



Outdoor Summer Fun

July 2016

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how to lead a healthier
lifestyle, visit our website
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Family Meals – **FAST**, Healthful!

You are running in 10 directions! It is 4 p.m. You need to pick up your child at day care, stop at the store, and run several errands. And you need to get ready for an evening meeting. How do you put a healthful supper on the table, too?



A few timesaving steps can help you prepare an easy family meal – with less stress. Use the time you save to enjoy your family.

Plan ahead.

- **Keep meals simple!** Food that keeps your family healthy can be quick to fix. Unless it is a special occasion, spend time together, not on making time-consuming meals!
- **Cook when you have more time –** maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
- **Do some tasks ahead –** a few hours or the day before your meal. Wash and trim vegetables or make fruit salad. (Your child can help.) Cook whole-grain noodles for pasta salad. Cook lean ground meat for tacos.



Three Quick-To-Fix Family Foods

- **Hearty soup:** Add canned or frozen vegetables to tomato or chicken soup.
- **Pasta dish:** Mix chopped lean ham or deli meat, and cooked vegetables into macaroni and cheese.
- **Hearty stuffed potato:** Serve homemade or canned chili over a baked potato or rice.



Remember that some canned foods are high in sodium. Check the Nutrition Facts label to select foods lower in sodium.

- **Your ideas:**

Family Meals – **FAST**, Healthful!

Shop for time savers.

- **Buy partly prepared foods.** Try grated cheese, cut-up chicken, and mixed salad greens to save time. These foods often cost more, so check the price.
- **Stock your kitchen.** Get foods that you can make and serve in a hurry, such as:
 - Dried or canned fruit (juice or water pack)
 - Unsweetened frozen fruit
 - Vegetables and beans
 - Canned meat, poultry, and fish
 - Canned soups or stew
 - Whole-grain bread
 - Whole-grain pasta
 - Brown rice
 - Lowfat cheese
 - Lowfat yogurt
 - Frozen meals

Enjoy kitchen help.

- **Involve your little helper.** Ask your child to set the table, pour milk, or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.



Save time in your kitchen.

- **Cook once for everyone.** Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.
- **Cook a fast way.** Broil, stir-fry, or microwave when you can. Roasting and baking take longer.
- **Make no-cook meals:** Try salads with canned tuna, chicken, or beans; cold sandwiches; raw vegetables and yogurt dip; and fruit. Kids like finger foods!
- **Double or triple the amount.** Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Let's Eat Out! Healthful Fast Foods

Does your family eat fast food often? If so, try to be smart about fast food choices. Here is why.

Most fast food meals and snacks are:

- **High** in fat, calories, sodium. *However, you need to limit these.*
- **Low** in fiber, calcium, other nutrients. *However, you need to get enough of these.*
- **Short** on fruits, vegetables, or calcium-rich foods (like milk). *However, you may need more of these.*

Supersize fast foods may not be a good deal!

Instead, big portions may:

- Overwhelm young children, who have small appetites.
- Provide more than your family needs.
- Encourage people to eat until they feel stuffed, not just satisfied.
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.



Check (✓) what you do already.

Circle ○ what you can try right away.

Add your family's ideas.

Choose smaller portions.

- ☐ Look for small and regular-size foods. For a young child, even a small size may be too much.
- ☐ Decide how to handle the portion before ordering. Split it with your child.
- ☐ Skip value meals. They may provide more food than your family needs.



Choose more bone-building calcium.

- ☐ Drink lowfat or fat-free milk with fast food.
- ☐ Order cheese on a burger or sandwich.
- ☐ Buy yogurt.



Choose less added sugars.

- ☐ Skip soda. Order lowfat or fat-free milk, water, or 100% juice.
- ☐ If you drink soda, order a small, not supersize, soda.
- ☐ Skip fruit pies. Choose the fruit option or bring an apple, banana, or grapes for something sweet to eat.



Provided by _____

Let's Eat Out! Healthful Fast Foods

Choose more fruits and vegetables.

- ☐ Ask for tomato, lettuce, and other vegetables on sandwiches.
- ☐ Get salad instead of a sandwich and fries.
- ☐ Load pizza with veggies.
- ☐ Order 100% fruit juice to drink.
- ☐ Choose fruit options instead of fries.



Choose less fat.

- ☐ Order regular-size burgers, burritos, and tacos, not deluxe-size.
- ☐ Split a small order of fries, or skip them.
- ☐ Order grilled chicken, not fried.
- ☐ Skip extra cheese on a pizza.
- ☐ Go easy on mayonnaise, tartar sauce, special sauces, sour cream, salad dressings, and butter.





Try this:

Pick a fast food place with a playground.
Give your child time to play.

Menus for Child Care



Week 12 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh strawberries (½ cup fruit) ¼ cup oatmeal (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup mixed fruit (½ cup fruit) ½ cup unsweetened whole-grain cereal variety (½ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pears (½ cup fruit) 1 Oven-Baked Pancake A-06 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) 1 Baked Whole Wheat Doughnut A-07 ² (1 ¼ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ grilled cheese sandwich (1 oz cheese, 1 slice bread) ⅛ cup black beans (⅛ cup beans) ½ cup grape halves (½ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Taco Salad E-13 ² (2 oz cooked lean meat, ¾ cup vegetable, 1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Pizza with Cheese Topping D-23A ² (1 ½ oz cheese, ⅛ cup vegetable, 1 ½ slices bread) ¼ cup fresh pear slices (¼ cup fruit) ¼ cup shredded lettuce and carrots (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Chicken Pot Pie D-11 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 ¾ slice bread) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 Tortilla Roll-Up F-07 ² (1 ½ oz cooked lean meat, 1 slice bread) ¼ cup steamed broccoli and cauliflower (¼ cup vegetable) ⅓ cup Waldorf Fruit Salad E-14 ² (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ whole-grain English muffin with ½ oz melted cheddar cheese (1 slice bread, ½ oz cheese) Water ³	2 oz lowfat yogurt (2 oz yogurt) ½ cup fresh orange sections (½ cup fruit) Water ³	½ cup broccoli florets and carrot sticks ⁴ with Ranch Dressing E-18 ² (½ cup vegetable) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water ³	1 Blueberry Muffin A-03 ² (1 ¼ slices bread) ½ cup 1% milk ¹ (½ cup milk) Water ³	½ cup apricot halves (½ cup fruit) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water ³
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¹Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

²*USDA Recipes for Child Care*. Available online at www.nfsmi.org.

³Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

⁴Lightly steaming broccoli may make it easier to eat for small children.





Ooodles of Noodles

Each month's packet will include a recipe created by a school. The following pages include information about the school's recipe creating process, the required ingredients, and the steps to make it!

Oodles of Noodles

LINCOLN JUNIOR HIGH SCHOOL

Skokie, Illinois

Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together on Saturdays to cook, taste, and adjust recipes.

At the start of the project, a handful of students and teachers brainstormed a list of their favorite foods and ideas that they thought might work for this project. Teams were formed that represented each of the contest categories. Each team prepared its initial recipe during a weekend cooking session.

Using the feedback provided by the team, the chef adjusted each of the recipes and prepared them for a student taste testing. Thirty students tasted the recipes and were asked to comment and share whether they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest. They were thrilled that one of their recipes, Oodles of Noodles, was selected and featured in this cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Kathy Jones

CHEF

Patsy Bentivegna

COMMUNITY MEMBERS

Joe Cullota (Teacher) and Maggie Nessim
(Board Member and Parent)

STUDENTS


Sarah B., Matt L., Elizabeth D., Vanessa L.,
and Hannah W.

Ooodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Grains B-26r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		2 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat, dry	2 lb 12 oz	3 qt 2 ¾ cups	2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
Extra virgin olive oil		⅓ cup	3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. For 25 use a large stockpot. Reserve remaining tomatoes for step 6.
*Fresh grape tomatoes, halved	3 lb	2 qt	
Dried basil		⅓ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		1 Tbsp	
Ground black pepper		½ Tbsp	
Fresh garlic, minced	2 oz	¼ cup	
Whole-wheat flour	3 ½ oz	¾ cup	5. Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.
Low-sodium vegetable broth		2 qt ¼ cup	
*Fresh Swiss chard, stems removed, chopped	1 lb 4 oz	1 qt 2 ½ cups	6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
			7. Pour over pasta and serve.
			8. Critical Control Point: Hold for hot service at 135 °F or higher.
			9. Portion with 8 fl oz ladle (1 cup).

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.


Ooodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Grains B-26r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and 2 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 qt

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.







Marketing Guide	
Food as Purchased for	25 servings
Grape tomatoes	3 lb 1 oz
Swiss Chard	1 lb 6 oz

Nutrients Per Serving					
Calories	234.73	Saturated Fat	0.56 g	Iron	5.37 mg
Protein	8.69 g	Cholesterol	0 mg	Calcium	49.85 mg
Carbohydrate	43.44 g	Vitamin A	1519.19 IU	Sodium	323.28 mg
Total Fat	4.00 g		(75.96 RAE)	Dietary Fiber	5.33 g
		Vitamin C	14.79 mg		

JULY

Get Moving Today!





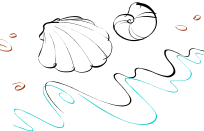
ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have fun in the water today – really try to use all of your muscles.</p> 	<p>Run in the pathway of each letter of your name. Make each letter big and then small.</p>	<p>Practice your throwing skills. Step at your target and follow through toward your target.</p>	<p>Get your body wet and then lay down on the driveway. When you get up you will see an impression of your body. Practice jumping over yourself.</p>	<p>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.</p>	<p>Pretend to swat a fly. Use a foam noodle to run around your yard swatting flies.</p>	<p>Set up an obstacle course using things to jump over, go around, and even move under. See how fast you can do it.</p>
<p>Do the course you did yesterday but go through it the other direction.</p>	<p>Pretend to go on a trip today – drive your car, fly in an airplane, ride a motorcycle, and paddle a boat. Really use your muscles.</p>	<p>Find a bouncy ball and practice bouncing and catching. Bounce it off the ground or off of the side of a building.</p>	<p>Play throwing golf: Take turns throwing a ball toward a big target. How many throws does it take to get there? Pick a new target.</p>	<p>Draw different shapes with sidewalk chalk and practice moving over, around, and into them.</p> 	<p>Plan a family fitness day. Let everyone choose one activity and then do all of them together today.</p>	<p>Throw into a target. Find different sized boxes and practice throwing into each of them. Try it near and far.</p>
<p>Before you go to bed tonight, lie on the floor and as you breathe, try to make every muscle tight and then every muscle relaxed.</p>	<p>Make a musical instrument and have your own parade.</p> 	<p>Find three different things that you can jump over that are each a different height.</p>	<p>Make up a new game today using an empty plastic bottle and a ball.</p>	<p>As soon as you get up today – do 10 jumps, 10 reaches, 10 twists, and 10 crazy moves.</p>	<p>On the 13th you were asked to plan a family fitness day; have you?</p>	<p>Find time to laugh and move with your family. Either go for a walk, swim, or hike.</p>
<p>Find something to climb – make sure you ask your parent/caregiver first.</p>	<p>Dig a hole in the sand. Use your muscles.</p>	<p>Set up a variety of targets – bottles, cans, buckets. Then work on throwing at them from different distances.</p>	<p>Set up those same targets as yesterday, but today work on kicking at them from different distances.</p>	<p>Toss, kick and catch! Have fun with a beach ball.</p>	<p>Blow bubbles and chase them around the yard.</p> 	<p>Practice your locomotor movements. Walk, run, gallop, jump, hop, slide, skip and leap. Which one is your favorite?</p>
<p>Turn on some fast, fun music and take turns making up new moves. Your job is to try to keep moving until the song is over.</p>	<p>Play Add On Movement Fun! Do one movement, then your partner repeats it but adds on one more, then you do your first movement, your partners’ and then add on.</p>	 <p>Ask someone to take you to a park. Play on every piece of equipment.</p>	<p>Set up a sprinkler and have fun running through it. Try running around the house after every trip through the sprinkler.</p>	<p>Skip around your home as you sing your favorite song.</p>	<p>Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</p>	<p>Find your favorite activity from this month and do it again!</p> 

JULIO

"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Diviértete con el agua hoy – trata de usar todos tus músculos.</p> 	<p>Run Corre por el recorrido de cada letra de tu nombre. Haz cada letra grande y luego pequeña.</p>	<p>Practica tus lanzamientos. Da un paso hacia el blanco y sigue hacia el blanco.</p>	<p>Mójate y luego acuéstate en la entrada del garaje. Cuando te levantes verás la impresión de tu cuerpo. Salta sobre tu forma.</p>	<p>Juega a atajar con una bomba de agua. Haz una casita con tus manos y "cede" con el cuerpo cuando atajes.</p>	<p>Pretende que espantas una mosca. Usa un tubo de espuma y corre por tu jardín espantando moscas.</p>	<p>Prepara un recorrido de obstáculos usando cosas para saltar por encima, ir alrededor, y moverse por debajo. Ve cuán rápido lo puedes hacer.</p>
<p>Haz el recorrido de ayer en la dirección opuesta.</p>	<p>Hoy pretende ir de viaje- conduce tu coche, vuela un avión, maneja una moto, y rema un barco. Realmente usa tus músculos.</p>	<p>Busca una pelota que rebote y práctica rebotándola y capturándola. Rebótala en el piso o contra el lado de un edificio.</p>	<p>Juega lanzando golf - túrnense lanzando una pelota hacia un blanco grande. ¿Cuántos tiros toma para llegar a la meta? Escoge un nuevo blanco.</p>	<p>Dibuja diferentes formas con tiza de acera y práctica moviendote por encima, alrededor de y dentro de ellas.</p> 	<p>Planifica un día de ejercicio para la familia. Deja que cada uno elija una actividad y luego la hacen todos juntos.</p>	<p>Lanza hacia un blanco. Encuentra cajas de diferentes tamaños y práctica lanzando algo dentro de cada una de ellas. Inténtalo de cerca y de lejos.</p>
<p>Antes de ir a dormir esta noche - échate en el suelo y mientras respiras trata de apretar todos tus músculos y después relájalos.</p>	<p>Crea un instrumento musical y ten tu propio desfile.</p> 	<p>Encuentra tres cosas diferentes por las cuales puedas saltar por encima.</p>	<p>Hoy inventa un nuevo juego usando una botella de plástico vacía y una pelota.</p>	<p>Tan pronto como te levantes hoy - salta 10 veces, estírate 10 veces, da 10 giros, y haz 10 movimientos chistosos.</p>	<p>El día 10 se te pidió que planifiques un día de ejercicios para tu familia - ¿lo hiciste?</p>	<p>Encuentra tiempo para reír y moverte con tu familia. Vayan a caminar, nadar o de excursión a pie.</p>
<p>Encuentra algo para trepar –asegúrate de pedir permiso a tus padres o cuidador antes de trepar.</p>	<p>Escaba un agujero en la arena. Usa tus músculos.</p>	<p>Coloca una variedad de blancos por tu casa – botellas, latas o baldes. Luego intenta hacerlos caer rodando una bola de diferentes distancias.</p>	<p>Coloca los mismos blancos de ayer, pero hoy practica pateando la bola hacia los blancos de diferentes distancias.</p>	<p>¡Tira, pateas y agarra! Diviértete con una pelota de playa.</p>	<p>Sopla burbujas y persiguelas al rededor de tu patio.</p> 	<p>Practica movimientos locomotrices. Camina, corre, salta, salta de un pie, galopea, salta alto, y resbala. ¿Cuál es tu movimiento favorito?</p>
<p>Pon música rápida y divertida, toma turnos creando nuevos movimientos. Tienes que mantenerte en movimiento hasta que la canción termine.</p>	<p>¡Juega Aumenta un Movimiento de Diversión! Haz un movimiento, luego tu pareja lo repite, pero añada uno más. Entonces haces tú primer movimiento, el de tu pareja y añadas otro más.</p>	<p>Pide a alguien que te lleve a un parque. Juega en cada pieza del parque.</p>	<p>Establece un aspersor de agua y diviértete corriendo a través de él. Cada vez después de que atraveses la aspersión de agua trata de correr alrededor de tu casa.</p>	<p>Salta al rededor de tu casa mientras cantas tu canción favorita.</p>	<p>Moja tus pies y haz huellas en la acera. Trata de tomar pasos grandes y luego pasos pequeños.</p>	<p>¡Encuentra tu actividad favorita de este mes y repítela!</p> 

Let's Move... Warm Weather Fun!

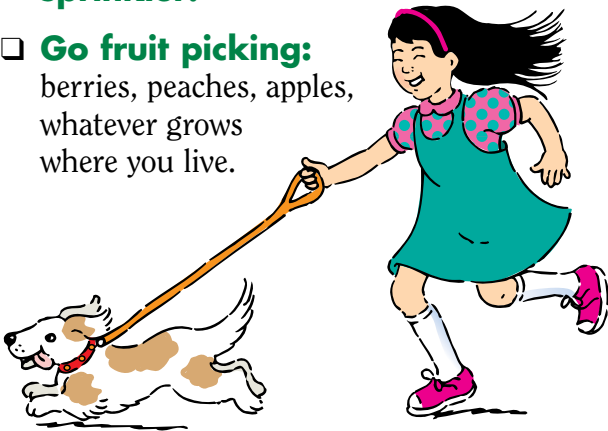
When the weather is warm, play outside together! You do not need to spend money to fit active fun into your family life.

Try to be physically active for at least 30 minutes on most days. Your child needs to be physically active at least 60 minutes on most, preferably all, days of the week. You will both feel good!

Check (✓) five active ways your family might have fun. Jot down their ideas, too.

Get Moving OUTDOORS

- ☐ **Create sidewalk art.** Use colored chalk, or “paint” with water and brushes.
- ☐ **Chase shadows** in the summer sun or the light of a full moon.
- ☐ **Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids – and you – can hop, stoop, and bend!
- ☐ **Create a parade!** Dress up kids, adults, and pets. Decorate wagons, tricycles, bikes, and strollers.
- ☐ **Visit a farmer’s market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- ☐ **Run through the garden sprinkler!**
- ☐ **Go fruit picking:** berries, peaches, apples, whatever grows where you live.
- ☐ **Splash:** in a pool, lake, or slow, clean stream.
- ☐ **Fly a kite. Blow bubbles.** Safely follow, wherever they go!
- ☐ **Walk to the store or library** – even if it takes longer. Talk about what you see along the way.
- ☐ **Visit a petting farm.** Be sure to wash your and your child’s hands after touching animals.
- ☐ **Celebrate an outdoor festival.** Look for activities planned for young children.
- ☐ **Enjoy a playground** – if it is equipped for young children.
- ☐ **Play games that move:** “Ring-Around-the-Rosie,” “London Bridge,” others.
- ☐ **Plan a “wash day”:** wagons, tricycles, outdoor toys – and the family pup.
- ☐ **Go on a nature hike.** Look for wild flowers, insects, bird’s nest, rocks, leaves, shells, butterflies, and other natural things.
- ☐ **Work in a garden,** maybe your own.
- ☐ **Your family’s ideas:**



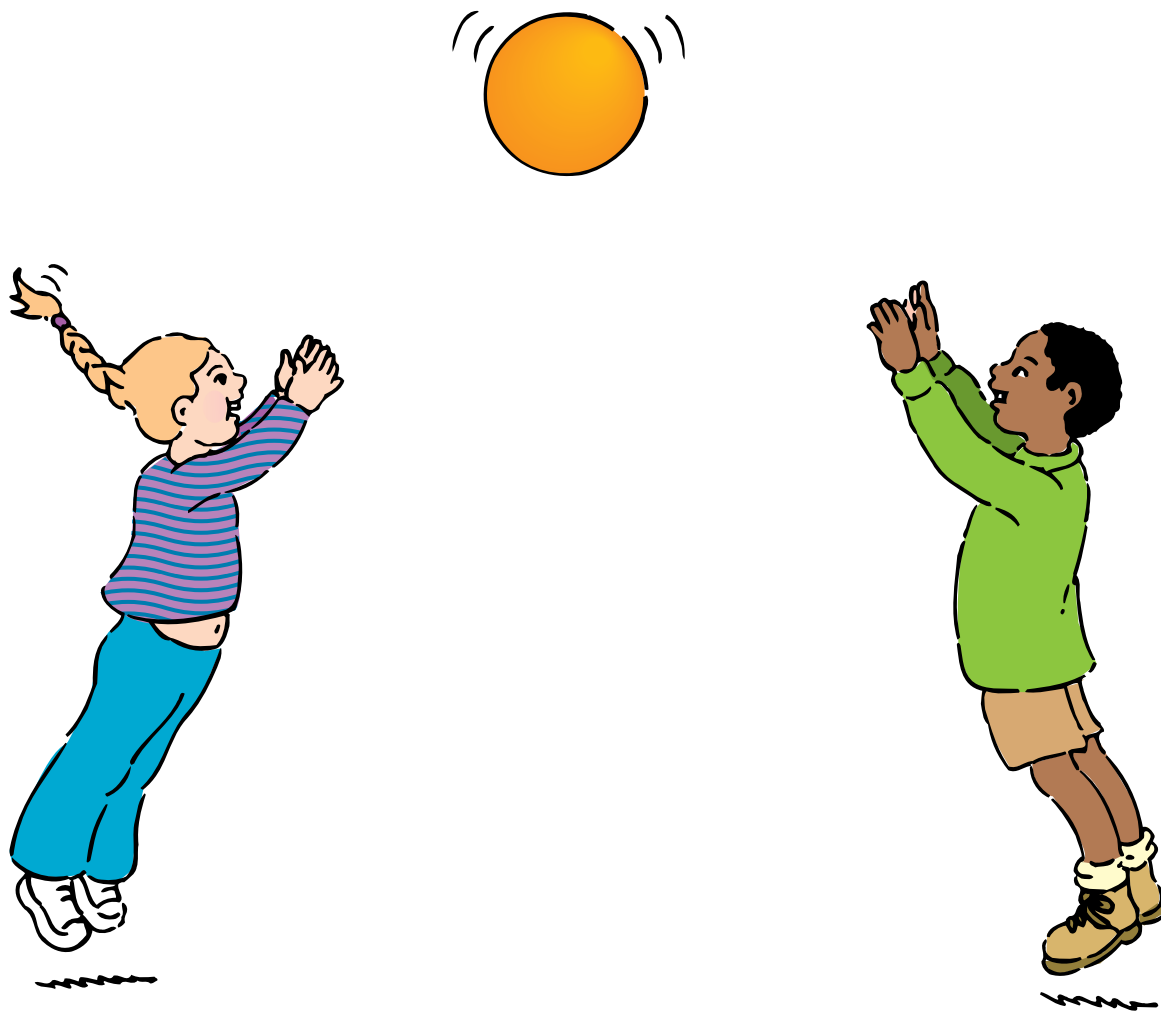
Let's Move... Warm Weather Fun!

Play Safe Outdoors!

- Always stay with your child for safety's sake. You also have the fun of playing together!
- Protect your child's skin with sunscreen and perhaps a hat – even on a cloudy day.
- Bring water to drink. Even when your family swims and plays in the water, you sweat.
- Check the safety and condition of tricycles and other play equipment.

Teach your child to:

- Play with balls in a safe place, away from the street.
- Stay safely away from swings and other moving play equipment!
- Wear a helmet when skating or biking, even on a tricycle. You, too!
- Use tricycles and toys with wheels on the sidewalk, not in the street.



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