



Chapter 4 Take-Home Newsletters

Newsletters for students to take home to their families provide an important link to Power Panther Pals in the classroom. Newsletters inform parents what students are learning and reinforce the same important information about increasing fruit and vegetable consumption and the value of daily physical activity. In addition, newsletters provide family members with ideas for family snacks and activities.



Newsletters are provided in sufficient quantities for your class and are to be distributed as instructed in Weeks 1, 2, 4, 5, 7, and 8. You can find copies of the newsletters in the PPP kit. They are ready to send home with students. A copy of each newsletter follows in the chapter for reference.



Power Panther Pals, Chapter 4 – Take-Home Newsletters

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Power Panther Pals at Home

Welcome to Power Panther Pals!

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Your child is participating in Power Panther Pals, a health education program for 4th, 5th and 6th grade students! This year's Power Panther Pals program is also incorporating activities from the popular Kids a Cookin' program. Power Panther Pals encourages students to eat more fruits and vegetables and learn to enjoy daily physical activity. This program is based on the United States Department of Agriculture's (USDA's) **EAT SMART. PLAY HARD.** campaign. The **EAT SMART. PLAY HARD.** campaign is about making our nation's children healthier and Power Panther is the campaign's official spokes-character.



You are invited to participate in your child's Power Panther Pals experience. Take time to talk with your child about what they learn in Pals, try the Kids a Cookin' recipes at home, and make physical activity a priority for your family.



YOU Can Be A Part of Power Panther Pals!

We want **YOU** and your family to participate in Power Panther Pals! You can help your child earn extra "Power Points" toward individual and team prizes. If a family member chooses to eat one serving of a fruit or vegetable or participates in at least 15 minutes of physical activity with the participat-

ing student, they can earn one extra "Power Point." Family "Power Points" are limited to one **EAT SMART** and one **PLAY HARD** "Power Point" *per family per day* (NOT per family member). Keep in mind that the family member must engage in the activity *with* the student in order to receive the family "Power Point." Different

family members can participate on different days; make it a family activity! Look inside for some ideas for activities you can do as a family and a tasty recipe you can try at snack time!



What is Team Nutrition?

Team Nutrition is a USDA school-based program that encourages children to make healthful food choices. Team Nutrition is a nationwide, integrated initiative designed to encourage children to eat a variety of foods; to eat more fruits, vegetables and grains; to eat lower fat foods more often; and to be more physically active.

A Team Nutrition grant awarded

to the Kansas State Department of Education provided funds to develop and implement Power Panther Pals in your child's



school. The purpose of Power Panther Pals is to make students aware of the importance of enjoying healthful foods with particular emphasis on fruit and vegetable consumption. Students will also learn to enjoy daily physical activity through this program. See page 1 to see how you can participate in Power Panther Pals with your child.

Get The Whole Family Moving!

Here are a few activities that you and your kids can do to stay fit, have fun and spend some time together too!

- Walk outside or at the mall (You should be able to carry on a brief conversation while you walk... if you're too out-of-breath to talk you're probably working too hard...

if you can sing you need to pick up the pace!)

- Jump on a trampoline
- Swim
- Jump Rope
- Play catch or throw a Frisbee or football
- Rake leaves, shovel snow or weed the garden
- Play miniature golf
- Race around a track (4 laps on an outdoor track make a mile)
- Take the dog for a walk/jog
- Skateboard
- Bike or hike on a trail

"You should be able to carry on a brief conversation while you walk... if you're too out-of-breath to talk, you're probably working too hard... if you can sing you need to pick up the pace!"



Remember, you can help to reinforce the tie between physical activity and good health by encouraging simple fitness activities and by participating in those activities yourself!

Why is Power Panther Pals an Important Program?

The incidence of obesity among children is rapidly increasing in the United States. The percentage of children who are overweight has more than doubled since 1980, and that percentage has more than tripled among adolescents. A staggering 47% of school-aged children and adolescents are overweight or obese.

There are a number of health risks associated with overweight and obesity including high blood pressure (hypertension) and development of Type 2 diabetes,

but often it is the mental and emotional aspects of overweight and obesity that can be most troubling for students. Overweight and obese students are at risk for developing low self-esteem and may live with self-blame as students learn and play in a society that continues to stigmatize this condition. These psychological conditions may manifest themselves as impairments in students' academic success or in their social functioning.

Power Panther Pals is a program

to address two of a variety of reasons for childhood overweight and obesity: unhealthy eating patterns and lack of physical activity. Power Panther Pals encourages consumption of fruits and vegetables and participation in physical activity. Parents; family support can help reduce the incidence of overweight and obesity in our nation's children.



Get Your Family's Snacking Under Control

Snacking seems to be one of our national pastimes! When it comes to good health, snacking itself isn't the problem since snacks are important for growing youngsters. The problems arise when snacking becomes excessive.

Many of us try to make healthy choices at mealtime and for snacks, but often forget that portion sizes apply to all foods - healthier ones too!

Another important thing to remember is that not all of the foods that many of us think are healthy, actually are. You may decide to have a salad instead of pizza or fruit instead of potato chips, but even these choices can be unhealthy if you aren't careful. Many restaurant salads contain high-fat, high-calorie additions like dressings, cheese and croutons. Canned fruits should be packaged in their own

juices, not syrups, in order to reduce the amount of added sugars.

Healthy snacking is a great way to get your recommended servings of fruits and vegetables each day, but remember to keep your portions under control, and watch for extras that can add unnecessary calories and fat.

Portion Distortion:



With "value meals", all-you-can-eat buffets, and 44-ounce drinks, it's easy to see how we have lost a point of reference for appropriate portion-sizes. Here are a few tips to help sort it out:

- A medium-sized piece of fruit should be about the size of a tennis ball.
- A portion of meat should be about the size of a deck of cards (about 3 ounces).
- The serving-size for a drink is 8-12 ounces.
- A 1/2 cup serving of cooked pasta is about the size of a small computer mouse.

To help your family control their portion-sizes, use smaller dishes, (to make portions look larger), share restaurant portions and be a good role model for your family by ordering smaller portions and avoiding the portion distortion.



Dear Parents and Guardians,

Your child is participating in Power Panther Pals, an 8-week health education program that focuses on increasing consumption of fruits and vegetables and increasing physical activity. Each week your child will participate in an **EAT SMART** activity and a **PLAY HARD** activity. I encourage you to talk to your child about these activities. Ask about the different foods your child prepared and tasted in the Kids a Cookin' activity; did they like it? Would they eat it as a snack at home? Each student is provided with an activity book that includes all the Kids a Cookin' recipes that they prepare in class. When your child brings home their activity book, I encourage you to look over the recipes and see if there are any that you can prepare as a healthy snack for your family.

Your child will also be setting goals for healthy eating and physical activity. Ask your child about their goals and see what kinds of things you and your family can do to help reach these goals. You can find more information about Power Panther Pals on our website:

www.powerpanther.org

Look for more tips and informative articles to encourage your entire family to lead a healthier lifestyle in future issues of the Power Panther Pals at Home newsletter. You may wish to keep these newsletters for future reference to help your family **EAT SMART** and **PLAY HARD**!

Sincerely,

Allison Gilmore, Team Nutrition Coordinator

Child Nutrition & Wellness
 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612-1182

Kids a Cookin': Make this Tasty Treat in Zip Baggies!

These frozen fruit cups are easy enough for even the smallest helpers. These fruit cups can be served as a frosty treat or can be frozen with a spoon or popsicle stick to make a healthy, fruity popsicle!

Frozen Fruit Cups

A frozen, fruit-filled treat!

18 servings

Ingredients:

- 3 bananas
- 3 containers (8 ounces each) fat-free strawberry yogurt
- 1 package (10 ounces) frozen strawberries, thawed and undrained
- 1 can (8 ounces) crushed pineapple, undrained

Directions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Nutrition Facts: One fruit cup provides 50 calories, 0g total fat, 0mg cholesterol, 25mg sodium, 12g total carbohydrate

K-State Research and Extension
 Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
 Frozen Fruit Cup
 Oatmeal Cookie
 Low Fat Milk



Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

Power Panther Pals at Home

2006-2007 Academic Year

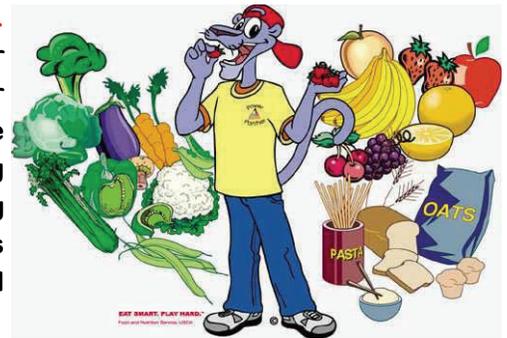
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The **EAT SMART** Issue!

Power Panther's motto of **EAT SMART. PLAY HARD.** is being emphasized in your child's classroom. This issue of Power Panther Pals at Home focuses on the **EAT SMART** portion of his motto; eating more fruits and vegetables, making healthy snacks and using the USDA's new MyPyramid to guide healthy food choices.



Make Grocery Shopping Interactive



Grocery shopping can sometimes be a tedious and time-consuming task. Get your family involved and make shopping time a family time:

1. **Write your shopping list together at home** - as you write your list, use MyPyramid as a guide for your food choices (see page 2 for more information about MyPyramid); you may even ask your child to organize the list by food groups... you may

notice that your store's departments are also roughly separated into food groups too!

2. **Let your child choose one or two new foods for the family to try** - make sure that the foods fit into one of the MyPyramid food groups; this may be something you want to decide before getting to the store to avoid time-consuming decision-making in the aisles.
3. **Make the shopping trip a discovery experience** - while it's not always the ideal time to shop, try to ensure that you are not rushed and both you and your child are not tired or hungry; use the time at the grocery store to explore new ideas for meals and to compare labels of different foods.
4. **Talk about how foods are organized** - find some examples of foods for each MyPyramid food group (milk, fruit, vegeta-

ble, meat & beans, and grains) and talk about how they may be in several different forms (fresh, canned, dried, etc.)

5. **After your shopping trip, unpack the groceries together** - this is a good opportunity to re-cap what you discussed in the store and also offers a chance to talk about food safety and storage.

This information taken from *Team Up at Home*, available on the USDA's website:

<http://teammnutrition.usda.gov>

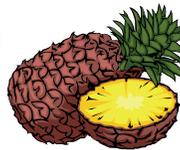




Eat Your Colors!

Encourage your child to try different colored fruits and vegetables. One way to do this is to periodically plan a day or a meal around a different color of fruit or vegetable:

- Red Day - Eat strawberries, cherries, watermelon, tomatoes, radishes and beets
- Yellow Day - Eat bananas, peaches, corn and yellow squash.
- Blue Day - Eat blueberries and eggplant.



- Green Day—Eat broccoli, peas, green beans and romaine lettuce.
- Orange Day—Try oranges, cantaloupe, tangerines and orange bell peppers.

Did you know that each color fruit and vegetable has specific health benefits? The different colors are clues that tell us about the phytochemicals contained within them. It is the combinations of different phyto-



chemicals, vitamins and minerals found in fruits and vegetables that provide our bodies with the most usable and absorbable forms of nutrients.

To learn more about the benefits of phytochemicals and different-colored fruits and vegetables, you can visit the following websites:

www.5aday.gov
and
www.5aday.com

Introducing MyPyramid for Kids!

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. The new MyPyramid for Kids looks very different from its predecessor (the Food Guide Pyramid), but it is still a helpful tool to get you and your family to **EAT SMART**. The food groups are now in stripes rather than building blocks and the width of the stripe reminds you that you should consume more servings from some food groups than others. You will also see that the stripes are wider at the bottom than at the top. Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

One big change that has been made is to the Food Guide Pyramid's "fats, sweets and oils"

food group. MyPyramid for Kids includes oils (the small, yellow stripe) but stresses that oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Some other **EAT SMART** tips for MyPyramid include:

Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread and brown rice, more often.

Vary your veggies. Go dark green and orange with your vegetables - eat spinach, broccoli, carrots and sweet potatoes.

Focus on fruits. Choose fresh, frozen, canned, or dried fruits and go easy on the fruit juice.

Get your calcium-rich foods. To build strong bones serve low-

fat and fat-free milk and other milk products several times a day.

Go lean with protein. Eat lean or lowfat meat, chicken, turkey and fish. Also, try to include more dry beans and peas in meals by adding them to salads or soups.

For more information about MyPyramid for Kids or its grown-up version, MyPyramid, visit their website at: www.mypyramid.gov



Some Tips for Parents to Encourage Healthy Eating at School

Adapted from the USDA's Team Nutrition fact sheet: "10 Steps for Parents"

Do you know if your kids are eating healthy school meals? With vending machines and a-la-carte menus available in some schools, students have a lot of choices in the cafeteria. The only real way to make sure they're eating healthy foods is to get involved. Show the school that what your kids eat



matters a lot:

- "Do lunch" with the kids. Eat breakfast or lunch with your child. See what choices they make and check out the atmosphere of the cafeteria.
- Team up with food-service staff. Visit your child's school cafeteria and get to know the staff. Let them know that you value their services and that you appreciate the

good, daily nutrition they provide to your child.

- Form a parent advisory committee for school meals. Recruit enthusiastic, "can-do" people to work with you.
- Know what's for lunch. Get your child's school lunch menu and take the time to read it. Make time to discuss all the healthy food choices with your child.



10 Fast - And Healthy - Snack Ideas

Who said snacks can't be healthy? Check out these 10 healthy snack suggestions from the *Texas Children's Food and Nutrition Center*.

1. Light yogurt mixed with any of the following: 2 Tbsp. almonds, 1/4 cup dried oats, Grape Nuts or granola, or 1/2 cup diced fruit or berries.
2. Apple or banana with 2 Tbsp. peanut butter.
3. Half of a whole-wheat Eng-

lish muffin or bagel, topped with marinara sauce and reduced-fat cheese. Bake until cheese is melted.

4. 1 cup of fresh veggies for dipping and light ranch dip.
5. 1 whole-wheat waffle topped with peanut butter or low-fat yogurt and sliced fruit.
6. 3 cups of unbuttered popcorn and a piece of fruit.
7. Turkey pinwheels: 1 whole-wheat tortilla, 1 oz. sliced

turkey, and 1 slice fat-free or low-fat cheese.

8. Low-fat string cheese and a serving of whole-wheat crackers.
9. 4 oz. reduced fat cottage cheese with 1/2 cup of diced fruit, blended.
10. Dried fruit and nuts mixed with unsweetened cereal.

Healthy Cooking Tips

While dining out is a fast and convenient option, restaurant food is often full of fats, sugars and extra calories. Here are some tips for cooking healthy meals and snacks at home:

- Steam your vegetables.

- Bake, broil or grill fish and lean meats.
- Substitute applesauce for oil in baked goods to save fat and calories.
- Use peels from citrus fruits to add to muffins, cookies or fish to add flavor without ex-

tra fat or sugar.

- Try using more herbs and spices and less gravy and creamy sauces.





www.powerpanther.org

www.ksde.org

Child Nutrition & Wellness
 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612-1182
 www.powerpanther.org

Dear Parents and Guardians,

There are a number of great resources mentioned in this newsletter. Take some time to explore these websites with your family... it not only gives you time with your family, it also can be a learning experience for everyone!

The MyPyramid website (www.mypyramid.gov) is especially helpful for every member of the family. There are food and physical activity trackers for both adults and children, downloadable materials like posters and pictures, an interactive online game for kids and so much more!

As a part of Power Panther Pals, your child is also participating in weekly Kids a Cookin' activities. The recipes made in school do not require an oven; however this newsletter's recipe (and some of the recipes found online) does. There are dozens more recipes (some easy, some a little more difficult, but all good skill-building activities) available online. These recipes come with specific instructions, helpful hints and even video clips to show you the preparation of the recipe with a young helper (to give you some ideas on how to get your whole family involved). Visit the Kids a Cookin' website at: www.kidsacookin.com. The nutrition information is also provided for each recipe so if you have individuals in your household with special diet needs, you can select your recipes accordingly. EAT SMART and enjoy!

Sincerely,

Allison Gilmore, Team Nutrition Coordinator

Kids a Cookin': One Fun Recipe!

One Fun Egg Roll

Baked to perfection, not fried!

Makes: 14

Ingredients:

1 tablespoon water
 1 1/2 tablespoons reduced-sodium soy sauce
 1 teaspoon vegetable oil
 1 teaspoon brown sugar
 1 tablespoon plus 1 teaspoon cornstarch

1 garlic clove, minced
 1 cup finely diced broccoli
 1/2 cup finely diced onion

1 cup finely shredded carrot
 2 cups finely shredded cabbage
 1 cup finely diced green pepper
 1/4 teaspoon pepper
 1 cup cooked, shredded chicken or turkey or
 1 (10-ounce) can drained chicken breast meat, shredded
 14 egg roll wrappers

Chef's Choice

One Fun Egg Roll
 Rice
 Canned peaches
 Low fat milk

Directions:

Remember to wash your hands!

1. In a small bowl, combine water, soy sauce, oil and brown sugar; whisk in cornstarch and set aside. 2. Heat a nonstick skillet or wok on medium-high heat. Add vegetables, garlic and pepper. Cook 3 minutes. Add chicken and cook 1 minute more. 3. Pour soy sauce mixture into chicken mixture; toss well. Remove from heat and set aside. 4. Preheat oven to 400 degrees F. 5. Spray a baking sheet with cooking spray. 6. Place 1 egg roll wrapper (on sanitized countertop) so it looks like a diamond. Put 1/4 cup filling just below center. Pull bottom edge of wrapper up and tuck under filling. Fold in the left and right corners. Tightly roll-up egg roll. Moisten the top corner of wrapper with a bit of water to prevent it from unrolling. (Keep the egg roll wraps in their package so they don't dry out between making each one.) 7. Place egg roll, seam-side-down, on baking sheet and repeat with remaining wrappers and filling. Lightly spray egg rolls with cooking spray. Bake 18 to 22 minutes until golden brown.

Nutrition Facts: One egg roll provides 150 calories, 1.5g total fat, 20mg cholesterol, 270mg sodium, 23g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider.

This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

This is a great way to take a popular take-out menu item and make a healthy version at home. There are plenty of ways that family members can help: chopping, rolling, wrapping and measuring. Just make sure that if you have young helpers in the kitchen that you supervise closely. Wait a few minutes after these come out of the oven... that filling stays hot and can easily burn a child's mouth!



Power Panther Pals at Home

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Be a Role Model for your Child!

This issue of Power Panther Pals at Home focuses on role-modeling and ways to help your entire family **EAT SMART** and **PLAY HARD**. This issue is full of helpful tips and addresses some of the common problems that busy parents face when it comes to eating healthy meals and snacks and getting regular physical activity. Remember: **YOU** play an important role in making sure that you and your kids eat healthy and are moving every day. This issue gives you tips to get your family to **EAT SMART** and **PLAY HARD** as well as ideas on how to make your family time together, an active time.



Making smart food choices and being active every day...



- Helps everyone keep mentally and physically fit.
- Helps to maintain a healthy weight.
- Helps reduce risks of serious diseases like heart disease, high blood pressure, diabetes, and some types of cancer.
- Helps kids to grow and develop and provides them with the energy they need to learn and play.



Kids Copy Adults, So Eat Healthy and Be Active Every Day!

Set an example - Keep a variety of healthy foods on hand. Eat plenty of fruits and vegetables, whole-grains, low-fat dairy products, lean meats, and dry beans. Limit the amount of foods you buy that are high in fat or added sugar.

Watch serving sizes - Remember, younger kids need less food than teenagers and adults. Start with small servings and give extra if they want more.



Be active - You need at least 30 minutes of activity most days of the week. Your kids need at least 60 minutes of physical activity every day. Add activities to your daily schedule, like walking, biking, working in the yard, or cleaning the house.

Balancing What You Eat With What You Do

If you sit all day at work...

Grab the kids and take a long walk; invite the neighbors. Put on some music and dance. Visit a park, museum, or zoo.



If you are at a fast food restaurant...

Try a grilled chicken sandwich with mustard. Add a side salad with low-fat dressing. Split an order of fries.

If you find it hard to be active...

Try walking up and down the stairs. Park farther away from

stores. Walk your child to school or to the bus stop.

If you're going on a picnic...

Bring foods like crunchy veggies with low-fat dip, whole-grain bread, baked or grilled meats, or fruits for dessert. Don't forget to bring a ball or Frisbee to play with or music so everyone can dance. Get everyone moving after they eat.

Pump Up Your Family's Energy With Physical Activity!

Making healthy food choices helps kids to grow and develop, and be ready to learn.

Physical activity is fun, makes you strong, and helps make you feel good too! Kids are naturally physically active. Help them stay that way.

Adults need at least 30 minutes most days, and kids need at least 60 minutes of physical activity every day of the week.

Make Family Time an Active Time

Make it Easy To Be Active!

Plan activities for all family members to enjoy 2-3 times a month.

- Go on a family bike ride.
- Plant a family garden.
- Pack a picnic meal to eat at the park and go on a family hike.



Set a Good Example!

Get your child involved in planning fun activities for the whole family.

- Make a regular date to walk with friends and neighbors.
- Join a community activity group, like aerobics or softball.

Move More. Sit Less!
Reduce TV watching and increase active play.

- Tour a local museum, zoo, or historic site for activity and learning.
- Let kids help with planning ways to move.

Make Play Safe!

- Set up an area in the home where kids can be active.
- Use safety gear when needed, like a helmet, pads, or goggles.

Just Move It!

There are many ways to move while doing things you enjoy:

- ◇ Ride a bike
- ◇ Walk the dog
- ◇ Roller skate, scooter, or in-line skate
- ◇ Play basketball, baseball, soccer, or football
- ◇ Play catch
- ◇ Jump rope or jog in place



- ◇ Mow the grass or rake the lawn
- ◇ Clean the house (okay, you might not “enjoy” this one, but if you can get the family to help, things will go a lot faster!)
- ◇ Swim

- ◇ Take the stairs instead of the elevator
- ◇ Dance



Healthy eating

habits and physical activity work together for better health!

Did you know...

...that being physically active daily...

- Increases fitness levels and keeps the heart and lungs healthy.
- Builds and maintains healthy bones, muscles, and joints.

- Helps control weight to decrease the risk of many diseases.
- Boosts energy and promotes sound sleep.



- Helps everyone feel good about themselves and happier in general.



Dear Parents and Guardians,

This issue covers a number of activities to get your family to be more physically active. One of the best ways to get your child excited about health and physical activity is to get excited about health and physical activity yourself. Use these tips to get your family started and then build from there using your own family's preferences for healthy lifestyle choices. Some families may love to go out for a family bike ride in the evenings while others may find that they prefer to play games in the yard or walk around the neighborhood with the family pet. Whatever activities you choose, remember that in order for health to be important to your family, it needs to be important for you too. **PLAY HARD** and enjoy!

Sincerely,

Allison Gilmore, Team Nutrition Coordinator

Child Nutrition & Wellness
 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612-1182
 www.powerpanther.org

Kids a Cookin': Make ahead for a quick, fruity snack!

Try making this recipe with your family tonight! Make sure that you remind your child to wash his or her hands before working with food and emphasize the importance of keeping work spaces clean in the kitchen. The baggies will get very cold during the 5 - 10 minutes of shaking so you might want to use gloves or oven mitts when it's your turn to shake!

Ice Cream in a Bag

Shake it up and dish it out!

1 serving

Ingredients:

1 tablespoon sugar
 1/4 teaspoon vanilla extract
 1 to 2 tablespoons soft fruit
 1/2 cup whole milk
 Additional Ingredients:
 1/2 cup rock salt
 ice cubes

Directions: 1. Open a pint zip-type bag, add sugar, vanilla and soft fruit. Seal bag tightly and mix well by squeezing with fingers. 2. Open bag and add milk. Squeeze out extra air, zip tightly and mix well. 3. Open a gallon zip-type bag, add rock salt and fill halfway with ice cubes. 4. Put pint bag inside gallon bag, seal well and shake bag for 5 to 10 minutes or until liquid has changed to ice cream.

Nutrition Facts: 1 bag provides 130 calories, 4g total fat, 10mg cholesterol, 55mg sodium, 20g total carbohydrate

K-State Research and Extension
 Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
 Ice Cream in a Bag
 Fruit
 Cookie



Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

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2006-2007 Academic Year

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The **PLAY HARD** Issue!

For the past few weeks, Power Panther and his motto: **EAT SMART. PLAY HARD.** has been taught in your child's classroom. This issue of *Power Panther Pals at Home* focuses on the **PLAY HARD** portion of this motto. There are many ways to get your child to be more physically active and this newsletter discusses ways in which the entire family can get moving and make physical activity a fun part of the routine.



Outdoor Fitness Fun

As we all know, Kansas weather can be VERY unpredictable. Take advantage of an unexpected break in the winter weather to get your family out of the house and enjoying the outdoors! You and your family can take walks or ride bikes together in every season. Winter, spring, summer or fall, there's always something interesting that you and your child can discover. Look for human and animal tracks in the snow; search for signs of spring in new flowers and buds on trees; spy interesting shadows on a sunny summer day; gather colorful leaves

and acorns on a crisp autumn afternoon.

If the weather isn't cooperating, there are still plenty of activities to do indoors. Enlist the entire family to help with spring cleaning (or any household chores for that matter!). Physical activity doesn't have to

mean running, biking or swimming. Many household jobs can also provide an opportunity for physical activity. Try the following activities with your family... just make sure that you supervise carefully:

- Raking leaves
- Shoveling snow
- Weeding the garden
- Harvesting the garden
- Vacuuming and sweeping
- Dusting furniture
- Washing windows inside



Tips for Parents to Make Physical Activity Easy



Children can have fun and improve their health by being physically active every day. It is recommended that children get at least 60 minutes of moderate physical activity on most days. There are a number of ways that you can help your child reach this goal:

- **Set a good example.** Be active with your children.
- **Create safe places.** Make sure that you supervise your children's activities; especially when they play outside.
- **Coach a team.** Encourage your child to participate in neighborhood or community sports.
- **Establish a routine.** Make sure that you set aside time each day for being active.
- **Limit sitting-around time** by alternating time spent sitting with time spent moving.
- **Get involved in your child's school.** Make sure that they offer physical education or provide for physical activity for all students.



The Cost of Inactivity

Adapted from "While You Wait" in Nutrition Action, Dec. 2005

From the top of your head to the tip of your toes - physical activity is what makes your body function at its best. If you're not active, all of your body's systems are affected, but there is good news: it is never too late to start moving! The body is a remarkable piece of equipment - good maintenance can keep it running for many years. Inactivity, however, can take a huge toll on your body and your health; the top 5 tolls of inactivity are:

1. **Type 2 Diabetes** - This disease is now being found in younger people; physical activity, healthy diet, and weight loss can relieve many symptoms of this disease
2. **Cancer** - Regular exercise helps to prevent obesity, improves the immune system and keeps the organs healthier, all of which help reduce the risk of cancer.
3. **Stroke** - Regular physical activity helps strengthen the heart and blood vessels. A healthier cardiovascular system reduces the risk of stroke.
4. **Mental Health** - People who are active are less likely to develop depression, and some studies are finding that

and a healthy lifestyle can help prevent its onset altogether.

"The fat gained from inactivity is often abdominal fat; this fat is linked to an increased risk of heart disease and diabetes."

regular physical activity can have an effect on mild to moderate depression. Exercising 30 minutes a day can make a difference in how you feel!

5. **Weight Gain** - Failure to exercise can result in weight gain and loss of physical fitness. The fat gained from inactivity is often abdominal fat; this fat is linked to an increased risk of heart disease and diabetes.

Five Simple Steps to a Healthy Weight for Kids

Adapted from a flyer by the Washington State Dairy Council

The rate of childhood obesity in this country is staggering; however, there are some things that you can do at home to help your child maintain a healthy weight:

1. **Be active by playing together inside and outside.** Some good inside game ideas include hide-and-seek, dancing, or playing with soft-foam balls. Outside activities can include riding bikes, walking, jump rope and hopscotch. Most communities have a park nearby, sometimes even close-enough to walk. Bring the whole family to the park to play before dinner.
2. **Eat most meals at home and eat fewer fast food meals.** Fast food can be loaded with calories, fat and sugar. If you have to eat fast food, try these ideas to



make your meals a little healthier: split big portions (like large fries), drink water or low-fat milk instead of regular soft drinks, and substitute fruit or a side salad for fries or onion rings.

3. **Enjoy tasty fruit and veggie snacks together.** Eat bright colors for the most nutrient-rich options: veggies like broccoli and carrots are great healthy snacks when dipped in light ranch dip and some fruits like apples and grapes taste great alone or with a yogurt dip.

4. **Drink milk with meals and drink water with snacks.** Consuming low-fat dairy products can help kids (and adults) maintain a healthy weight, build strong bodies,

and lower blood pressure. Water quenches your thirst without adding extra calories or sugar. Water is always refreshing—and calorie-free!

5. **Take the TV out of the bedroom and read together.** Turning off the TV gives kids more time for active play PLUS they don't see quite so many commercials for candy, chips, fast food and sugared cereals. Pediatricians recommend no TV for children under three years, no more than two hours of total screen time a day for older kids, and no TVs in children's rooms.

“Pediatricians recommend no TV for children under three years, no more than two hours of total screen time a day for older kids, and no TVs in children's rooms.”



Benefits of Physical Activity

Sure, we all know that regular physical activity can help maintain a healthy weight, but do you know some of the other benefits of regular physical activity?

1. **Brain** - Physical activity increases the flow of blood and oxygen to the brain.

2. **Heart** - The heart muscle is strengthened by regular, aerobic activity (walking, jogging, swimming, etc.)
3. **Muscles** - Forcing muscles to work hard actually strengthens them. Muscles also use more energy than fat so having a healthy muscle-to-fat ratio can have a positive impact on your metabolism.

4. **Bones** - Bone density is improved by strength-training and weight-bearing activities.
5. **Immune System** - Regular exercise can boost the effectiveness of your immune system too!



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Child Nutrition & Wellness
 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612-1182
 www.powerpanther.org

Dear Parents and Guardians,

Sometimes it seems nearly impossible to get your family up and moving and often the television is at least partially to blame. You don't have to throw away your television to be healthy, just use these healthy TV-watching tips to help you keep your family's TV-watching habits in check:

- Use TV as a reward for good behavior. For example, delay TV until after homework and chores are done.
- Help your child to be active. Limit time watching TV and playing video games (often referred to as "screen time") to 2 hours per day. This is the amount recommended by most doctors.
- Only turn on the TV when you are watching a program.
- Turn the TV off during meals.
- Choose one day a week for your family to be "TV free". Instead of watching TV, play games, read or go for a walk together.

There are some great, informative programs on television. By setting some limits and keeping track of what your children watch, you and your family can enjoy the television while maintaining a healthy lifestyle. Don't forget to take some time to be physically active (commercial breaks work as great chances to get up and move). **PLAY HARD** and enjoy!

Sincerely,
 Allison Gilmore, Team Nutrition Coordinator

A Great On-The-Go Snack!

Your child is learning how to make healthy snacks that contain fruits and vegetables in class. This snack is great to make and take with you on walks or bike rides. You can also substitute the raisins for other chopped, dried fruit to change the flavor of these snack bars.



Power Bites A backpack snack! Makes: 18 bars

Ingredients:
 1/2 cup brown sugar
 1/3 cup applesauce
 1 egg
 1 teaspoon vanilla
 3/4 cup grated carrots
 1 cup whole wheat flour
 1 teaspoon baking powder
 1/2 cup oats (quick or old fashioned)
 1/4 cup chopped pecans, optional
 1 teaspoon cinnamon
 1/2 cup raisins

Directions:
 Remember to wash your hands!
 1. Preheat oven to 350 degrees F. and lightly coat 9x9-inch pan with cooking spray.
 2. In a large bowl, combine brown sugar, applesauce, egg, vanilla and carrots.
 3. Add remaining ingredients and mix well.
 4. Pour mixture into prepared pan.
 5. Bake 20 to 25 minutes or until golden brown around edges. Let cool and cut into bars.

Nutrition Facts: One bar provides 90 calories, 2g total fat, 10mg cholesterol, 35mg sodium, 17g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION
 FAMILY NUTRITION PROGRAM



Chef's Choice

Power Bites
 Fresh apple
 Bottle of water

Power Panther Pals at Home

Healthy Ideas for Both Breakfast and Snack Time!

In this issue of Power Panther Pals at Home, we are talking about two important components of a healthy diet: healthy snacking and a healthy breakfast. Both are especially important for youngsters as they grow and mature. This issue will give you ideas for quick and easy breakfasts as well as some healthy, nutritious snack ideas. Even if you're on-the-go, it just takes a little bit of planning to make sure that you and your family consume a healthy breakfast and nutritious snacks.



EAT SMART. PLAY HARD.SM
Food and Nutrition Services, KSDE

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Healthy Snacks Take Center Stage

Snacks by themselves are not unhealthy, in fact snacks are important for youngsters since their stomachs are smaller and they need to consume smaller amounts of food throughout the day. Unfortunately, many popular snack choices are full of fat, sugar and calories

And provide little in the way of vitamins, minerals or fiber.

Remember that you can be a healthy role model for your entire family by taking the initiative to get healthier snacks on your kitchen shelves and in your refrigerator. Snacks are a great

opportunity to get in the recommended number of servings of fruits, vegetables and low-fat dairy products. **EAT SMART** with healthy snacks!

Start the Day Right With Breakfast!



So often it seems like there is just no time to fit a healthy breakfast into the morning routine, but the informative articles on page 2 provide some great suggestions to get your family's day started right with a quick and healthy breakfast.

Remember that breakfast is important because it provides nourishment after a night's sleep; if you have picky eaters who don't like "breakfast foods" that's okay! Try a peanut-butter and banana sandwich on whole grain bread or toast. It provides a serving of fruit as well as protein and whole grains. Don't feel limited by the traditional

choices for breakfast, just make sure that the options that you give your family limit their intake of fats and sugars and provide them with vitamins, minerals or fiber. Help your family start their day off right and **EAT SMART** with a healthy breakfast!

Power Up with Breakfast

Everyone has heard breakfast is the most important meal of the day. Well, it's true!! So, why is it that breakfast is so important? Here are the top six reasons from Team Nutrition:

1. Kids do better in school and are more alert when they eat breakfast.
2. It lets kids be more creative and perform better with increased attention span



- and memory.
3. Kids feel good and complain less of headaches and stomachaches from being hungry.
 4. Kids who eat breakfast miss fewer days of school and are late to school

less often.

5. It improves kids' behavior and attitude.
6. Breakfast provides nutrients kids need to grow and develop.



Breakfast Gives a Head Start to Your Day!

Use four simple steps to help make breakfast a habit for you and your family.

#1 - Plan: Set out bowls and cereals the night before to make the morning meal quick and easy. Keep sliced fruit or hard-cooked eggs in the refrigerator.

#2 - Prepare: Feed kids on the go. Keep 100% juice, dried or fresh fruit, yogurt, bagels, or cereal bars handy. Kids can grab these as they rush out the door.

#3 - Dare: Kids can try something different like a burrito or other leftovers, such as a stuffed baked potato or pizza.

#4 - Change the pace: Have a breakfast picnic on the weekend. Celebrate a special occasion with breakfast instead of dinner. Eat breakfast at school with your kids.

If you feel like you just don't have time for breakfast, pack it to go. This issue's Kids a Cookin' recipe

is a great "to-go" option for breakfast.

It is also important to remember that most schools offer the School Breakfast program. Participating in this program is another great way to make sure your child eats breakfast and it helps everyone save time in the morning.

Power Breakfast Ideas

Start the day right with breakfast and remember that you play an important role in making sure that you and your kids eat a healthy breakfast every day. Circle three foods that you and your family will try for breakfast.

Here are some quick and easy ideas to start your day off right!

Rice Pudding - mix leftover rice, low-fat yogurt, dried fruit, nuts, and cinnamon.

Pita Pizza - Fill pita bread with your favorite low-fat cheese, cooked lean meat, and vegetables. Heat in microwave.

Egg Burrito - Fill a soft flour tortilla with scrambled eggs, boiled potato, refried beans, or salsa.

Sandwich Roll-Up - Try peanut butter and banana or jelly on a flour tortilla.

Fruit Salad - Mix fruit salad with yogurt or cottage cheese.

Hot fruit - Top canned or fresh fruit with brown sugar and nuts. Heat in oven or microwave.

Hot Cereal - Use quick-cooking oats and add dried or fresh fruit, nuts, and brown sugar, or add cheese or soft margarine to grits instead of butter.

Grab Quick & Easy Snacks!

Did you know that healthy snacks can do many things for the body? For example, snacks can supply a big part of the food and nutrition kids need for energy.

They are also a great way to get kids to eat more fruits and vegetables, great for mini-meals in addition to regular meals, and make get-togethers with friends more fun!



Fruits, vegetables, and whole-grain foods make good snacks.

All foods can fit into a healthy diet. Choose low-fat, reduced sugar, and reduced salt snacks.

As role models to your children you play an important role in making sure that your kids eat healthy snacks every day. Encourage them to make healthy snack choices.

“Healthy snacks give kids extra energy to play and grow. Snacks are a normal part of a healthy diet for growing kids.”



Try these Quick, Easy, Healthy Snacks!!

- Popcorn or pretzels
- Snack size yogurt or pudding
- Fresh, canned, or dried fruit
- Celery sticks with low-fat cream cheese
- Frozen grapes, banana slices, or popsicles made from 100% juice
- Peanut butter and fruit sandwich (try apple slices, banana, or raisins)
- Whole-grain crackers and cheese
- Baby carrots with a low-fat dip
- Rice cakes with peanut butter
- Tortilla with refried beans, cheese, lettuce, and salsa
- Pita sandwich with tuna and lettuce
- Mini-pizzas made with English muffins or pita bread
- Vegetable and noodle soup
- Bake or microwave a potato topped with plain yogurt or cheese

Snacks Can Be Fun, Tasty, and Healthy Too!

There are 5 simple steps to follow in helping make good, healthy decisions about snack choices.

#1 - Set a good example. Kids often want the same snacks you eat. Choose snacks that are good for your health. Try low-fat milk, cheeses, and yogurt.

#2 - Plan ahead. Make snacks form the various parts of the food guide pyramid. Healthy

snacks should be a part of your grocery list.

#3 - Be ready. Keep fruit, 100% juice, crunchy veggies such as carrots or celery, yogurt, bagels, pretzels, and whole-wheat crackers on hand.

#4 - Start a new trend. Include fruits and vegetables for school parties and special events.

#5 - Make healthy snacking easy. Put snack foods like pretzels, crackers, peanut butter, cheese, and yogurt on lower shelves so kids can get to them.

**Make
snacks
healthy!**



Dear Parents and Guardians,

This newsletter covers two important components of a healthy, nutritious diet: breakfast and healthy snacks. Talk to your child and ask them what they learned about snacking and breakfast in Power Panther Pals. Your child will also come home with some great Kids a Cookin' recipes for healthy snacks and a healthy breakfast... I encourage you to try them at home. Cooking with your family, especially preparing healthy foods, reinforces the message that health is important. It is a message that is being taught in your child's classroom with the Power Panther Pals program, and one that must be supported at home to reinforce the message.

For more snacking ideas and resources visit the USDA's MyPyramid website and the K-State Research and Extension's Kids a Cookin' website:

www.mypyramid.gov
www.kidsacookin.com

There are many more resources available, so check for more updates at www.powerpanther.org too! **EAT SMART** and enjoy!

Sincerely,
 Allison Gilmore, Team Nutrition Coordinator

Child Nutrition & Wellness
 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612-1182
www.powerpanther.org

Get those Kids a Cookin' at Breakfast!

These breakfast bars would make a great on-the-go breakfast for busy school-day mornings. Try making them on a Sunday evening for a pan of breakfast bars to last the whole week!



Breakfast Bars

Try these tasty bars for breakfast or for a snack!

16 servings

Ingredients:

- 6 tablespoons margarine
- 3 cups miniature marshmallows
- 1/2 cup peanut butter
- 1/2 cup nonfat dry milk
- 1/4 teaspoon cinnamon
- 1 cup raisins
- 4 cups ready-to-eat oat cereal circles

Directions:

1. Spray a square pan, 9"x9"x2", with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave for 1 to 1 1/2 minutes on high power, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Nutrition Facts: One bar provides 190 calories, 8g total fat, 0mg cholesterol, 180mg sodium, 25g total carbohydrate

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K-State Research and Extension
 Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
 Breakfast Bars
 Apple Slices
 Milk

Power Panther Pals at Home

Take Power Panther's Message Home!

Inside this issue:

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The Power Panther Pals program is coming to an end, but you can continue to make healthy changes in your family's lifestyle. This last newsletter focuses on ways that you can promote the **EAT SMART. PLAY HARD.** message in your home and keep your family on-track to developing healthy habits and a healthier lifestyle. A healthy lifestyle is not always the easiest choice, but by using some of the suggestions presented in the Power Panther Pals at Home newsletters you can promote a healthy lifestyle in your family, as well as spend time cooking together or participating in physical activity.



Explore Your Food Heritage!

Do you have recipes that have been passed down from older family members? Together with your child, research your own family food heritage. Compile your favorite family recipes into a notebook or food journal. If you have younger children in your family, have them illustrate the pages. You might also invite your child to help you prepare a simple dish that's a part of your family's food heritage to share at school.

Your child could also "interview" family members about special

recipes. Use a video camera and take the opportunity to learn about the family's history. Some sample questions could include:

- How did this recipe become a family favorite?
- Is there a story associated with this recipe (made during a special occasion, made by a special person, etc.)?
- How long has this

recipe been around?

This is a great way to capture your family's oral family history and get a glimpse into how those great recipes are made!



Water - The Forgotten Nutrient

Water is one of the six major nutrients that your body needs in order to survive. Water helps with digestion, transports nutrients throughout the body, lubricates joints, helps regulate body temperature, and aids in the removal of waste from the body.

The human body loses water constantly through sweat, waste and breathing (just exhale onto a mirror, that fog is made up of water vapor). Water constantly needs to be replaced in our bodies. Encourage your family to consume more water by keeping

a pitcher of water in your refrigerator. Offer water to your children after physical activity as well as during snack time. If the taste of your tap water is not appealing, try putting a filter attachment on your faucet or using a filtering pitcher. Some families simply choose to purchase bottled water for drinking, but most of the time this is unnecessary.



It is recommended that you consume eight 8-ounce glasses of water each day. Water provides the hydration your body needs without all the sugar and calories found in many juices and soft drinks. Make an effort to get your family to consume more water each day.

5 Other Essential Nutrients

There are 6 essential nutrients. The article above addresses water, an important and often forgotten nutrient. There are 5 other essential nutrients that every body needs for health. It's best to get these nutrients from food where they are present in combinations that your body can easily use.

- **Protein** - This nutrient helps fight off infection and disease and makes up muscles, hair and nails. Protein is found in the Meat & Beans group and the Milk group.
- **Carbohydrates** - This nutrient is your body's main source of energy. Carbohydrates are found in many

foods but are most prevalent in the Grain group.

- **Vitamins** - There are many diverse functions performed by vitamins that can influence the health of nearly every organ in the body. Vitamins combine with other nutrients to support chemical reactions necessary for normal functioning of the body. They are found in many foods but are especially concentrated in the Fruit group and Vegetable group.
- **Minerals** - This nutrient is responsible for building strong teeth and bones and maintaining healthy blood.



Foods in the Milk group are good sources of minerals.

- **Fats** - Your body needs some fats in order to function properly. Fats and oils are no longer considered a food group, but you need to consume some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil and canola oil.

Make a Family Contract

With all the activities surrounding Power Panther Pals, there is no better time to make plans to continue these habits after Power Panther Pals ends. Draw up a family contract stating that you recognize the importance of eating foods from MyPyramid and participating in daily physical activity. In your contract, be sure to list



your responsibilities as a parent to create a home-environment that encourages your family to **EAT SMART** and **PLAY HARD**. For example, you could agree to purchase fruits and vegetables to have on-hand for quick and healthy snacks. Don't forget to include your child's responsibilities as well! Older children may be responsible for cutting

veggies into snack-sized pieces, and children of any age can help organize a family game like tag or kickball.

Make the contract brief and include a space for the signature of each family member. Post the contract where you will see it every day and give your family encouragement as they **EAT SMART** and **PLAY HARD**.

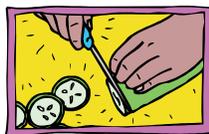
Make Family Meals a Special Time to Eat Together



Eating more meals at home, can have a positive impact on your family's health, happiness and budget! Dinners at home can also be less expensive and easier than you may think.

Take time to plan a week's meals ahead of time and include the whole family in the planning and preparation of family meals: family members can choose different foods for the week's dinners, help make grocery shopping lists and help prepare some dishes.

You can cut down on prep time at dinner by doing some work ahead of time. You can cook things like ground turkey ahead of time and freeze it to use later in spaghetti sauce, tacos or casseroles. Many dinner dishes can also be prepared ahead of time (like over the weekend) and frozen to be heated later.



Another way to make family dinners easier is to

keep your pantry and freezer stocked with staples to prepare a quick, healthy meal. Items like canned beans, tuna, canned fruit, pastas and rice, and frozen vegetables can all be used to prepare a quick and easy dinner.

Have the whole family contribute

to preparing dinner; your child can help with some of the measuring and mixing (they've been practicing their kitchen skills in the Kids a Cookin' portion of the Power Panther Pals program!) and younger siblings can help set the table. Sit down and eat together. You can use the opportunity to model healthy eating behaviors to your family and the time together can also be used to catch up on everybody's day!





Dear Parents and Guardians,

This is the last issue in the Power Panther Pals at Home newsletter series. I truly hope that your child enjoyed the program and learned about ways to EAT SMART and PLAY HARD. Power Panther has recently gotten a makeover! You can access new resources and activities and see his new look on the USDA's Power Panther website:

www.fns.usda.gov/eatsmartplayhardkids/

I encourage you and your family to try a few of the tips and activities from these newsletters. Living a healthy lifestyle that includes consuming nutritious foods and being physically active is one way to battle the epidemic of overweight and obesity in this country.

One easy way that you can make sure your child is consuming healthy food is to encourage them to eat school meals. Too often, students choose vending machines and a-la-carte menu items instead of the school lunch. School meals meet the Recommended Dietary Allowances (RDA) for protein, calcium, iron, vitamin A and vitamin C (providing 1/3 of the RDA for lunch and 1/4 the RDA for breakfast). School meals also meet calorie goals that are appropriate for each student's age/grade group. School meals provide a balance between optimal nutrition and student acceptance. Every school day across America over 27 million children are served lunch in more than 96,000 schools. If you are concerned about the choices available in your child's school cafeteria, talk to your child's principal about changing vending and a-la-carte selections to provide healthier options. **EAT SMART and PLAY HARD!**

Sincerely,

Allison Gilmore, Team Nutrition Coordinator

Child Nutrition & Wellness
 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612-1182
www.powerpanther.org

Keep those Kids a Cookin' after Power Panther Pals ends!

There are plenty of opportunities for family members to help in this recipe, just make sure that you supervise closely if you allow your child use a knife.

For more great recipes, visit the Kids a Cookin' website:

www.kidsacookin.com



Homemade Applesauce

It's yummy either hot or cold!

8 servings

Ingredients:

- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- 1/2 to 3/4 cup sugar
- 1/2 cup water
- 1 teaspoon ground cinnamon

Directions:

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.

Nutrition Facts: One 1/2 cup serving provides 150 calories, .5g total fat, 0mg cholesterol, 0mg sodium, 38g total carbohydrate

K-State Research and Extension
 Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Homemade Applesauce
 Oatmeal Cookie
 Low Fat Milk

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