



## May Newsletter Items

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By the time kids get home from school, their tummies may be grumbling. Snacking is very important for young children because it helps them meet their energy and nutrient needs. Here are some ideas to make healthy snacking easy.

- Have milk, water and 100 per cent fruit juice in the fridge for a healthy alternative to pop.
- Have a designated Snack Spot in the fridge and in the cupboard that is stocked with healthier snack options to grab after school.
- Some choices to keep in the Snack Spot: fresh fruit like apples, bananas, oranges, pears; cut-up veggies such as carrots, broccoli, green pepper, red pepper; whole grain crackers, mini muffins, granola or cereal bars.

### Hearty Bluberry Muffins

Preheat oven to 375°F

Yield: 24

Portion: 1 muffin

Cost per serving: \$0.19

2 cups all-purpose flour  
1 cup whole-wheat flour  
1/2 cup flax flour or flax meal  
2 tbsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
2 eggs  
3/4 cup canola oil  
3/4 cup brown sugar, lightly packed  
1 3/4 cups applesauce, unsweetened  
1 cup blueberries, frozen  
1/4 cup brown sugar, lightly packed

1. In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
2. In a separate bowl, beat the eggs; add the oil, brown sugar, and applesauce.
3. Add the liquid ingredients to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
4. Gently fold the blueberries into the batter.
5. Pour into the muffin cups, filling each muffin cup 2/3 full. Sprinkle the remaining 1/4 cup of brown sugar over the 24 muffins.
6. Bake 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

*Most commercial muffins are very high in simple sugars and fat. Adding applesauce to quick breads or muffins can make them a healthier choice. For the best flavour and texture, substitute half the amount of fat or oil the recipe calls for with applesauce. For example, if a recipe lists 1 cup of oil, use 1/2 cup oil and 1/2 cup of applesauce.*

### **Zesty Mesclun Salad**

Yield: 6

Portion: 1 cup

Cost per serving: \$0.56

6 cups mesclun salad mix

6 tbsp feta cheese

2/3 red pepper 2/3

6 tbsp Raspberry Vinaigrette Salad Dressing

(see below)

1. Wash the salad and pat dry.
2. Crumble the feta cheese.
3. Wash and thinly slice the red pepper to make rings. Remove the seeds as you go along.
4. For each serving, place 1 cup of the salad mix on a small plate, sprinkle with 1 tbsp of the crumbled feta cheese, and top with a red-pepper ring.
5. Just before serving, drizzle 1 tbsp of the Raspberry Vinaigrette over each serving.

#### *Raspberry Vinaigrette Salad Dressing*

1 tbsp maple syrup

2 tbsp canola oil

1 tbsp lemon juice

1 tbsp cider vinegar

2 tbsp frozen raspberries (thawed)

1/8 tsp prepared mustard

pinch salt pinch

pinch pepper, ground

1 tsp poppy seeds

1. Place all the ingredients in a blender and pulse briefly until they are well blended.

*For an alternative flavour, lime juice may be substituted for the lemon juice and 1 tsp chopped red onion may be substituted for the poppy seeds. This dressing works well on a spinach salad. For more raspberry flavour, try adding 1/4 cup frozen raspberries to the salad mix just before putting it on the plates. Always add the dressing right before serving; otherwise the salad will lose its crispness and be limp and unappetizing. Mesclun salad is slightly more expensive than other lettuce but can easily be extended by adding less-expensive greens such as iceberg or romaine lettuce.*

***Did you know?*** Vinaigrette is basically a mixture of oil with an acid such as vinegar or juice that is combined with the help of an emulsifying ingredient such as mustard or paprika. The tartness of a vinaigrette may be improved by adding a small amount of a sweetener such as maple syrup.

**May 12, 2010 is Canada Health Day.** Health facilities and agencies, community health organizations and public health units will celebrate Canada Health Day. Canada Health Day is sponsored by the Canadian Healthcare Association and the Canadian Public Health Association, who have worked in partnership to make this annual event a national celebration of health care in Canada. Canada Health Day is celebrated on May 12, the birthday of Florence Nightingale.

### **Active Living Tip**

When watching your kids play sports, don't sit on the sidelines. Walk around the field/stadiums where your kids are playing and be active!