



February Newsletter Items

February is month 6 of the school year. That's 6 months of packing lunches! If you are feeling strapped for lunch ideas, break out the thermos. Here are some tips for packing hot lunches in a thermos. (A wide-mouthed thermos works best for these.)

- Pour boiling water into the thermos and leave it in for 10 minutes to pre-heat the thermos. Heat food for lunch on top of the stove or in the microwave until hot, and then place it in pre-heated thermos. Don't forget a spoon!
- Use leftovers for a quick lunch. Soups, stews, pastas, meatballs, casseroles and burritos work well.
- Hot burritos and other wraps can be wrapped in foil before being put in the thermos. It's a warm yummy lunch your child will love.

Ruby Red Raspberry Smoothie

Yield: 8–10

Portion: 1/2 cup

Cost per serving: \$0.35

- 1 cup raspberries, frozen
- 1 cup strawberries, frozen
- 1 cup 1% milk
- 1/4 cup white granulated sugar
- 2 tbsp wheat germ
- 1 cup ice cubes raspberries or blueberries, frozen (for garnish)

1. Allow the frozen raspberries and frozen strawberries to thaw slightly. Completely thawed berries will make a thinner smoothie.
2. Combine the raspberries, strawberries, milk, sugar, wheat germ, and ice cubes and blend in blender or food processor.
3. Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

Did you know? This cool and refreshing fruit/milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

February is National Heart Month Physical activity can be a lifesaver – literally. When you're active 30 to 60 minutes a day, most days of the week, you can dramatically lower your risk of heart disease and stroke. Regular activity also helps prevent and control risk factors such as high blood pressure, high cholesterol and obesity.

Oven-Roasted Parsnips & Potatoes

Preheat oven to 400°F

Yield: 6

1 – 11" x 17" sheet pan Portion: 1/2 cup

Cost per serving: \$0.37

1 lb potatoes, medium

1/2 lb parsnips

1 green onion

1 garlic clove

2 tbsp canola oil

1 tbsp curry powder

freshly ground pepper, to taste

1. Scrub the potatoes, washing off all the soil and removing any blemishes. Cut in half and then cut into slices.
2. Wash and peel the parsnips; then cut them into slices similar in shape and size to the potatoes.
3. In a large bowl, mix the potatoes and the parsnips. Wash, trim, and chop the green onion and add to the other vegetables.
4. Mince the garlic and add to the oil along with the curry powder and ground pepper. Mix into the potato/parsnip mixture.
5. Transfer the vegetables to the sheet pan and roast for 45–60 minutes. Toss gently every 15 minutes until the potatoes and parsnips are cooked through and are crusty and golden brown.

Younger children may prefer a milder version, in which case the spices may need to be decreased. Other spices, such as rosemary or oregano, would also work well in this recipe.

Active Living Tip

"Take the Roof off Winter" is Nova Scotia's winter active campaign. It's designed to help Nova Scotians of all ages improve their health and quality of life by being outdoors and active this winter! Check out their website (www.taketheroofoffwinter.ca) for lots of great ideas!