidir oficialmente que no les gusta un alimento.

Cuando intenté hacer que mis hijos comieran brócoli, tuve que servirlo crudo una vez y al vapor en otra ocasión antes de darme cuenta de

la manera en que le gustaba a cada uno. ¿Cuál es el problema si tengo que cocinar una parte y dejar otra parte cruda cada vez que lo sirvo? Siempre y cuando lo coman, estoy contenta.

Además, agrego cuando menos una verdura o fruta en cada comida. En muchas ocasiones, añado verduras como los chícharos o zanahorias a mis salsas para pastas o a guisados, como los de atún. Estos cambios no fueron muy difíciles, ya que simplemente agregué el ingrediente saludable a uno de los platillos favoritos de mi familia. Aunque se requiere un poco de esfuerzo de mi parte, es mi responsabilidad brindarles opciones saludables”.

Debra

y su familia

Conocí a Debra en 2008, cuando llevó bolsas de guisantes verdes a la clase del campamento de verano de su hija en la YMCA de Harlem. Para Debra, regresar a la YMCA con más alimento después de que los amigos de su hija le pidieron que llevara más fue un pequeño sacrificio para asegurarse de que los niños de su barrio comieran frutas y verduras.

Debra nos dijo que muchos de los niños de su barrio, incluida su propia hija, estaban enganchados con los alimentos grasosos o procesados. Los niños no estaban acostumbrados a comer alimentos saludables, de modo que ni siquiera los probaban cuando se los ofrecían. Así pues, la dificultad fue hacer que los niños los comieran sin protestar. — *Susan Dell*

“Cuando empecé a tratar de que probaran las verduras mi hija Giovanni y los otros niños del barrio que comían con nosotros cada noche, pensé que nunca terminaría. Aunque todos dijeron que no les gustaban las verduras, ni siquiera habían probado la mayoría de ellas. Así pues, supuse que la mejor manera de hacer que los niños comieran más saludablemente era hacer que los alimentos saludables fueran más divertidos.

Hicimos cosas como carreras de obstáculos para figuras de acción usando brócoli como ‘árboles’ y tomates cherry como ‘rocas’. Permití que los niños decoraran panqueques de trigo integral con caras. Usaron zanahorias en tiras para el cabello, uvas pasa para los ojos y pláta-

nos para la boca.

Nuestra actividad favorita era hacer ‘collares de comida’ en lugar de collares de caramelos. Usamos hilo y aguja para ensartar alimentos como los arándanos, fresas, zanahorias y trozos de pimientos rojos para crear collares que podíamos ponernos alrededor del cuello y saborearlos hasta acabar con ellos. Un niño puede obtener cuando menos una ración de frutas o verduras de uno de estos collares.

Mi mamá siempre me dijo que no jugara con la comida. Sin embargo, traté de encontrar nuevas formas de hacer que los alimentos fueran divertidos — lo que sea necesario para introducir alimentos saludables en los pequeños cuerpos que alimento”.



4

PASOS FÁCILES de este mes para estar bien

- 1 Recuerde: cuando no haya fruta fresca disponible, busque **frutas y verduras congeladas o enlatadas** sin azúcar o sal añadidas. Tienen la misma base nutricional excelente y su precio es razonable.
- 2 Aprenda a **mezclar frutas y verduras** con otros alimentos. Agregue verduras a las salsas para pasta o guisados.
- 3 Haga que las frutas y verduras sean **divertidas**. Trate de adornar los emparedados con caras y sonrisas hechas de frutas y verduras. **Los aderezos bajos en grasa**, como la crema de cacahuete baja en grasa y los aderezos dietéticos, son perfectos para combinar con las verduras.
- 4 Lleve a los niños cuando vaya de compras para que **ayuden a seleccionar** los productos agrícolas que quieren disfrutar cada semana. Desafíelos a **probar una nueva** fruta o verdura cada semana, junto con sus favoritas.

Consejos importantes:

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos que iniciará cada mes.

MES 6:
Come productos frescos:
consume más frutas y verduras



Recursos



PUBLICACIÓN

Ripe: A Fresh, Colorful Approach to Fruits and Vegetables
Cheryl Sternman



APLICACIÓN
MÓVIL

Vegetarian Recipes Cookbook



ORGANIZACIÓN

Más Asuntos sobre Frutas y Verduras
www.fruitsandveggies.com
morematters.org



COMUNIDAD



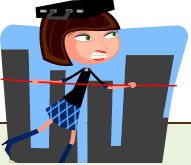



El mercado de productores de su localidad



JUNE

Get Moving Today!




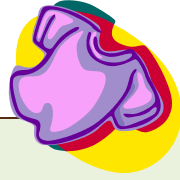

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go outside and run in big, small, and medium sized circles.	Make a paper airplane and see how far you can make it fly. 	Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.	Play catch with someone. Start really close and after every two tosses back up one step.	Find an open space and work on rolling in different ways - long, straight body and a curled up small body.	Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns.	Go for a family walk and take turns saying something you are really happy about or thankful for.
Draw or cut out some odd shapes, then put your body into each shape.	Turn on some slow, quiet music – lay on the floor, relax, breath and stretch.	Pretend that you are at a magical zoo. Identify an animal; move and sound like that animal.	Ask someone to pitch some balls to you as you try to hit them with a big, soft bat.	Work on dribbling a ball. Try saying tap, tap, run, run as you do the same with the ball and your feet 	Use wet sponges to work on your throwing. Throw sponges at a big target such as a building or garage door.	Pretend to be a growing flower. First you are the tiny seed in the ground and then you slowly grow into a big, tall flower that blows in the wind.
Fill a cup full of water. Can you run around your building carrying the cup without losing much water?	Can you walk while you balance a book on your head? 	Walk and run around your home four times. Each time try to go a little faster.	Work on throwing really hard. Remember to bring the ball back to your ear and take a nice big step forward.	Make up a silly dance, show it to someone, and then ask them to do it with you.	Draw a hopscotch pattern outside and work on your jumping and hopping skills.	Stretch your body into the shapes of each letter in your name. Stretch big and small.
Work on moving in different directions – forward, backward, sideways.	Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over. 	Have a three legged walk with someone in your family. Stand side by side, with your inside legs touching – these two legs should move together as one leg.	Ask someone to take you to a park and try to keep moving for 15 minutes without stopping - run, climb, jump, and swing.	Make your arms strong by walking like different animals around your yard - bear, crab, seal, etc.	Put a t-shirt on the floor, bend over and put your hands on it, then push it all over the space. 	Draw circles, squares, and triangles on the driveway and practice tossing rolled up socks into each shape.
Find a little hill and roll down it, run back up and do it again. 	Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.	Practice your volleying skills. Find a balloon and try to keep it up in the air. Try volleying it with different parts of your body.	Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and "give" with your body as you catch it.	Draw different shapes with sidewalk chalk and practice moving over, around, and into them.	Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do the same with your feet and the ball.	Go back and do your favorite activity this month!

JUNIO

"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Corre en círculos. Sal afuera y corre en círculos pequeños, medianos y grandes.	Haz un avión de papel y ve cuán lejos lo puedes hacer volar. 	Practica tus lanzamientos. Consigue objetos pequeños para lanzarlos a una caja. Aléjate poco a poco para ver si puedes lanzar más lejos.	Juega a atajar con alguien. Empieza cerca y aléjate un paso después de cada dos lanzamientos.	Encuentra un espacio abierto y rueda de diferentes maneras... cuerpo largo y extendido, y cuerpo corto y enrollado.	Nombra 3 movimientos distintos mientras tu compañero los hace: tocarse la nariz, dar vueltas, y saltar alto. Túrnense.	Ve de caminata familiar y túrnense para contar algo que los hace sentir felices o agradecidos.
Dibuja o recorta formas extrañas, luego conforma tu cuerpo en esas formas.	Prende música suave y lenta – acuéstate en el suelo, relájate, respira y estírate.	Imagina que estás en un zoológico mágico. Identifica un animal – muévete y suena como ese animal.	Pide a alguien que te tire unas pelotas mientras tratas de pegarlas con un bate grande y suave.	Practica dribbling una pelota. Trata diciendo tap, tap, corre, corre mientras haces lo mismo con tus pies y pelota. 	Usa esponjas mojadas y practica tus habilidades de lanzar. Lanza esponjas hacia una meta grande como un edificio o una puerta de garaje.	Pretende ser una flor que esta creciendo. Primero eres una semilla pequeña en la tierra y luego creces lentamente en una flor grande y alta que se mueve en el viento.
Llena un vaso con agua. ¿Puedes correr alrededor de tu edificio con el vaso sin perder mucha agua?	¿Puedes caminar mientras balanceas un libro sobre tu cabeza? 	Camina y corre al rededor de tu casa cuatro veces. Cada vez trata de ir un poco más rápido.	Trata de lanzar bien lejos. Recuerda traer la pelota hacia tu oreja y toma un paso bien grande hacia adelante.	Crea un baile chistoso, demuéstalo a alguien y luego pídele que lo haga contigo.	Dibuja una rayuela afuera y practica saltando de un pie. 	Estira tu cuerpo en la forma de cada letra en tu nombre. Estírate en una manera grande y pequeña.
Trata de moverte en diferentes direcciones – hacia adelante, hacia atrás, hacia un lado.	Pon varios blancos alrededor de una habitación y practica tus habilidades de lanzar o rodar una pelota hacia los blancos para hacerlos caer.	Da un paseo de tres patas con alguien en tu familia. Párense lado a lado, con las piernas interiores tocándose - estas dos piernas deben moverse como una sola pierna.	Pídele a tu padre que te lleve al parque, trata de mantenerte en movimiento por 15 minutos sin parar. ¡Corre, trepa, salta, columpia!	Haz que tus brazos se pongan más Fuertes caminando como diferentes animales al rededor de tu patio - como un oso, cangrejo, foca, etc.	Pon una camiseta en el piso, dobla tu cuerpo y pon tus manos en la camiseta, ahora empújala por todo el espacio.	Dibuja círculos, cuadrados y triángulos en tu acera y practica lanzando calcetines enrollados dentro cada forma.
Encuentra una pequeña colina y rueda por ella, vuelve a correr a la punta de la colina y hazlo de nuevo. 	Practica tus habilidades de patear. Trata corriendo hacia la pelota, trae tu pierna hacia atrás y patéala.	Práctica tus habilidades de volley. Encuentra un globo y trata de mantenerla en el aire. Trata de golpearla con diferentes partes de tu cuerpo.	Jugar a la pelota con un globo de agua. Haz una casa suave y agradable con tus manos para el globo y "da" con tu cuerpo mientras lo agarras.	Dibuja diferentes formas con tiza y practica moviéndote por encima, al rededor de y dentro de cada forma.	Practica dribbling una pelota con tus pies. Trata diciendo tap, tap, corre, corre mientras haces lo mismo con tus pies y pelota.	Vuelve a hacer tu actividad favorita de este mes!