



June Newsletter Items

Vegetables and fruits come in a rainbow of colors and a variety of shapes. Veggies and fruit are both delicious and nutritious for children and adults. They are jam-packed with lots of vitamins and minerals that the body needs to grow and function properly. The most colorful tend to be the richest in vitamins and minerals. Try this rainbow of healthy colorful foods:

- ORANGE/YELLOW: oranges, peaches, mangoes, cantaloupes, bananas, pineapple, carrots, squash, pumpkin, corn, yellow beans, yellow peppers.
- GREEN: kiwi, green grapes, honeydew melon, broccoli, spinach, romaine lettuce, celery, green beans, green peppers.
- RED: apples, strawberries, raspberries, tomatoes, broccoli, red peppers, radishes.
- PURPLE/WHITE: grapes, blueberries, eggplant.

Baked in Strawberry Shortcake

Preheat oven to 375°F

Yield: 8

Portion: 1 piece

Cost per serving: \$0.35

1/3 cup all-purpose flour, sifted

1/2 cup whole-wheat flour

1/2 cup white granulated sugar

2 tsp baking powder

1/2 tsp salt

1/4 cup skim milk

1 egg

2 tbsp non-hydrogenated margarine, melted

2 cups frozen strawberries in 500 mL light syrup (drained)

Crumble Topping

3 tbsp all-purpose flour, sifted

3 tbsp flax flour or flax meal

3 tbsp brown sugar, lightly packed

3 tbsp non-hydrogenated margarine

1/4 tsp cinnamon, ground

1. Sift together the flours, sugar, baking powder, and salt in a bowl.
2. Mix the milk, egg, and margarine. Add to the dry ingredients and beat well for 2 minutes. Spread the batter in the pan.

3. Evenly distribute the strawberries over the batter.
4. Mix the crumble-topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries.
5. Bake for about 30–35 minutes; check after 25 minutes. Cut into 8 portions.

This healthy version of strawberry shortcake is good for a snack or dessert and easily replaces modern-day granola bars. It's a good choice for recess.

Did you know? The strawberry is a tremendously popular fruit, particularly in Nova Scotia, where we consume more strawberries per capita than any other region of Canada.

- Seventy per cent of a strawberry plant's roots are located in the top 3 inches (8 cm) of soil.
- The term "Alaska strawberries" is a 19th-century American euphemism for dried beans.
- Did you know that strawberries have a museum dedicated to them in Belgium?
- Choose plump, bright, red berries with fresh green caps.
- When picking your own strawberries, remember that they do not ripen after picking, so avoid berries that have white or green parts. Leaving the green cap on will help them stay fresh longer.

Rainbow Beef and Pepper Stir-Fry

Preheat oven to 375°F

Yield: 10

Portion: 1/2 cup (125 mL)

Cost per serving: \$1.00

2 tsp canola oil
3/4 lb beef strips
1 1/2 peppers (1/2 red, 1/2 orange, 1/2 yellow)
1/4 cup teriyaki sauce
1/4 cup water
1 tbsp cider vinegar
1 tsp cornstarch
1 tsp water
2 green onions
1 cup matchstick carrots
1/4 lb spaghetti

1. Place 1 tsp of the oil in a roasting pan, distribute the beef strips in a single layer over the pan, and bake for about 20–30 minutes, until no longer pink. Do not overcook as this will make the strips tough.
2. Wash the peppers, cut in half, and remove the seeds; then cut into strips.

3. Place the remaining oil in the other roasting pan, distribute the pepper strips in a single layer over the pan, and bake for about 20–30 minutes, until soft.
4. While the beef strips and pepper strips are in the oven, combine the teriyaki sauce, 1/4 cup of water, and cider vinegar; bring to a boil. Make a paste with the cornstarch and 1 tsp of water. Whisk the cornstarch paste into the teriyaki mixture. Stir until glossy.
5. Chop the green onions.
6. Combine the cooked beef and pepper strips, green onions, and matchstick carrots. Stir in the teriyaki sauce.
7. Bring 4 cups of water to a boil. Add the spaghetti and cook for 10 minutes to the al dente stage (firm but not hard).
8. Drain the spaghetti and combine with the beef/pepper mixture. Keep warm in the oven until serving time.

This bright sliced peppers/beef combination has good eye appeal. Select beef strips from inside-round or sirloin-tip cuts, so they are not tough. Tofu could be substituted for the beef. Rice could be served instead of spaghetti or the mixture could be placed in a whole wheat tortilla wrap.

Active Living Tip Keep active during the summer – unstructured play time is just as valuable as organized sports. Have a trickle trunk of toys for the outdoors or try the ultimate scavenger hunt - Geocaching (www.geocaching.com). Of course, don't forget the sunscreen!

In June Canadians celebrate **Clean Air Day**. **Clean Air Day** is a celebration of environmentally-friendly activities like commuting carpools, planting trees and biking to work that promote clean air and good health across Canada. It is a great opportunity to make environmentally-friendly lifestyle choices, for you, your family and your community. For more information, go to www.cleanairday.com