

Fresh Summer Foods

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- Monthly Recipe – Strawberry Jicama Cucumber Salad

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

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June 2016



CALORIES IN + CALORIES OUT = CALORIE BALANCE

What is Calorie Balance?

Calorie balance describes the balance of **Calories in** — the calories from foods and beverages you eat and drink each day, with **Calories out** — the calories you burn through basic body functions and physical activity.



Did You Know?



FIND YOUR BALANCE

Strategies for Success



Build a Healthy Plate

- ✓ Make half your plate fruits and vegetables.
- ✓ Choose non-fat or low-fat (1%) dairy products.
- ✓ Include lean protein sources.
- ✓ Make half your grains whole grains.

Decrease portion sizes.

Eat and drink less, especially with high calorie items.

Limit empty calories.

Choose foods and drinks with less solid fat and added sugars.

Be active your way.

Be active to maintain a healthy weight and prevent excess weight gain.

Cook more often at home.

Planning ahead can help you make better food choices.



United States
Department of
Agriculture

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

How to Make a Hearty, Healthy Salad



When we hear “salad,” some people think lettuce tossed with a few vegetables. But salad can be so much more! In fact, it can easily become an inexpensive main meal with just a few additional ingredients.















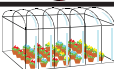



Here are some building “blocks” to make a delicious and filling salad:

- **Greens** - Look for dark, leafy lettuces like romaine, spinach or arugula. If you have access to fresh herbs like basil, thyme, oregano or mint, they add zest and extra nutrients to your salad bowl.
- **Proteins** - Add more satisfaction to your salad with skinless poultry or fish with omega-3 fatty acids, such as salmon, trout and herring. Mix in a chopped hard-boiled egg or a small amount cheese (choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss). Toss in a can of chickpeas, kidney, navy or black beans (choose low-sodium or no-salt-added and drain and rinse thoroughly). Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat. All these protein foods will keep you feeling fuller longer.
- **Fruits** - Slice up fresh fruit that is in season or on sale – choose a rainbow of colors! If you are using fruit canned in juice or frozen, thoroughly drain and pat dry so your leafy greens don’t get soggy. Dried fruits without added sugars are another super salad ingredient.
- **Extra Veggies** - Raw vegetables like carrots, cucumbers, broccoli and cauliflower add great crunch and color. Roasted veggies like beets, potatoes or squash add terrific flavor and a little bit of sweetness to any main meal salad.
- **Grains** - Warm or cold whole grains add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store. Whole wheat pastas are also an inexpensive way to bulk up any basic salad.
- **Dressings** - With oil, vinegar and spices in your pantry, you are minutes away from a simple homemade vinaigrette dressing. Jazz it up with tasty ingredients like chopped fresh herbs; diced veggies with lots of flavor, like onions, garlic or scallions and/or a squeeze of citrus juice (orange, lemon or lime.) Experiment by adding small amounts of those add-ins to the following vinaigrette recipe, taste testing as you go.

Easy vinaigrette recipe:

Whisk together ¼ cup olive oil or canola oil, ¼ cup balsamic vinegar and 1/4 teaspoon ground mustard. Add a dash or two of black pepper and toss into a salad for four or more people.



CONNECTICUT GROWN CROP AVAILABILITY CALENDAR											
CROP		April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	
	Mushrooms (year-round)										
	Nectarines										
	Onions										
	Peaches										
	Pears										
	Peppers										
	Plums										
	Potatoes										
	Raspberries										
	Spinach										
	Strawberries										
	Summer Squash										
	Sweet Corn										
	Tomatoes										
	Greenhouse Tomatoes										
	Turnips										
	Watermelon										
	Winter Squash										



2016 Local Farmers' Markets

great sources of fresh produce

Bridgeport Region

Town	Address	Months Open	Day of week	Time
Bridgeport	481 Brewster Street, St. Ann's Field , Black Rock Farmers' Market	June 18 – October 15	Saturday	9:00 am – 1:00 pm
Bridgeport	877 Park Avenue	June 29 – October 5	Wednesday	3:30 pm– 6:30 pm
Bridgeport	McLevy Green: Main Street & Bank Street	July 14– October 27	Thursday	12:00 pm – 4:00 pm
Bridgeport	30 Florence Street, East End	July 8 – October 21	Friday	11:30 am – 2:30 pm
Bridgeport	752 East Main Street, East Side	July 6 – October 26	Wednesday	10:00 am – 2:00 pm
Bridgeport	2800 Main Street, St. Vincent's	July 5 – October 25	Tuesday	12:00 pm – 4:00 pm
Bridgeport	1469 Reservoir Avenue, Reservoir Community Farm	June 30 – October 15	Thursday Saturday	4:00 pm – 7:00 pm 10:00 am – 2:00 pm
Fairfield	Sherman Green, 1451 Post Road	June 19 – mid September	Sunday	10:00 am – 2:00 pm
Fairfield	Greenfield Hill Farmer's Market 75 Hillside Road	May 21 – October 29	Saturday	10:00 am – 2:00 pm
Monroe	Monroe Town Green, Fan Hill Road & Rte. 111	June 17 – October 28	Friday	3:00 pm – 6:00 pm
Shelton	Cornell Street & Canal Street	June 1 – October 26 May 7 – November 26	Wednesday Saturday	3:00 pm – 6:30 pm 9:00 am – 1:00 pm
Stratford	Paradise Green, 50 Paradise Green Place	June 20 – October 31	Monday	2:00 pm – 6:00 pm
Trumbull	1773 Huntington Tpke, Nichols	May 19 – October 13	Thursday	3:30 pm – 6:30 pm

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2016 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Bridgeport Region

Town	Name	Address	Contact	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	203-268-3137	Farm Stand and CSA
Milford	Robert Treat Farm	1339 New Haven Avenue	203-878-4270	Farm Stand and CSA
Milford	River Crest Farm, LLC	534 Oronoque Road	203-876-9786	CSA
Newtown	Farming 101	101 Brushy Hill Road	203-304-1451	Farm Stand
Newtown	Middlebrook Farm and Orchard	112 South Main Street	203-426-8226	Farm Stand
Oxford	Gazy Brothers Farm	Arch St & Horseneck Ln	203-723-8885	CSA
Shelton	Guy's Eco Garden	276 Leavenworth Road	203-929-3080	Farm Stand
Shelton	Stone Gardens Farm	83 Saw Mill City Road , Shelton	203-929-2003	CSA and farm stand
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)
Shelton	Laurel Glen Farm	247 Waverly Road	203-305-9179	CSA





2016 Local Farmers' Markets

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Greenwich Region

CT Town	Address	Months Open	Day of week	Time
Darien	Goodwives Shopping Plaza, 25 Old Kings Highway	May 25 – November 23	Wednesday	11:00 am – 4:00 pm
Greenwich	Arch Street & Horseneck Lane parking slot	May 14 – November 19	Saturday	9:30 am - 1:00 pm
New Canaan	Old Center School Parking lot South Ave & Maple Street	April 23 – December 3	Saturday	10:00 am – 2:00 pm
Norwalk	Health Department, 137 East Avenue	July - November	Wednesday	10:00 am - 3:00 pm
Norwalk	Rainbow Plaza, 205 Main Street	May 18 – November	Wednesday	11:00 am - 3:00 pm
Norwalk	First Congregational Church, 3 Lewis Street, near the Green	July 2 - October	Saturday	9:00 am – 2:00 pm
Old Greenwich	38 West End Avenue Presbyterian Church of Old Greenwich parking lot	May 25 - November 2	Wednesday	2:30 pm - 6:00 pm, May - October 2:00 pm – 5:00 pm, November
Redding	Georgetown Farmers' Market, 4 Old Mill Road	June 19 - October	Sunday	10:00 am – 2:00 pm
Rowayton	Pinkney Park, 177 Rowayton Ave	May 27 – October	Friday	12:00 pm - 5:00 pm
Stamford	Stamford Museum & Nature Center, 39 Scofieldtown Road	June 12 – October 9	Sunday	10:00 am – 2:00 pm (admission charged)
Stamford	Downtown, corner of Bedford Street & Forest Street	June 18 – October 29	Saturday	9:00 am – 3:00 pm
Westport	50 Imperial Avenue	May 19 – November 3	Thursday	10:00 am – 2:00 pm
Wilton	Ambler Farm, 257 Hurlbutt Street	June 4 - October	Saturday	9:00 am – 2:00 pm
Wilton	Wilton Historical Society, 224 Danbury Rd/Rte 7	June 8 - October 26	Wednesday	12:00 pm - 5:00 pm

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Westchester County

NY Town	Address	Months Open	Day of week	Time
Chappaqua	Chappaqua train station, Allen Place	May 7 - August 20	Saturday	8:30 am – 1:00 pm
Hartsdale	Hartsdale train station	June 4 – November 19	Saturday	8:00 am – 4:00 pm
Katonah	Muscot Farm, 51 Route 100	May 8 – November 13	Sunday	9:30 am – 2:30 pm
Katonah	John Jay Homestead, 400 Jay Street	June 11 – October 29	Saturday	9:00 am – 1:00 pm
Larchmont	Down to Earth Farmers' Market ; Metro North parking lot off Chatsworth Avenue	April 23 – December 17	Saturday	8:30 am - 1:00 pm
Mamaroneck	St. Thomas Episcopal Church, 168 West Boston Post Road	January 2 - April	Saturday	9:00 am – 1:00 pm
New Rochelle	Down to Earth Farmers' Market ; Huguenot Park/Twin Lakes, 794 North Avenue	June 3 - November 18	Friday	8:30 am - 2:30 pm
New Rochelle	New Rochelle Grand Market, 1 Library Plaza	June 4 – October 29	Saturday	9:00 am – 2:00 pm
Pleasantville	Memorial Plaza parking lot, off Manville Road, next to train station	April 2 - November 19	Saturday	8:30 am - 1:00 pm
Pound Ridge	65 Westchester Ave	May - November	Sunday	11:00 am – 4:00 pm
Rye	Down to Earth Farmers' Market, Parking lot on Theodore Fremd Avenue	May 22 - December 4	Sunday	8:30 am - 2:00 pm
White Plains	125 Court Street, between Martine Ave & Main Str	May 4 – November 23	Wednesday	8:00 am - 4:00 pm

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2016 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Greenwich Region

CT Town	Name	Address	Contact / Website	Type
Fairfield County	Farm Share Ltd.	Pick-up locations: Stamford, Greenwich, Darien, New Canaan, Westport, Fairfield, Norwalk	Email: information@my farmshare.com	CSA home delivery
Fairfield County	Ox Hollow Farm	Pick-up available at these weekly farmers' markets: Darien, New Canaan, Rowayton, Westport	860-354-3315	CSA
Fairfield County	Stone Gardens Farm	Pick-up locations: Fairfield, Greenwich, Norwalk, Westport	203-929-2003	CSA
Fairfield County	Stoneledge Farm, LLC	Pick-up locations : Darien, Fairfield, Stamford, Wilton	Visit www.stoneledge.farm	CSA
Greenwich	Augustine's Farm	1332 King Street	203-532-9611	Farm Stand
Greenwich	668 Lake Avenue Farm	146 Clapboard Ridge Road	203-625-9615	CSA
Ridgefield	Garden of Ideas, LLC	653 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
Ridgefield	Dancing Dog Farm	140 Mopus Bridge Road	203-244-7425	CSA
Stamford	Hubbard Heights Farm	202 Hubbard Avenue	203-200-000	CSA
Westport	Belta's Farm	128 Bayberry Lane	203-454-2293	CSA

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Westchester County

NY Town	Name	Address	Contact/ Website	Type
Westchester County	Stoneledge Farm, LLC	Pick-up locations: Rye, South Salem, White Plains	Visit www.stoneledge.farm	CSA
Westchester County	Roxbury Farm	Pick-up locations: Armonk, Katonah, Mt. Kisco, New Rochelle, Pleasantville, White Plains	518-758-8558 Visit www.roxburyfarm.com	CSA
Westchester County	Farm Share Ltd.	Pick-up locations: North Salem, Lewisboro, Bedford, Pound Ridge, Mt. Kisco, New Castle, North Castle, Mt. Pleasant, White Plains, Harrison, Mamaroneck, New Rochelle, Scarsdale	Email: information@myfarmshare.com	CSA home delivery
Bedford Hills	Rainbeau Ridge Farm	49 David's Way	914-234-2197	Farm stand
Harrison	Acorn Farms	470 Mamaroneck Avenue	914-698-7846	Farm stand
Mamaroneck	Harrison Avenue Farm Stand	1681 Harrison Avenue	914-698-8973	Farm stand
Mamaroneck	Mangone's Farmers' Market	1427 East Boston Post Road	914-698-3865	Farm stand
North Salem	Harvest Moon Farm & Orchard	130 Hardscrabble Road	914-485-1210	Farm stand, pick your own, and CSA
Pelham Manor	Pelham, NY CSA	451 Esplanade	845-216-1282	CSA
Pound Ridge	Pound Ridge Organics	22 Westchester Avenue, Hamlet of Scotts Corner	914-764-3006	Food CoOp
Yorktown Heights	Hilltop Hanover Farm	1271 Hanover Street	914-962-2368	Farm stand and pick your own
Yorktown Heights	The Meadows Farm	329 Underhill Avenue	914-962-4306	Farm stand

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2016 Local Farmers' Markets

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New Haven Region

Town	Address	Months Open	Day of week	Time
East Haven	East Haven Town Hall, 250 Main Street	July 10 – October 9	Sunday	9:00 am – 12:00 pm
Fair Haven	Front Street and Grand Avenue, Quinnipiac River Park	July 7 – October 27	Thursday	3:00 pm – 6:00 pm
Hamden	2901 Dixwell Avenue, Corner of Church & Elm	June 24– October 7	Friday	11:00 am – 3:00 pm
Madison	Madison Town Green, 26 Meeting House Lane	May 5 - October 21	Friday	3:00 pm – 6:00 pm
Meriden	46 Pratt Street, across from Fire House, at foot of bridge	July 16 – October 22	Saturday	8:30 am – 12:00 pm
Milford	Woodmont Farmers' Market at Robert Treat Farm, 1339 New Haven Avenue	June 29 – August 31	Wednesday	3:30 pm – 6:30 pm
Milford	Devon Village 120 Bridgeport Avenue, Route 1	July 3 – October 30	Sunday	9:00 am – 2:00 pm
Milford	Downtown 58 River Street	June 25 – October 8 (except Aug. 20)	Saturday	9:00 am – 1:00 pm
New Haven	Corner of Church & Elm Streets, in front of City Hall	June 15 – October 26	Wednesday	11:00 am – 2:00 pm
New Haven	Edgewood Park Corner of Whalley and West Rock Ave	May 8 – December 18	Sunday	10:00 am – 1:00 pm
New Haven	Wooster Square, Russo Park, Corner of Chapel St. & DePalma Crt.	April 2 – December 17	Saturday	9:00 am – 1:00 pm
North Guilford	Dudley Farm 2351 Durham Road	June 6 – October 31	Saturday	9:00 am – 12:30 pm
Orange	525 Orange Center Road	July 7 – October 28	Thursday	3:00 pm – 7:00 pm
West Haven	888 Washington Boulevard	July 7 – October 29	Thursday Saturday	11:00 am – 3:00 pm 10:00 am – 2:00 pm

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great sources of fresh produce

New Haven Region

Town	Name	Address	Telephone	Type
Bethany	Clover Nook Farm	50 Fairwood Road	203-393-2929	CSA
Bethany	Eve's Corner Garden CSA	Center of Bethany	203-606-7467	CSA
Bethany	Gentle Giant Farm	327 Litchfield Tpke	203-654-1595	CSA
Branford	Lakso Family Farm	137 Leetes Island Road	203-488-9864	Farm Stand
Cheshire	Boulder Knoll Community Farm	875 Boulder Road	203-393-1245	CSA
Cheshire	Little Portion Acres	963 Wallingford Road	203-699-0206	CSA
Cheshire	Norton Brothers Fruit Farm	466 Academy Road	203-272-8418	Farm Stand, Pick Your Own
Guilford	Bishop's Orchards	1355 Boston Post Road	203-458-7425	CSA, Farm Stand, Pick Your Own
Hamden	Hindinger Farm	835 Dunbar Hill Road	203-288-0700	CSA and Farm Stand
Madison	Field House Farm , LLC	623 Green Hill Road	203-779-9187	Farm Stand & CSA
Meriden	High Hill Orchard	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	Stone Gardens Farm	CSA pick-up available at Wooster Square Farmers' Market and Edgewood Park Farmers' Market	203-929-2003	CSA
North Branford	Rose Orchards	33 Branford Road	203-488-7996	Farm Stand, Pick Your Own
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
Wallingford	Farmer Joe's Gardens	109 Leigus Road	203-265-0696	CSA
Woodbridge	Massaro Community Farm	41 Ford Road	203-736-8618	CSA

Food Safety for Picnics & Grilling

Picnics, barbecues and potlucks are wonderful ways to celebrate Summer holidays. But take care to prepare and transport food safely. Whether your picnic is an elaborate affair for dozens of friends or a simple cookout for family, a little planning will help prevent foodborne illnesses common during summer months.

Bacteria begin to multiply between 41°F and 135°F, so it's important to keep food either cold or hot right up to the moment of cooking and/or serving.

If food is not cooked right it can make you sick. That includes under-cooked meat, poultry and seafood. And, most people don't realize contaminated fruits and vegetables are a big cause of foodborne illnesses.

You can start to feel the affects of the "not so fabulous food" anywhere from a few hours to 30 days after eating it. Therefore it is hard to pinpoint the culprit. That doesn't mean you have to fast at your picnic this summer. There are simple steps you can take (printed on the backside of this handout) to make sure that the food is actually as good as it looks.



Fruit is an important part of a balanced diet. National guidelines recommend that we eat at least 5 fruits and vegetables each day. Fresh fruit, like many other foods, can pose a risk if not prepared or stored properly.

Following some simple guidelines will help keep your fruit fresh as well as safe.

- When you buy cut melons, be sure they have been buried in ice or displayed in a refrigerated case, not just displayed on top of ice. Uncut melon does not need to be refrigerated.
- Before cutting, the outer surface of the melon should be scrubbed and washed with drinking water to remove surface dirt.
- Hands and all equipment and utensils (cutting boards, knives, etc.) need to be washed thoroughly with hot soapy water, and rinsed.
- Cut melons must be refrigerated at 41°F or below.
- Cut melons may be served without refrigeration for a maximum of 2 hours (such as at a brunch, picnic, or buffet).
- At the end of that time, any leftover melon must be thrown away.
- Other fruits (such as oranges, apples, lemons, and pineapple) are higher in acid and not as potentially dangerous. All fruit should be washed before serving.



See the other side for Clean, Separate, Cook, & Chill guidelines!

Mansfield/Ontario/Richland County
Health Department
555 Lexington Ave., Mansfield OH 44907 • 419-774-4500

Clean

HANDS

Use soap and very warm water, scrubbing for 20 seconds. Rinse well and dry.

TABLES AND COUNTERS

Use hot soapy water then use a clean towel or paper towel to dry.

FRUITS AND VEGETABLES

Rinse and scrub under running water.

Separate

Use two separate cutting boards: one for raw meat only and a different one for fresh-washed produce only.

Keep your utensils separate to keep the germs that are naturally occurring on the raw meat from getting onto the fresh washed produce.

Keep raw animal foods away from ready to eat foods like cooked hamburgers and buns. Always place cooked meat on a clean plate that has been washed. If any of the raw meat juices get into the cooked meat it is now contaminated again.

Cook foods to proper temperature. It is important to check the internal temperature of food you are cooking. You need to use a clean and calibrated food thermometer for this.

Place the thermometer stem into the food you are testing to see if it reaches the right temperature. The magic temperature to remember is 165°F. Using a food thermometer will also give you the juiciest meat because you won't overcook it which causes meat to be dry and tough. Disinfect the thermometer (with Clorox or alcohol wipes) when moving from cooked foods to raw foods.

Food can only be out in the temperature danger zone (between 41°F and 135°F) for 2 hours. After that you need to throw it out. Use crock pots, warming plates, or chaffing pans to keep hot foods hot (135°F or above).

Cold Food should always be kept cold at 41°F or below. Place small bowls of dip, salads and other cold foods on ice in a larger bowl to keep foods cold (41°F or below). Also, only place small portions of food out and replenish as needed.

Remember, **CLEAN, SEPARATE, COOK & CHILL** to beat the nasty germs that can make you sick. For more information on safe food handling, visit www.fightbac.org or www.richlandhealth.org or call 419-774-4500.

Transporting Food

- Make sure your cooler will keep food at 41°F, or plan foods that are less perishable, such as fresh fruits and vegetables, cheese, peanut butter, etc.
- Keep drinks in a separate cooler since it will be opened more often. Here's a great tip: freeze your water bottles and use them to keep your ready to eat foods cold.
- Plan ahead; try to take only what will be eaten so you won't have leftovers. Food that has been out of the refrigerator for 2 hours should be thrown out.
- Don't partially pre-cook meat or poultry before transporting; cook until done and then chill before packing in the cooler.
- Pack condiments in small containers rather than taking whole jars.
- Keep coolers in the inside of the car rather than the hot trunk, then in the shade at your picnic site. Add new bags of ice often. Hint: place ice in zip sealed plastic bags and layer between your food items to keep all food cool and at 41°F and below.
- If you cook food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 135°F; if it's a long trip (2 hours) it is best not to take a hot dish.
- Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.



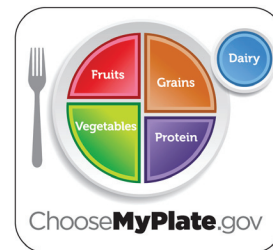
Cook

Chill



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Health Department
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kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

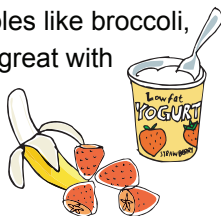
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

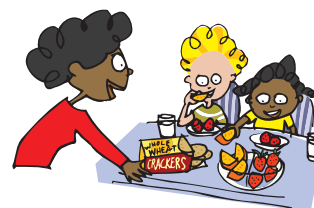


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



vegetales y frutas para niños



10 consejos para que los alimentos sanos sean más divertidos para los niños

Para animar a los niños a comer vegetales y frutas, hágalas divertidas. Provea ingredientes sanos y permita que los niños ayuden en su preparación según sus edades y destrezas. Los niños tal vez deseen probar comidas que en el pasado han rechazado si ayudaron a prepararlas.

1 creaciones de batidos

Mezcle yogur o leche descremados o bajos en grasa con trozos de fruta y hielo triturado. Use frutas frescas, congeladas, enlatadas o maduras. Pruebe plátanos, arándanos, melocotones y piña. ¡Si congela las frutas de antemano, no es necesario añadir hielo!



2 aderezos deliciosos

A los niños les gusta sumergir alimentos en aderezos. Prepare un aderezo rápido para los vegetales a base de yogur y condimentos como hierbas o ajo. Sírvalo con vegetales crudos como brócoli, zanahorias o coliflor. Los trozos de fruta combinan muy bien con un aderezo de yogur y canela o vainilla.



3 “orugas” comestibles

Prepare brochetas con trozos de melón, manzana, naranja y pera. Para la versión con vegetales, use productos como pepinos, calabacín, pimientos o tomates.

4 pizzas personalizadas

Convierta su cocina en una pizzería. Use panecillos ingleses de trigo integral, rosas de pan o pan pita como base. Agregue salsa de tomate, queso bajo en grasa y vegetales o frutas en trozos. Permita que los niños elijan sus favoritos. Luego, ponga las pizzas en el horno para calentarlas.

5 “mariposas” de mantequilla de cacahuate (maní) con fruta

Comience con palillos de zanahoria o apio para el cuerpo. Use mantequilla de maní para adherir alas, hechas de rebanadas finas de manzana y decórelas con uvas o frutas secas.

6 frutas congeladas

Los bocadillos congelados seguramente serán muy populares durante los meses cálidos del verano. Sencillamente coloque frutas frescas, como trozos de melón, en el congelador (enjuáguelos primero). Haga “paletas” congelando bananas sin cáscara con palillos.

7 “insectos sobre un tronco”

Use palillos de apio, pepino o zanahoria como troncos y únteles con mantequilla de cacahuate (maní). Ponga frutas secas como pasas, arándanos o cerezas sobre el tronco, dependiendo de qué insecto desee.

8 Mezcla de nueces y frutas secas hecha en casa

Prepárela usted mismo. Use las nueces y frutas secas que prefiera, como cacahuate (maní) sin sal, castañas, nueces o semillas de girasol y mézclelas con trozos de manzana, piña, cerezas, albaricoques o pasas secas. Agregue cereal de granos integrales también.



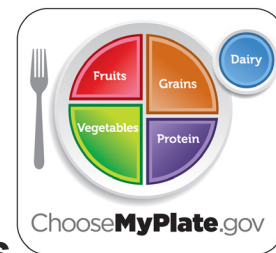
9 “cara de papa”

Decore media papa horneada. Coloque rebanadas de tomates cereza, guisantes y queso bajo en grasa sobre la papa para crear una cara cómica.

10 deje que los niños estén a cargo
Pídale a sus hijos que nombren las nuevas creaciones de vegetales o frutas. Permítales arreglar las vegetales o frutas crudas para crear formas o diseños divertidos.



smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

la buena compra de vegetales y frutas



10 consejos para economizar en vegetales y frutas

Es posible incluir vegetales y frutas en todo presupuesto. Tomar decisiones nutritivas no tiene que costar demasiado dinero. Comer estos alimentos en cantidades suficientes promueve la buena salud y puede ayudarle a reducir el riesgo de contraer ciertas enfermedades. Hay muchas maneras económicas de satisfacer sus necesidades de consumo de frutas y vegetales.

1 celebre la temporada

Use frutas y vegetales frescos de temporada. Son fáciles de obtener, saben mejor y, por lo general, cuestan menos. Su mercado local es una fuente excelente de productos frescos de temporada.



2 no vale la pena pagar el precio completo

Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar más por menos en supermercados (o tiendas de descuento, si están disponibles).

3 mantenga una lista de compras

Planifique sus comidas por adelantado y haga una lista de compras. Ahorrará dinero al comprar sólo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea más fácil pasar por alto los bocadillos tentadores. Tendrá más dinero disponible en su presupuesto para comprar vegetales y frutas.

4 pruebe productos enlatados o congelados

Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican "bajo en sodio" o "sin sal adicional" ("low in sodium" o "without added salt").



5 compre cantidades pequeñas frecuentemente

Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que pueda comerlos y no se echen a perder.

6 compre a granel cuando los artículos estén en venta especial

En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas más grandes son más económicas. Las frutas y vegetales enlatados y congelados duran más y se pueden comprar en cantidades grandes cuando están en venta especial.

7 las marcas de las tiendas = ahorros para usted

Si es posible elija comprar las marcas de las tiendas. Obtendrá un producto idéntico o similar a un precio módico. Si su supermercado tiene una tarjeta de descuento para miembros, inscríbese para ahorrar aún más.

8 mantenga las cosas simples

Compre los vegetales y las frutas en sus formas más simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho más que si se compran en sus formas frescas.



9 cultive sus propios vegetales y frutas

Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener más información sobre cómo sembrar un huerto.



10 planifique y cocine de manera astuta

Prepare de antemano y congele sopas, guisos u otros platos con vegetales. Eso le ahorrará tiempo y dinero. Agregue restos de vegetales a cazuelas, o mézclelos para hacer sopa. Las frutas maduras son excelentes para hacer batidos o para hornear.

Monthly Health Challenge: Sit-Up Challenge

Would you like to flatten your belly and start working towards getting those hard crushing abs? Well you can start with the sit-up challenge, an abdominal exercise that works on your core. As you perform this sit-up challenge, your core will get stronger enabling you to lift heavier weights and run longer.

How to perform the perfect Sit-Up:

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Place your finger tips behind your ears. Pull your shoulder blades back so your elbows are out to the side.
3. Raise your body up towards your knees, shoulders should be lifted off the floor.
4. Move back down to the starting position and repeat.



*If you have any back pain while performing this move, use a gym ball to support your spine. To make the sit-up more challenging, you could add a twist (have your elbow touch the opposite knee), add weights, or slow your reps down.

For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (E) 10 (C) 12	2 (E) 12 (C) 18	3 (E) 15 (C) 24	4 (E) 18 (C) 30
5 (E) Rest (C) Rest	6 (E) 20 (C) 36	7 (E) 5 (C) 42	8 (E) 40 (C) 48	9 (E) 45 (C) 54	10 (E) Rest (C) Rest	11 (E) 50 (C) 66
12 (E) 55 (C) 72	13 (E) 60 (C) 78	14 (E) 65 (C) 84	15 (E) Rest (C) Rest	16 (E) 70 (C) 90	17 (E) 75 (C) 96	18 (E) 80 (C) 102
19 (E) 85 (C) 108	20 (E) Rest (C) Rest	21 (E) 90 (C) 120	22 (E) 95 (C) 126	23 (E) 60 (C) 132	24 (E) Rest (C) 138	25 (E) Rest (C) Rest
26 (E) 65 (C) 150	27 (E) 70 (C) 156	28 (E) 72 (C) 162	29 (E) 75 (C) 168	30 (E) 80 (C) Rest		



Strawberry Jicama Cucumber Salad

A refreshing citrus picnic salad with a mixture of strawberries, jicama, cucumber, jalapeno, and cilantro topped with a light dressing of lime juice, no-calorie sweetener, olive oil, and poppy seeds.



Ingredients

- 2 cups strawberries
- 1 jicama
- 1 medium cucumber
- 1 small jalapeño, seeded, finely chopped (note: for more spice, leave the seeds and white membrane intact. For less spice, omit)
- 1 Tbsp. cilantro
- 2 Tbsp. lime juice
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. no-calorie sweetener (granulated, 1 1/2 packets)
- 1 tsp. poppy seeds



Directions **Total Time: 0**

1. In a medium bowl, combine strawberries, jicama, cucumber, jalapeno, and cilantro. Toss lightly.
2. In a small bowl, whisk together lime juice, olive oil and no-calorie sweetener.
3. Add lime juice mixture to strawberry mixture and toss lightly.
4. Sprinkle with poppy seeds.



Additional Tips

Serve chilled as a salad or paired with grilled chicken or pork.

Serving: 130 calories, 10 mg Sodium

Source: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Strawberry-Jicama-Cucumber-Salad_UCM_473645_RecipeDetail.jsp