



## January Newsletter Items

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### **Eating Out**

Getting children to make healthy choices while eating out can be challenging! Children's special menus are often filled with high fat, high sugar foods. However, restaurants are starting to introduce more and more healthy choices. Here are some ways to make healthier choices with your children while eating out:

- Choose restaurants that provide healthier options, like grilled chicken breasts, veggie burgers, side salads, baked potatoes, sandwiches with lean meats.
- Select foods that are baked, broiled, or steamed.
- Ask for sauces on the side. They are a high source of fat.
- Chicken and fish choices that are breaded and deep fried have higher fat content than most hamburgers.
- Some children may choose a particular restaurant mainly for the play area. If that's so, you may only want to stop for a snack rather than a high fat meal that the child isn't interested in eating.

### **Strawberry-Apple Salsa**

Yield: 10

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.30

2 cups whole strawberries, frozen

2 medium apples, cored and diced

1/4 cup honey, liquid

zest from 1 orange (carefully wash the orange beforehand)

1. Spread the strawberries on a large sheet pan to thaw for about 30 minutes.
2. In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.

***Did you know?*** This tangy fruit-salsa mix goes well with both sweet and savoury dishes. It makes a delicious topping for vanilla-flavoured yogourt or with Cinnamon Crisps (recipe below). Serve it with chicken fingers instead of ketchup, which is very high in sodium. The soil and climate of the Annapolis Valley are perfect for strawberry fields and apple orchards.

## Cinnamon Crisps

Preheat Oven 425°F

Yield: 10

Portion: 5–6 pieces

Cost per serving: \$0.10

4 x 9-inch whole-wheat tortillas 4 x 22-cm

1 tbsp white granulated sugar 15 mL

1/2 tsp cinnamon, ground 2 mL

1. Mix the sugar and cinnamon together.
2. Brush the tortillas with water; sprinkle with the sugar/cinnamon mixture. Cut each tortilla into 16 pieces (4 x 16 = 64 pieces).
3. Bake for about 5 minutes, until golden and crisp.

(Pitas may be used instead of tortillas.)

**The third week in January is National Non-Smoking Week (NNSW).** NNSW has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts. Established in 1977 by the Canadian Council for Tobacco Control (formerly the Canadian Council on Smoking and Health), its goals are:

- to educate Canadians about the dangers of smoking;
- to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco;
- to help people quit smoking.

For more information, go to [www.nnsw.ca](http://www.nnsw.ca)

### Active Living Tip

Is it too cold to play outside? Turn up the music and have a dance party! Kids love to move to the beat and it gets their hearts pumping too.