



## February 2012 Newsletter Items

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### Beat the winter “lunchbox blues”

- Get out the cookie cutters – no not for cookies, but for sandwiches. Kids love food in shapes. You can make a star-shaped sandwiches or even one shaped like a pumpkin. Surprise them with different shapes over the week. Serve sliced ham, chicken, tuna or egg salad sandwiches. Some kids love mustard and mayo but some kids may just want a pickle with it. Go with what your child likes.
- Serve sliced meat rolled up into tubes and offer the bread separate (some kids just aren't into sandwiches). Similarly, tuna salad can be offered with crackers. Remember, bread doesn't have to be sliced bread; offer bagels or tortillas. Even just plain sticky rice or couscous can be a hit.
- Use leftovers for school lunch. If your child ate the beef stew last night for dinner, serve it up for lunch. Either use a thermos after heating it up in the morning or just serve it cold (place an ice pack in the lunch box though to prevent food illness).

### Healthy Eating & Physical Activity Tips

- Drink more water. (8-10 glasses are ideal). Keep a cold pitcher of water in the fridge and add some slices of lemon or lime for added color and flavor.
- Test your balance. How long can you stand on your left foot? Your right foot? How far can you hop on your left foot? Your right?
- Washing your hands is the most effective way to prevent you from getting sick. Wash your hands regularly:
  - Before you prepare food
  - Before you eat
  - After petting an animal
  - After you go to the washroom
  - When your hands are dirty
  - After you sneeze or blow your nose
  - After playing outside
  - When you come home from school or work
- Play Frisbee outside. If there's a lot of snow, create a tower of snow. Try to knock it down with the Frisbee.
- Prepare a healthy meal together as a family. Choose a main course, a vegetable, a healthy grain, a low fat milk product and a fruit for dessert.

### Did you know...

- peanuts are legumes and not a tree nut.
- pear is a fruit that ripens from the inside out.
- strawberries are the only fruit which has its seeds on its outer skin.

## **Baked Potatoes & Black-Bean Topping**

Preheat oven to 375°F Yield: 6

Cost per serving: \$0.32

2 lbs baking potatoes            1 kg

1. Grease the sheet with canola oil.
2. Cut each potato in half lengthwise. Lay the potato halves face-side-down on the sheet pan.
3. Bake for 45 minutes to an hour, until a fork inserts easily into the centre.

### **Black-Bean Topping**

1/2 cup            canned black beans, rinsed & drained            125 mL

1/4 cup            medium salsa            50 mL

1/4 tsp            coriander, ground            1 mL

2/3 cup            cheddar cheese, grated            150 mL

1. Heat the beans and salsa. Stir in the coriander.
2. Top each potato with 2 tbsp (15 mL) of the bean/salsa mixture and 1 tbsp (30 mL) of the cheese.