



Harvest of the Month[®]

February

Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. **Harvest of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

broccoli



Let's Get Physical!

- It's American Heart Month. Get at least one hour of physical activity every day. Visit www.americanheart.org for more information.
- Start a weekly walking routine with your child. Invite your neighbors or child's friends to join you.
- While watching TV, challenge your child to a push-up or sit-up contest during commercial breaks.

For more physical activity ideas, visit:
www.kidnetic.com
www.verbnow.com

ITALIAN BROCCOLI AND PASTA

Ingredients:

- (Makes 4 servings at 1¼ cups each)
- 2 cups uncooked fettuccine noodles**
 - Nonstick cooking spray**
 - 3 tablespoons chopped green onion**
 - 2 cups broccoli florets**
 - ½ teaspoon dried thyme**
 - ½ teaspoon dried or**
 - 1½ teaspoons fresh oregano**
 - ½ teaspoon ground black pepper**
 - 1 (14½-ounce) can stewed tomatoes, not drained**
 - 2 teaspoons grated parmesan cheese**

1. Cook fettuccine according to package.
2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings and tomatoes. Simmer until heated.
4. Spoon warm vegetable mixture over fettuccine and top with cheese.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

Nutrition Facts

Serving Size 1 cup, chopped
(88g)

Amount per Serving

Calories 30 Calories from Fat 3

% Daily Value

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 29mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **9%**

Sugars 1g

Protein 2g

Vitamin A 12% Calcium 4%

Vitamin C 131% Iron 4%

Source: www.nutritiondata.com

Healthy Help

- Take your child with you to the grocery store. Ask your child to help you pick out a "rainbow" of fruits and vegetables.
- Encourage your child to eat the school meals. Ask your child's teacher or call the school district's main office for more information.
- If your child brings a lunch, pack 100 percent fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.
- Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

Helping Your Kids Eat Healthy

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit:

www.harvestofthemonth.com



**EAT FRUITS & VEGETABLES
AND BE ACTIVE**



Harvest of the Month[®]

March

Health and Learning Success Go Hand-in-Hand

In March we celebrate both National Nutrition Month and National School Breakfast Week. Studies show that children who eat breakfast do better in school. With spring testing just around the corner, it is important that your child eats healthy and gets regular activity. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

spinach



Produce Tips

- Fresh spinach is usually found loose or bagged. It is also canned or frozen.
- Select leaves that are green and crisp. Avoid leaves that are limp, damaged or spotted.
- Leaves should be cleaned well, patted dry and then stored loosely in an open bag in the refrigerator vegetable tray (about 40 F).
- If stored properly, fresh spinach should last three or four days in the refrigerator.

SPINACH DIP

Ingredients:

(Makes 10 servings at ¼ cup each)

- 1 (10-ounce) package of frozen chopped spinach, thawed**
- ½ cup mild white onion, finely chopped**
- 2 cloves garlic, finely chopped**
- 1 cup raw red pepper, finely chopped**
- ½ cup lowfat sour cream**
- ½ cup lowfat mayonnaise**
- ½ teaspoon salt**
- 5 cups assorted, colorful raw vegetables for dipping**

1. Squeeze water out of spinach.
2. Place into a mixing bowl and add all remaining ingredients.
3. Let the dip sit at room temperature for a half-hour to let the flavors mix.
4. Stir again before serving. This dip will stay good for up to one week when covered and kept in the refrigerator.

Adapted from: www.dole5aday.com

Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball or play a game of tag.
- Encourage your child to walk the dog (or your neighbor's dog) each day after school. Make this a routine to do together.
- Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust or vacuum.

For more physical activity ideas, visit:

www.kidnetic.com
www.verbnow.com

Nutrition Facts

Serving Size 1 cup, raw leaves
(30g)

Amount per Serving

Calories 7 Calories from Fat 1

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 24mg **1%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **3%**

Sugars 0g

Protein 1g

Vitamin A 56% Calcium 3%

Vitamin C 14% Iron 5%

Source: www.nutritiondata.com

Healthy Help

- National School Breakfast Week takes place in March. Breakfast is the most important meal of the day. It gives the body and mind much needed nutrition and energy.
- Help your child during spring testing by providing a healthy breakfast. Ask your child's teacher about National School Breakfast Week activities or call the school for details.
- Start the day with a glass of 100 percent fruit or vegetable juice. Slice a potassium-rich banana over cereal or sprinkle raisins over fiber-filled oatmeal.

Helping Your Kids Eat Healthy

- Use fresh spinach to make a tasty salad.
 - Add chopped spinach to lasagna and soup.
 - Stir-fry spinach. Add garlic, onion and chopped red bell peppers for a colorful dish.
 - For raw spinach, a serving is one cup for children and two cups for adults.
 - For cooked spinach, a serving is one-half cup for children and one cup for adults. (When cooked, spinach shrinks a lot.)
- For more ideas, visit:
www.harvestofthemoth.com
www.leafy-greens.org



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