



## November 2011 Newsletter Items

### Recommended Healthy Beverages for Children:

Staying hydrated is important for good health, choosing the right beverage is just as important.

- Water is the best drink for hydration. Zero calories and extremely important for the body.
- Milk is one way that children can get the necessary calcium and vitamin D they need to grow strong bones and teeth.
- 100% fruit juice (100% vegetable juice, or 100% blends) provides kids with nutrition from the Fruits & vegetables food group.

### Healthy Eating & Physical Activity Tips

- Instead of ordering French Fries, try a baked potato or have a salad or vegetable instead.
- Pack healthy lunches. Choose multi-grain or whole wheat breads. Include an apple, carrot sticks, and raisins. Consider other healthy options, such as juice, yogurt, unsweetened apple sauce and string cheese.
- Try a vegetable you have never eaten before. Perhaps asparagus, kale or brussels sprouts.
- Whenever you eat out, ask for sauces and dressings on the side. Then you can decide how much you want to add.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.

### Did you know...

- ...asparagus becomes tougher the longer it sits. For the best flavor consume within a few hours of picking.
- ...cucumbers are technically a fruit, as are avocados and tomatoes.
- Pumpkins were once recommended for removing freckles and curing snake bites!

### Celery & Broccoli Soup

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.44

2 1/2 cups	water	675 mL
1/2 tsp	chicken bouillon powder	2 mL
1/2 lb	broccoli, chopped	250 g
1/3 cup	onion, chopped	75 mL
1 cup	celery, chopped	250 mL
1/2 x 12-oz can	1% evaporated milk	1/2 x 370-mL can
1/2 tsp	pepper	2 mL
1/2 x 8-oz pkg	cream cheese, light	1/2 x 225-g pkg

1. In a saucepan, combine the water and bouillon. Add the broccoli, onion, and celery. Bring to a boil, reduce the heat to medium, cover, and simmer until the vegetables are soft, about 15–20 minutes.
2. Purée the soup; watch for small threads of celery.
3. Return the soup to the saucepan over medium to low heat. Add the evaporated milk and season with the pepper. Stir.
4. Just before serving, add the cream cheese to the soup mixture. Stir until well blended.
5. Serve in bowls or mugs.