



September

2016 Wellness Newsletter



“Here is the truth about September: It sneaks up on you and all of a sudden it’s autumn, and you don’t know what to do with your recently orphaned August daydreams so you tuck them between the pages of brand new notebooks and then you leave them in the corners of your sweatshirt pockets to gather lint and you set them on fire until all of the trees are smouldering red orange and yellow.”

September

Returning on 9/26District Zumba!
Certified Zumba Instructor, Magaly Torres
When: Tuesdays and Thursdays @6:45p.m. - 7:30p.m.
Location: High School - All purpose room / wrestling room
Cost: \$8 per session

BENTO BOX LUNCHES

BENTO LUNCH BOX CHEAT SHEET



MIX AND MATCH SANDWICH RECIPIES



5 SIMPLE SNACK BOXES



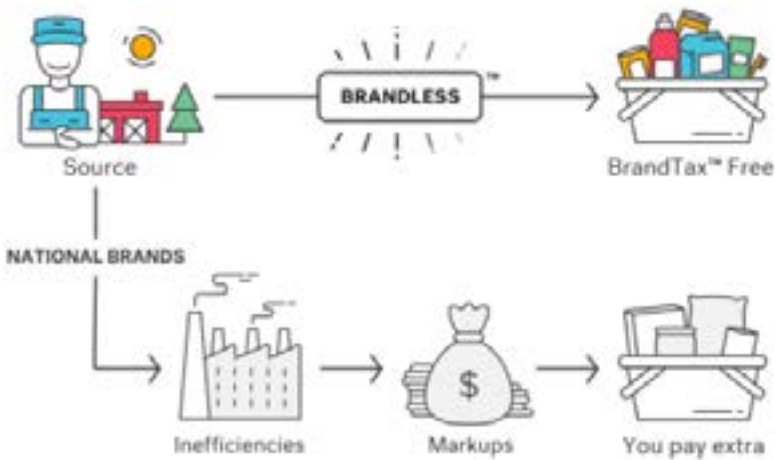
HOMEMADE SNACK BOXES



FOUR BENTO BOX LUNCHES



WE ARE BRANDLESS™



Based in San Francisco and Minneapolis, Brandless was brought to life on July 11, 2017. We're a group of thinkers, eaters, doers, and lovers of life with big dreams about changing the world. Our mission is deeply rooted in quality, transparency, and community-driven values. Better stuff, fewer dollars. It's that simple

EVERYTHING COSTS 3 DOLLARS!

www.brandless.com

FOOD HOUSEHOLD BEAUTY PERSONAL CARE HOME & OFFICE HEALTH



SEPTEMBER

EAT SEASONAL

We all want to be healthier. Right?

1. Eat food that is in season and reap the benefits. More vitamins, minerals, antioxidants and save money too. its good for you and it is good for the environment.

2. You will get the best nourishment from your food because the produce you buy will be picked when they are ripe and fully developed. Which means higher levels of antioxidants.

3. You will save money because seasonal food is much cheaper to produce for the farmers. Plus, You will be supporting your local farmer, which is great for your local economy.

4. You will be supporting your immune system. The natural cycle of produce is perfectly designed to support our own cycle of health.

[CLICK HERE](#) FOR MORE INFOR ABOUT THIS MONTHS PRODUCE!

Apples

Pears

Broccoli

Cucumbers

Avacado

Blackberries

Cabbage

Eggplant

Cauliflower

Chiles

Corn

Escarole Fennel

Garlic

Grapes

Green Beans

Green Onions

Pumpkin

Radishes

Raspberries

Squash

Zucchini

Bananas Figs

Cantaloupe

Kale

Grapes

Potatoes

Carrots

Peppers

Melons

Dates

Melons

Tomatoes

Pomegranite

Beets

Pears

Fennel

Brussel Sprouts

Collard Greens

Garlic Spinach

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2017

Coal City Community Unit School District
Food Service Department



BEST BITES

Chalk up fitness

Boost your youngster's activity by having her draw a sidewalk-chalk fitness course. On



a sidewalk or blacktop, she can create "obstacles," such as a ladder to "climb"

or a river to jump over. Then, she could write words like *cartwheel* or *crawl* beside her pictures to guide her and her friends along the course.

Pasta—or squash?

If your child likes playing with his food, he'll enjoy this low-carb and low-calorie pasta alternative. Cut a spaghetti squash in half, put it on a baking sheet (cut sides up), and bake 30 minutes at 450°. Cool slightly. Let your youngster use a fork to scrape the flesh and pull out spaghetti-like strands! Top with your favorite sauce.



Calcium plays a key role in strengthening your child's bones and teeth—and it's not just found in dairy products. Dark leafy greens also count toward the 1,000 mg of calcium your child needs each day. And look for the phrase "calcium-fortified" on orange juice, cereals, English muffins, and non-dairy "milk" (almond, soy, coconut).

Just for fun

Q: If I cut an apple into fourths and a pear into eighths, what will I get?

A: Fruit salad!



Dine out in the cafeteria

Does your child love to eat out? Do you want him to eat healthy foods during the school day? Encourage him to dine in the cafeteria!

Eat breakfast at school

Suggest that your youngster start a "breakfast club." He could meet friends in the cafeteria for a nutritious meal before school. It's easy and convenient—you won't need to make breakfast, and he'll be able to choose from healthy items like eggs, cereal, fruit, and milk.

Sample new fruits and veggies

What does kiwi taste like? How about radishes? The cafeteria is a great place to try different fruits and vegetables. Read the school menu together each week, and let your child circle foods to "taste test." After school, play a guessing game: He gives clues about items he sampled, and you identify them. Example: "White and crunchy," "tastes kind of like an apple" (jicama).

Stretch those muscles

March like a toy soldier, then tuck in like a turtle! Stretching improves your youngster's flexibility, and you can make it interesting with these playful stretches:

- Together, imagine that you're toy soldiers. Stand tall, and kick one leg high, trying to touch your toes with the opposite hand. Repeat with the other leg and arm, and alternate until you've crossed the room.
- Pretend to be turtles in their shells. Kneel with feet together, and sit back on your heels. Then bend over, touching your forehead to the floor with your arms along your sides. Hold for 15–30 seconds.

Note: To prevent injury, your child should warm up before stretching with five minutes of light aerobic exercise (dancing, walking). 🐢



Serve "cafeteria foods"

Try making cafeteria foods at home to help your youngster get used to new flavors. For instance, cut skinless chicken pieces with whole-grain breading for healthier chicken nuggets. He'll be more likely to enjoy the flavor of whole grains if he also eats them outside of school.

Note: Your family might qualify for free or reduced-price school meals. Look for a form in your child's backpack or on the school website. 🍎



Healthy weeknight buffets at home

Make dinners easier—and more fun—by creating healthy do-it-yourself buffets ahead of time. Follow these steps.

- 1. Brainstorm.** On the weekend, ask your child to help think of ideas for the week like a pizza buffet, a taco bar, or an Asian wrap station.
- 2. Shop.** Have your youngster write or draw a grocery list for each buffet. For pizza, her list might include whole-wheat dough, turkey pepperoni, shredded mozzarella cheese, tomato sauce, and mushrooms.



3. Prep. On Sunday, work together to prep ingredients. Your child could roll out individual pizza crusts to pre-bake. Or you can cook lean ground beef for tacos while she drains and rinses canned black beans.

4. Store. Let your youngster put items for each buffet into individual containers. For Asian wraps, she might place diced grilled chicken, cooked brown rice, mandarin oranges, and peanut dressing into separate bowls.

5. Enjoy. At dinnertime, set out the ingredients for that night's buffet, along with anything else you need (tortillas, lettuce leaves, dressing). Reheat items if necessary. Then, family members can make their way through the line and customize their dinners! ●



ACTIVITY CORNER

Creative catches

Throwing and catching build your youngster's arm strength and improve her hand-eye coordination. Try these games for a catch-y twist.

Play hot potato

Don't be caught holding the ball when the music stops! Players toss a ball back and forth while one person stops the music every few throws. Whoever is holding the ball is the new DJ.

Count it out

Have your child throw a ball high in the air and count how many times she can clap her hands before catching the ball. Or take turns, and see who claps the most times.

Go for variety

Vary the "balls" you throw. Consider small pillows, bean bags, or socks filled with rice. *idea:* Go outside and play catch with water balloons. ●



Q & A Get excited about PE

Q: My son doesn't like to participate in PE class because he says he's "not athletic." How can I help him get comfortable so he enjoys PE?

A: PE is a great opportunity for your son to run and play with classmates while he learns and stays active.

You could start by mentioning his hesitation to his PE teacher. She might suggest activities you can do at home or pair him up in class with a student who seems more confident about PE. Then, send the teacher occasional notes to check on his progress.

Also, visit a playground, and encourage your son to teach you skills he is learning or games he plays in class. As he shows you how he can do a chin-up or cross the balance beam, or explains the rules for kickball, he'll build confidence in his athletic ability. ●



IN THE KITCHEN

Think outside the bottle

Salads can pack a lot of nutrition into one bowl. But store-bought dressing may add unwanted ingredients like preservatives, saturated fat, or MSG. With your youngster, whip up these good-for-you dressings.

● **Tahini.** Whisk together $\frac{1}{2}$ cup plain yogurt, 2 tbsp. tahini, 1 tbsp. lime juice, $\frac{1}{2}$ tsp. oregano, $\frac{1}{2}$ tsp. cumin, and $\frac{1}{2}$ tsp. minced garlic. Pair with butterhead lettuce, chickpeas (canned, rinsed), and sliced cucumber.

● **Pico de gallo.** Combine 2 diced tomatoes, 1 small

diced onion, and 1 minced garlic clove in a bowl. Stir in 2–3 tbsp. lime juice and $\frac{1}{2}$ cup chopped cilantro. Toss with shredded romaine lettuce, diced bell pepper, and avocado chunks.

● **Citrus.** Mix $\frac{1}{2}$ cup orange juice with 2 tbsp. balsamic vinegar and 1 tbsp. olive oil. Sprinkle over a salad of spinach, dried cranberries, and sliced almonds.

Note: Toss dressings with salad just before serving, or refrigerate for 3–4 days. ●



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 CDEI Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • resources@wondersdk.com
www.cdeionline.com

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

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Teen Food & Fitness

Healthy Ideas for Middle and High School Students

September 2017

Coal City Community Unit School District
Food Service Department

FAST TAKES



Eat sitting down

Like many teens, your child may grab a snack and stand up while she eats. Encourage her to take a seat instead. She'll be more conscious of what she's eating, which will help her know when she's full. That way she'll be less likely to overeat.

Toothbrush-ercise

Your teen can fit in mini-workouts while he brushes his teeth. Standing straight, with his back against a wall, he should slowly bend his knees into a squatting (or chair) position. He can brush as he holds the pose for 30–60 seconds, stands back up, and repeats.

Did You Know?

Ketchup, salad dressings, cereal, and some

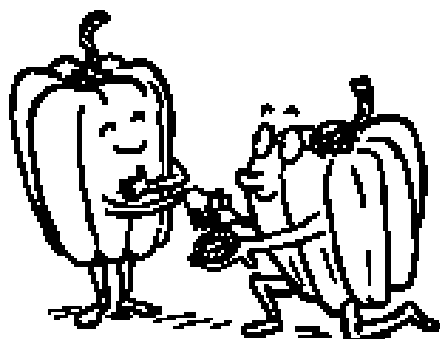
brands of bread may be surprisingly high in sugar. So even if your tween isn't munching on candy, she might be getting more of the sweet stuff than you think. Have her check food packages for clue words like fructose, honey, corn syrup, or cane juice—all types of added sugars.



Just for fun

Q: What do vegetables wear when they get engaged?

A: Onion rings!



Mouthwatering ways to add nutrients

With school in full swing, life is busy for your teen, and getting the nutrients he needs may fall off his radar. But eating right can be as easy as it is delicious. Make his favorite foods more nutritious with these tweaks.



Reach for greens

Keep fresh and frozen greens on hand. You could put leftover broccoli or asparagus into omelets, or add spinach or kale to pizzas or casseroles. Dark leafy greens like collards, spinach, and mustard greens can be blended into smoothies or rolled into wraps.

Mix in beans

Stock up on canned beans to get more protein into your tween's diet. You might combine black beans (drained, rinsed) with taco meat, or puree and stir them into marinara sauce. Puree white beans

into hummus or canned (low-sodium) soups for a creamy texture.

Add whole grains

Fiber-rich whole grains fit seamlessly into many foods that are popular with teenagers. Try mixing cooked quinoa into burgers, meatloaf, or meatballs. Use whole-wheat breadcrumbs to coat strips of chicken or fish, and bake. Making salad? Try in cooked barley or brown rice. ●

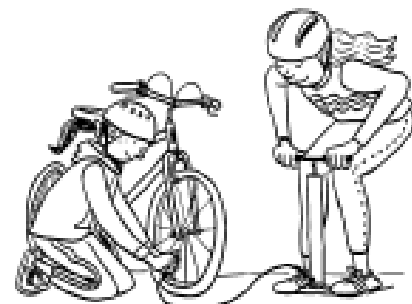
Fit & safe

Safety and fitness will go hand in hand with these everyday tips for young runners or cyclists.

Stick to safe paths. Help your teenager map out routes that avoid heavy traffic or isolated spots. Remind her to cross intersections safely—pressing the “walk” button if there is one, waiting for the light, and staying in the crosswalk.

Go with a partner. There's safety in numbers, so encourage her to run, walk, or bike with a friend—or with you! If you're biking, help to pump up each other's tires before heading out.

Stay aware. It's a good idea for your tween to take a (charged) phone in case she runs into a problem. But she needs to see and hear everything around her, so she shouldn't hold it—or listen to music or use headphones—while running or riding. ●



Healthy weeknight buffets at home

Make dinner easier — and more fun — by creating healthy, inexpensive buffet meals at home. Follow these steps:

- 1. Brainstorm.** On the weekend, ask your child to help think of ideas for the week. Use a pizza buffet, a taco bar, or an Asian wrap buffet.
- 2. Shop.** Have your youngster write an item-by-item shopping list for each buffet. For example, her list might include whole wheat dough, turkey, pepperonis, mushrooms, cheese, tomato sauce, and mozzarella.



3. Prep. On Sunday, work together to prep ingredients. Your child could roll out and fill individual pizza crusts to pre-bake. Or you can make your ground beef for tacos, while she drains and rinses canned black beans.

4. Store. Let your youngster put items for each buffet into individual containers. For Asian wraps, she might place diced grilled chicken, cooked brown rice, mandarin oranges, and peanut dressing into separate bowls.

5. Enjoy. At dinner time, set out the ingredients in the night buffet along with anything else you made (turkey, lettuce, dressings). lined themselves up. Their family members can make the way through the line and choose what to eat!

ACTIVITY CORNER

Creative catches

Throwing and catching a ball will work your youngster's arm strength and improve her hand-eye coordination. Try these games for a catch or twist.

Play hot potato

Don't be afraid of holding the ball when the music stops! Players become "hot" and "hot" while arms are outstretched in a circle, every one knows. When music is holding the ball is the new "hot."

Count it out

Have your child throw a ball high in the air and count how many times she can clap her hands before catching the ball. Or take turns, and see who claps the most times.

Go for variety

Why not "talk" your family into smaller, small pillows, bean bags, or wicker chairs with ottoman for a table and play catch with water balloons? 🍌



Q&A Get excited about PE

Q: My son doesn't like to participate in PE class because he says he's "not athletic." How can I help him get comfortable so he enjoys PE?

A: PE is a great opportunity for your son to become friendly with classmates while making an always-on-focus.

Your son could start by mentioning his hesitation to his PE teacher, who might suggest setting his goals at a runner's pace. Or, he could team up in class with a student who seems more confident about PE. That could lead the teacher to assign tasks to check on his progress.

Also, visit a playground and encourage your son to exercise skills he is learning or games he plays in class. As he discovers how he can enjoy a game over on his own, he may become more comfortable kicking a ball, swinging a club, or in his ability. 🍌



IN THE KITCHEN

Think outside the bottle

Seeds can make a delicious addition to any bowl. But since buying a bag of raw, unroasted ingredients like mesquite seeds, sun-dried lentils, or MSG. With your youngster, whip up these great-for-you dressings.

- **Tahini.** 1/2 cup tahini, 1/4 cup plain yogurt, 1 tbsp. lemon, 1 tbsp. lime juice, 1/4 tsp. cayenne, 1/4 tsp. garlic, and 1/4 tsp. minced garlic. Pair with hummus, bread, lettuce, and peppers (canned, fresh, and sliced cucumber).
- **Pico de gallo.** 1/2 cup lime, 2 sliced tomatoes, 1 small

chopped onion, and 1 minced jalapeño (diced or washed in 2-4 times of lime juice), 1/4 cup of chopped cilantro, 1/4 cup of fresh sliced cucumber, 1/4 cup of sliced bell pepper, and 1/4 cup of onion.

- **Citrus.** Mix 1/2 cup orange juice with 2 1/2 tsp. balsamic vinegar and 1 1/2 tsp. olive oil. Sprinkle over a bowl of all-spiced, dried cranberries, and sliced almonds.

Note: Use dressings with salad just before eating, or refrigerate for 2-4 days. 🍌



OUR PURPOSE
 To provide high-quality, evidence-based information to help you make informed choices for your family.
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 3005 Lehigh Valley Blvd., Suite 100, Allentown, PA 18106
 610-262-3333 | www.dietetic.org/nutritionnuggets
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