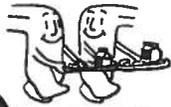


Nutrition Nuggets™

Food and Fitness for a Healthy Child

September 2014

Sweeny Independent School District
Kathy Wolford, Child Nutrition Director

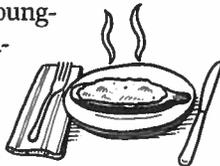


BEST BITES

Veggie "pizza boats"

Put more vegetables into your youngster's diet by turning them into "pizza boats."

Slice a zucchini or yellow squash in half lengthwise, and microwave until tender (2–4 minutes).



Then, top each half with tomato sauce, shredded skim mozzarella cheese, and sliced mushrooms. Microwave or broil until the cheese melts.

Kick it

Help your child get a "kick" out of exercising with this core-strengthening activity. Lie on your backs (heads and shoulders off the ground), and take turns calling out kicks to do. For "scissors," move your legs up and down while crisscrossing them back and forth. For "flutter," lift both legs, and then alternate raising and lowering them.

Cut portions down to size

Do your children eat larger portions of meat than they should? Try this chef's trick. Cut meat or chicken into 3-oz. servings (the size of a deck of cards), and thinly slice. Then, fan the slices on each person's plate. The smaller amount will fill the plate—and your youngsters will think their food looks "prettier"!

Just for fun

Q: What animal makes the most of its food?

A: A giraffe—it goes a long way!



Healthy learners

There are no two ways about it: When children have healthy habits, they go to school more ready to learn. Use these ideas to help your youngster thrive in the classroom.

Eat breakfast

Breakfast-eaters score higher on tests and have better grades, behavior, and attendance. Make breakfast a daily habit by building it into your child's schedule. *Tip:* Consider having her eat breakfast at school. That way, the meal can be part of a relaxed routine at school rather than a morning rush for you.

Stay active

Did you know that after just 20 minutes of exercise, brain activity improves? Encourage your youngster to run, jump, and move around after school—her body and brain will stay more active! In fact, see if her focus for homework improves after a game of hide-and-seek or a jump-rope session. *Idea:* Help her keep track of



times that she is active. Ask how many 20-minute periods she tallies each day.

Get enough sleep

If your child is tired, she won't be able to pay attention, absorb information, or learn as much. Try making it fun to go to bed on time with nightly rituals like reading to each other or playing a quiet game. *Note:* Set a bedtime that gives her 9–11 hours of sleep. If she wakes up around the same time each morning without needing an alarm, she's getting the right amount of shut-eye. ●

Joining a team

As the new school year starts, you might be wondering if your child is ready for a team sport. These questions can help you decide.

● **Behavior.** Does your youngster follow directions? Will he share and take turns nicely? When he plays games, does he manage losing well? If the answers are yes, he may be ready.

● **Interests.** Has your child told you he wants to play on a team? If you bring it up, does he seem enthusiastic? Let his interest level be your guide. After all, he's the one who has to commit to attending practices and games.

Remember, children develop at different rates and have different interests. If you wait until he's ready, he's more likely to enjoy team sports and get the physical activity that goes along with them. ●

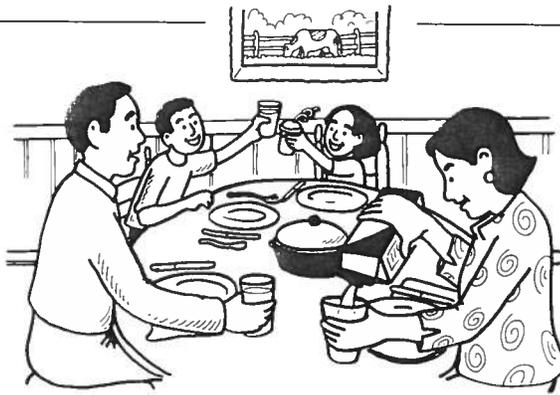


Got (enough) milk?

It's a fact that most kids don't get enough calcium. And what's the single best source of calcium for a child? Milk! In addition, milk provides vitamin D and protein—other important nutrients for your youngster.

Try these strategies for getting your child to drink 2–3 cups of fat-free milk a day:

- Make milk or water the only choices at meals.
- Serve milk ice-cold.



Note: If your youngster has milk allergies or is lactose intolerant, get calcium-fortified almond, soy, rice, or lactose-free milk. ●

- Put milk in fun glasses or mugs. Use striped, colorful, or bendable straws. *Idea:* Give your youngster a straw to drink up the milk left in his cereal bowl.
- Let him see you drinking milk yourself.
- Use milk in foods that your child eats, such as oatmeal or tomato soup.



Q&A The cafeteria experience

Q: I'd like my son to buy school lunch each day, but he doesn't want to. How can I persuade him?



A: You could start by telling him about fun parts like going through the cafeteria line with his friends and picking out his own meals. He might also get to punch in his PIN number or scan a meal card, depending on his school's payment system. Plus, you can mention that he'll get to know the nice people who work in the cafeteria—and they'll get to know him, too.

Then, get your son interested in the food by reading the next day's menu together each evening. He could highlight his choices with his favorite color. Finally, when he gets home, ask positive questions like, "What was the best part of your lunch?" or "What kind of fruit did you eat?" ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

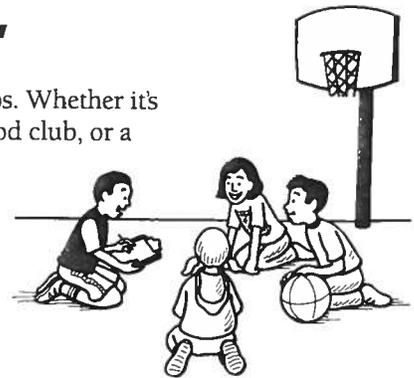
ACTIVITY CORNER Start a "Fit Club"

Children love to be in clubs. Whether it's a cousins club, a neighborhood club, or a pony-lovers club, groups give kids a comforting sense of belonging. To help your youngster stay active, why not encourage her to start a fitness club? Here's how.

1. Invite friends to join. She might ask the kids on your street or the other third-graders on her bus, for instance.

2. Hold an organizational meeting. Help the youngsters figure out where they'll meet and how often. They could alternate houses or go to a local park, based on when parents can supervise. Suggest that they name their club, too ("The Elmwood Street Exercisers").

3. Draw up a list of activities. The only rule? They have to be *active* activities! *Examples:* Basketball, backyard games, dancing, climbing on playground equipment. Then, let them get started—and get moving! ●



IN THE KITCHEN Boost your smoothies

Combine all kinds of healthy goodness—fruit, vegetables, yogurt, milk—into one glass of deliciousness with these smoothie recipes. (*Note:* Smoothies work best with frozen fruit. You could freeze fresh fruit or buy frozen fruit.)

Berry good

1 cup blueberries, 1 cup cherries, ½ cup strawberries, 1 cup 100% grape or apple juice, and 2 tbsp. nonfat vanilla Greek yogurt

Banana split

1 banana, 2 cups strawberries, 1 cup fat-free milk, and ¾ cup nonfat plain Greek yogurt



Green pineapple

2 cups spinach leaves, 1½ cups almond milk, ½ cup coconut water, 3 cups pineapple chunks, and 2 tbsp. unsweetened coconut flakes

Add to the fun *and* the nutrition with these pointers:

- Let your child make the smoothie herself. She can put the ingredients into a blender, hold down the top with one hand, and push "on" with the other. Have her blend until the ingredients are combined.
- Mix 1 tsp. flaxseeds, wheat germ, or protein powder into any smoothie. ●

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2014

Sweeny Independent School District

Kathy Wolford, Child Nutrition Director



BEST BITES

Take a farm tour

It's a great time of year for showing your youngster where her food comes from. At pick-your-own orchards and farms, she could pluck apples and pears from trees or pumpkins from vines. Or take a farm tour to watch cows being milked and learn about crops and other farm animals. Look online or in community newspapers for details.



DID YOU KNOW?

Sweet potatoes are a rich source of potassium, fiber, and beta-carotene. Bake sweet potatoes (about an hour at 375°) for a side dish that's so naturally sweet your child won't need to add butter. Or slice potatoes thickly, drizzle with a little olive oil, and roast at 400° for 30–45 minutes. *Tip:* Heat the pan first for crispier fries.

Healthier parties

Birthday parties are a highlight for most children — especially if it's theirs! But when parties add up, so do the cupcakes and ice cream. Consider making your youngster's party a healthier one with a physical activity like gymnastics or relay races and a fun fruit treat (apple slices to dunk in honey, strawberries to dip in melted dark chocolate).

Just for fun

Q: What smells the best at dinner?

A: Your nose!



Skip the empty calories

It seems unbelievable, but research shows that almost 40 percent of the calories children consume are “empty” ones. Try limiting these empty calories, and you'll go a long way toward helping your child maintain a healthy weight and feel his best.

What are they?

Empty calories come from added sugar or solid fat and have no nutrients.

What's the problem?

They fill your youngster up without providing the vitamins and minerals he needs.

Where are they?

The most likely culprits are soda, fruit drinks, candy, cake, cookies, and doughnuts. But you also have to watch for empty calories in foods that do have important nutrients. Whole milk, pizza, fried chicken, and cheese all have solid fats; and jelly, sports drinks, and sweetened yogurt and cereals have added sugars.



What now?

Together, brainstorm a list of replacements for empty-calorie foods. For instance, your child might choose fruit over candy, flavored seltzer water rather than soda or sports drinks, fat-free milk in place of whole milk, and frozen 100 percent fruit bars instead of ice cream.

Try this

Help him make a poster with road signs for “stop” or “go” foods. (“Stop eating candy.” “Go for grapes!”) Or he could put each empty-calorie food in a circle and draw a slash through it (like a Do Not Enter sign). Hang his chart in the kitchen for reference. 🍌

Build snack baskets

Make it easy for your youngster to choose a healthy snack by putting together snack baskets like these.

On the kitchen table. Fill a clean bucket with mini raisin boxes, small bags of almonds or sunflower seeds, fresh fruit, and colorful sports bottles of tap water. Add a card that says, “Take water, and choose two snacks!”

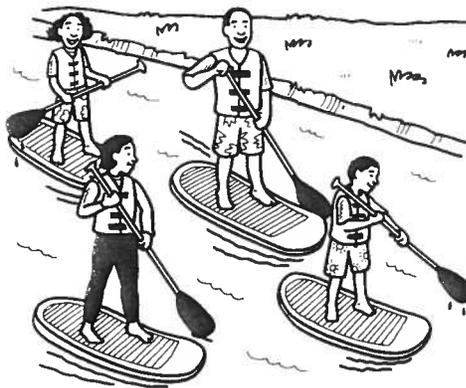
In the fridge. Stock a colorful plastic bin with cold water bottles, individual cups of unsweetened applesauce, containers of ready-to-eat raw vegetables (green beans, cauliflower florets, carrots), and a small tub of hummus or lowfat ranch dressing. Then, put it on a shelf at your child's eye level so it's the first thing she sees when she opens the refrigerator. 🍌



Fit as a family

Want your child to be more active? Get in on the action together! Try ideas like these, and find the one—or ones—just right for your family:

- Take regular bike rides on neighborhood paths or local bike trails. On weekends, load bikes in the car and drive to new places to ride. *Note:* Be sure to wear helmets.
- Try stand-up paddling. You could paddle together on one board or take out your own, depending on your child's age and experience. Check with your parks and recreation department or local outfitters for lessons at nearby lakes or rivers.



- Have a weekly tennis round-robin. Go to public courts, and take turns playing against each other. *Tip:* Ask relatives for racquets their kids have outgrown, or find used ones at garage sales or secondhand shops.
- Sign up for yoga classes at the community center or YMCA. Then, continue your practice at home with a nightly “yoga break.”

- Take a walk every day before or after dinner—whichever works best in your family's schedule. When it gets cold, bundle up, and keep on walking.

Bonus: Fitness is a fun way to spend time together and strengthen bonds. Build it into your family life now, and the habit may continue into the teenage years when your children aren't as excited about hanging out with you. ●

PARENT TO PARENT Homemade kids' meals

Week after week my daughter begged to get fast food on the way home from after-school care. I wasn't happy about having her eat fast food, and I soon realized that what she really liked best anyway was the cute packaging and the toy.



That gave me an idea. Why not create our own kids' meals at home? I had Allie decorate brown paper lunch bags. Then every Friday we make them into “Friday Fun Meals” for dinner. I just put whatever I've made for dinner into plastic containers and place them in a decorated bag for each person. Allie adds a napkin, a plastic fork, and a cup for water. For the final touch, I drop in a surprise—a small toy from the dollar store.

Allie loves our homemade kids' meals, and I'm happy we're having healthier “fast food.” ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630



ACTIVITY CORNER Game changers

When your youngster has friends over, encourage them to be active with these two twists on classic games.

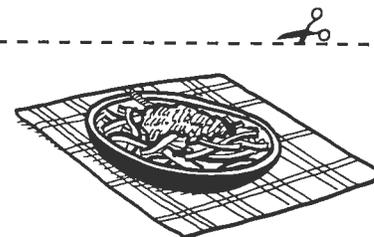


1. Try a life-size version of tic-tac-toe. Using yarn or jump ropes, the kids can make a giant tic-tac-toe board on the grass. Two players stand on the opposite side of the yard, each holding six Xs or Os (written on slips of paper). Take turns running to the grid, dropping in an X or O, and running back. First to get three in a row is the winner.
2. Play Simon Says, but each direction has to involve moving around. *Examples:* “Simon says jump up and down seven times.” “Simon says twirl around twice.” “Touch your toes.” Oops, if you touched your toes, you're out! ●

IN THE KITCHEN Pasta swap

Turn vegetables into “noodles,” and your family will get a delicious pasta experience without the carb overload. Pair any of these options with your favorite marinara sauce, meatballs, or sauteed vegetables. *Note:* Vegetable noodles are a great option for gluten-free kids.

- Use a vegetable peeler to scrape zucchini or peeled carrots into noodle-like strands. Or get a “spiral” tool—popular in stores or online—to make noodles out of almost any vegetable (yellow squash, cucumbers, beets, jicama). Use the strands raw, or pour boiling water over them to soften.



- Bake a spaghetti squash (350° for 1 hour), cut in half lengthwise, and scoop out the seeds. With a fork, scrape the flesh into strands.
 - Peel an eggplant, and slice into ¼-inch strips. Salt, and let drain for a half-hour. Rinse with cold water, and pat dry with paper towels. Now slice the strips thinly.
- Tip:* Combine any of these for a “rainbow pasta.” ●

Nutrition Nuggets™

Food and Fitness for a Healthy Child

November 2014

Sweeny Independent School District
Kathy Wolford, Child Nutrition Director



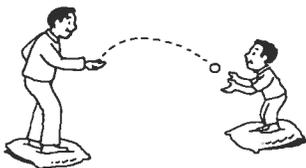
BEST BITES

Frozen fruit

It may be November, but your children can still enjoy the fruits of summer if you keep frozen fruit on hand. Top breakfast cereal with thawed berries (blueberries, strawberries, raspberries, blackberries). Or mix frozen peaches or cherries into plain nonfat yogurt for a naturally sweet lunch or snack.

Balancing act

Here's a fun way to help your youngster develop better balance—a key element for sports and other physical activities.



Have a game of indoor catch with a

lightweight ball. But here's the trick: Stand on a pillow or on another uneven surface. As he throws and catches the ball, he'll have to steady himself to maintain his balance.

DID YOU KNOW?

Families that eat together at least three times a week are more likely to have children who eat nutritious foods. Try to schedule regular family meals, whether they're breakfast, lunch, or dinner. Keep the food healthy and the conversation light—and you will all benefit from your time together!

Just for fun

Teacher: Name five things that contain milk.

Olivia:
Five cows.



Reality check: Portion control

Nutritionists often say it's not so much *what* you eat, but *how much* you eat that counts. Get your child used to eating right-sized portions now, and you'll be doing her a lifelong favor. Try these ideas.

Plate perceptions

The amount of food on a plate—whether it's really one serving or three—is the amount your youngster will think is a normal serving. Pay attention to serving sizes on packages, and become familiar with healthy portion sizes for meats and other foods that aren't marked (look online for guidance). Then, serve plates with those portions. Over time, your child will learn to take that amount when she serves herself.



directly onto your youngster's plate—rather than placing a box of pretzels or a bag of deli meat on the table.

Mini treats

Healthy eating doesn't have to mean an end to sweets. Let your child enjoy treats in small doses, and she'll get to satisfy her sweet tooth without all the calories. Cut brownies into bite-size pieces. Put a few spoonfuls of ice cream into a cup. When you bake, make mini-muffins rather than full-size ones, or drop cookie dough from a teaspoon rather than a tablespoon. Then, have one or two, and freeze the rest for another time. ♥

Make TV less important

Often, watching TV is just the easiest thing for a youngster to do. Keep TV from being your child's first choice with these ideas:

- Does he have a TV in his bedroom? Move it out, and encourage him to do other things with his free time (play outside, read).
- If you have several televisions, consider donating one so there aren't as many rooms with sets.
- Put a basket of "TV alternatives" (art supplies, games, books) by the set. Post a sign on the TV with an arrow pointing to the basket and the words, "Try these instead!" ♥



Food allergies

If you have a child with food allergies, you may wonder about the best way to handle school situations. This advice will help.

Have a plan. Get your youngster involved from the start in managing his allergies. Together, write down a plan. Be specific about the foods he can't eat, and list symptoms to help him recognize that he's having a reaction (hives, swelling, nausea, dizziness, trouble breathing).



Tell school officials. Notify the office staff, his teachers, the school nurse, and the cafeteria manager about your child's allergies. Provide them with your emergency contact information.

Discuss school meals. Read the menu with your youngster, and talk about what he plans to eat each day. Together, highlight items he should not have.

Practice situations. Go over what to do if a reaction begins. He should ask a teacher or staff member for help—or tell a friend right away to get help. Also, role-play how he should respond if a classmate wants to trade food. (“Thanks anyway, but I have allergies, so I have to eat my own food.”) ●

O&A Upbeat about nutrition

Q: Nagging my kids about eating healthier hasn't seemed to make much difference. Are there fun ways for them to learn about nutrition instead?

A: Definitely! Try setting up a play grocery store (a big cardboard box will work just fine). Stock it with empty packages of nutritious foods, such as brown rice, almonds, fat-free milk, and whole-grain cereal, and add plastic fruits and vegetables. Then, take turns being the cashier and the customer, and talk about the yummy foods you're ordering or ringing up.



Another idea is to read picture or chapter books about farmers and gardening, as well as children's nonfiction books about where our food comes from. You could ask the librarian for titles.

Also, check at your library or community center for children's or parent-child cooking classes. Getting into the kitchen is a truly fun way to learn about making good food choices! ●

ACTIVITY CORNER

Take a hike

Hiking just might be the perfect family physical activity. You don't have to go fast, and you don't have to go far—you just have to go! Put hiking into your family's plans with these ideas.



Redefine hiking

Sure, you can hike in the woods. But you can also hike on city sidewalks, by country lanes, or in suburban neighborhoods. Do a little research so you have a goal in mind, whether it's reaching a pond or looking for the tallest building downtown. *Idea:* Get headlamps, and take a night hike—your child will think that's really cool.

Pace yourselves

Kids like to make stops. Build in frequent times to stop and enjoy your surroundings. Let her jump from a tree stump, crawl through a hollow log, or walk through a historic site. *Tip:* She might enjoy taking pictures, too.

Pack healthy snacks

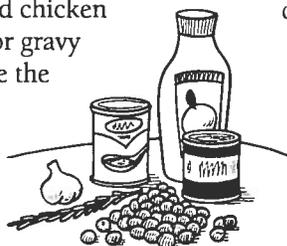
Hiking takes energy, so bring along nutritious snacks that don't need to be kept cold. *Examples:* nuts, dried fruits, apples, and plenty of water. ●

IN THE KITCHEN

Healthier holidays

The November and December holidays can bring lots of joy, but also lots of calories and extra pounds. Make your holiday meals a little healthier with these tips.

1. When using canned chicken broth or beef broth for gravy or stuffing, first freeze the can for 1–2 hours. Open it, and remove the layer of fat that has solidified at the top.



2. Use fat-free evaporated milk rather than cream in casseroles.

3. Add flavor with herbs and spices instead of salt. Season potatoes with garlic and rosemary, or add a pinch of cayenne pepper to macaroni and cheese.

4. Skip the canned cranberry sauce with its added sugar and sodium. Instead, puree cranberries (fresh or frozen) in orange juice and water. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2014



Sweeny Independent School District
Kathy Wolford, Child Nutrition Director

BEST BITES

Break for activity

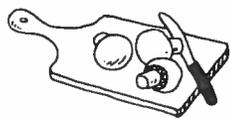
Encourage your youngster to build active breaks into times when she's normally sitting down. For instance, after a half-hour of studying, she might go for a brisk walk around the block. Or she could do jumping jacks during television commercials or squats each time she passes a new level in her video game.

Count on calcium

How many foods containing calcium can your child think of? Together, make a list. Start by naming those with milk (yogurt, ice cream). Then, look online or in a book for others (spinach, kale, canned salmon, sardines). He might decorate his list with markers, hang it up, and put a star by each one he eats.

DID YOU KNOW?

The hearty flavor of mushrooms can mimic meat—which makes them perfect for mixing into burgers, meatballs, and meatloaf.



You'll add nutrients and also stretch your dollars because mushrooms cost less than meat. Simply chop and mix them into lean ground beef or turkey before shaping and cooking. *Tip:* Aim for a 50-50 blend.

Just for fun

Q: How long should a racehorse's legs be?

A: Long enough to reach the ground!



Fit in breakfast

After 12 hours without food, a child surely would be hungry! Yet many kids go to school without eating breakfast because they're too rushed or tired, or they don't feel like eating. Use these ideas to make sure your youngster isn't one of them.

Prepare ahead

The first trick is to make sure you have breakfast food in the house. Stock up regularly on items like healthy cereal, fat-free milk, frozen whole-wheat waffles, and fruit. Then, set up for the next day's breakfast as you clean up from dinner.

Wake up earlier

Stressing about being late for school or work is no way to begin the day. As a family, decide to get up 20 minutes earlier so you have time to eat without rushing. *Idea:* So that your child can focus on eating, have him come to the table dressed for school and with his backpack ready.



Spread the word

On blank mailing labels, create stickers that say "I ate breakfast today!" or "I love breakfast!" When your youngster finishes eating, give him a sticker to wear to school or to put on a favorite stuffed animal or action figure. You'll send the message that you think breakfast is important.

Note: Another way to ensure that your child eats a healthy breakfast is to have him eat it at school. Check the options at his cafeteria. ♥

Breakfast exchange

Talk to your youngster about what she would like for breakfast...because that's what she's most likely to eat. Then, try to give her what she wants—with a healthy spin.

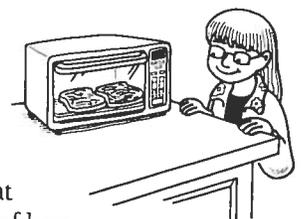
If your child asks for:

Fast-food breakfast sandwiches... fill a whole-wheat roll with scrambled eggs, a slice of tomato, and a slice of ham.

Sugary cereal... let her pick out new varieties that meet the "5 & 10 test." Help her read nutrition labels to find boxes with 5 or more grams of fiber and 10 or fewer grams of sugar.

Toaster pastries... try a new toaster oven treat. You might layer apple or pear slices and shredded cheddar cheese on whole-wheat bread and toast until the cheese melts.

Anything but breakfast food... serve last night's leftovers, or make her a sandwich or taco. ♥

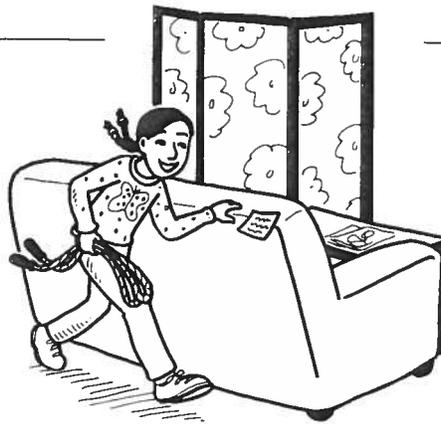


Clues to fitness

Appeal to the detective in your child with this idea for combining fitness with a little mystery. It's as easy as 1-2-3.

1. Hide play equipment around your house and yard. For instance, tuck a jump rope behind the family room couch. Bury 3-lb. weights in a basket of mittens and gloves. Or place a softball in a bush outside.

2. On sticky notes, write clues leading to each item. Then, on the object itself, put a note with an activity to do. *Example:*



places, and write new clues. *Idea:* Let her hide equipment and write clues for you, too! ●

Stick a note to your youngster's bedroom door saying, "Walk down one level." At the bottom of the stairs, another note could say, "Hop to the place where we cuddle and read." When she eventually finds the jump rope, the activity might be, "Jump rope while singing 'Take Me Out to the Ballgame.'"

3. After she finds all of the objects and does the activities, hide them in new



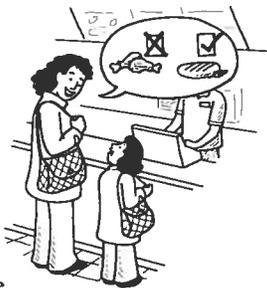
PARENT TO PARENT Set a good example

People often say that my daughter, Gabby, is my "mini-me." She looks like me, and she even sounds like me. Unfortunately, I realized she is eating like me—and that's not a good thing. I decided if I want her to eat better, I would have to set a better example.

Now when I'm making food choices, I think through my decisions out loud so she can hear my thought process. I might say, "The

fried chicken looks good, but fried foods have a lot of fat and oil. I'm going to get the grilled chicken instead." At snack time, I let her see me reaching for fruits and vegetables, and then I ask which one she wants.

Next, I'm going to work on drinking water rather than soda. That is really going to be hard for me, but I will keep reminding myself that Gabby is picking up on my habits—so I want them to be good ones. ●

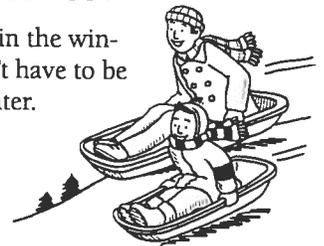


ACTIVITY CORNER Staying active in the winter

Is your youngster much less active in the winter? While that's not unusual, it doesn't have to be the case. Try these tips for keeping him moving all winter.

Create a space

Make room for active play inside your home. For instance, clear the area around a doorway, and hang up an over-the-door basketball hoop. If you have a garage, park the car outside so he can play hockey there. Or make room on a tile or wood floor for "speed skating" (gliding around with socks on).



Go inside—somewhere else

After school or on weekends, go places where your family can be active. Try bowling alleys, open-gym hour at your community center, a rock-climbing facility, or an indoor pool.

Go outside anyway

As long as your child dresses for the weather, he can enjoy playing outside. He might play backyard games, ride a scooter, go sledding, or build a snowman. If you have a dog, they could *both* get exercise by running around outside together. ●

IN THE KITCHEN Slow-cooker meals

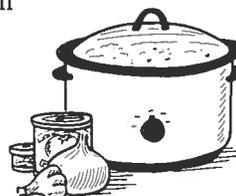
A crockpot can be a busy parent's best friend! Dust off the one you got at your wedding shower, or pick up one at a discount store or garage sale. Then, experiment with recipes like these.

Orange-honey drumsticks. In a bowl, combine 1 can frozen orange juice concentrate (12 oz., thawed) and $\frac{1}{4}$ cup honey. Place 12 drumsticks in a crockpot, and pour in the sauce. Cook on high for 2–2½ hours.

Pulled pork. Spread 2 sliced onions in a slow cooker, and top with 3-lb.

boneless pork shoulder. Add 1 cup barbecue sauce, $\frac{1}{2}$ cup apple cider vinegar, and $\frac{1}{2}$ cup chicken or beef broth (low-sodium). Cook on high for 5–6 hours. Shred the pork, and stir back into the sauce. Serve in whole-wheat buns.

Marinara sauce. In a skillet, saute 1 chopped onion and 1 minced garlic clove until soft. Put into a slow cooker, and add 2 tbsp. olive oil, 2 28-oz. cans whole tomatoes, 2 tbsp. tomato paste, and a pinch of sugar. Cook on low for 4–5 hours. Serve over pasta. *Note:* Freezes well. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630