



## November Newsletter Items

It can be challenging to get affordable, good quality fresh vegetables and fruits during the winter months. Consider these tips to help your family get 5 to 10 servings of fruits and vegetables daily:

- Buy fresh fruits and vegetables in season, and then freeze them for use during the winter months.
- Buy frozen vegetables and fruit without any added sauces or sugars. In nutrient value, frozen vegetables and fruit are almost identical to fresh.
- Check local farm markets that stay open during the winter months. The produce is reasonably priced and helps support local business.
- Watch the flyers for fruit and vegetable specials.
- Take advantage of schools, sport teams and other organizations that sell fruit for fundraisers. You'll be supporting a great cause while getting excellent quality fresh fruit.

### Active Living Tip

- At dinner time, avoid the TV and computers, and eat together as a family. Research shows that establishing family rules about screen time decreases the amount of time kids spend in front of the TV and computer.

**November is National Diabetes Month.** Healthy eating and physical activity help children grow, learn, and build strong bones and muscles. As a parent or caregiver, you have a great opportunity to be a role model of positive behavior and a healthy lifestyle. Healthy food choices and regular physical activity may help children to have a healthy weight and to prevent health problems including type 2 Diabetes. Type 2 Diabetes usually develops in adults, but increasing numbers of overweight children and teens are being diagnosed with this chronic disease.

### Frozen Grapes and Sunshine Fruit Dip

Yield: 8

Portion: ½ cup

Cost per serving: \$0.83

1½ lbs green or red grapes

1. Rinse and wash the grapes well. Drain and pat dry. The grapes should be fairly dry before freezing.
2. Place on a cookie sheet in ½ cup clusters (1 serving) or as loose grapes.
3. Place the cookie sheet in the freezer. Freeze.
4. Serve the frozen grapes alone or with Sunshine Fruit Dip. (See below.)

### **Sunshine Fruit Dip**

Yield: 8

Portion: ¼ cup

- 1 ½ cups 2% vanilla yogurt
- ¼ cup frozen orange juice concentrate (thawed)
- ½ tsp cinnamon, ground
- 1 tbsp liquid honey

- 1 Mix all the ingredients in a bowl until well blended.
- 2 Chill and serve as a dip with frozen grapes, or with any fruit of your choice.

***Did you know?*** Frozen grapes are a great healthy alternative to sugary popsicles and ice cream treats. They have an almost candy-like texture, and even picky kids enjoy them. The darker grapes are very sweet.

### **Hard to Beet Dip**

Yield: 10

Portion: ¼ cup slice

Cost per serving: \$0.25

- 2 x 14 oz cans of beets, sliced
- 1 garlic clove
- ¼ cup plain 1% yogurt
- 2 tbsp sesame-seed paste (tahini)
- 1 tbsp lemon juice
- ½ tsp salt
- pepper to taste

1. Drain the beets. Remove skin from the garlic clove.
2. Place the beets, garlic, yogurt, tahini, lemon juice, salt and pepper in a food processor. Process until the mixture is smooth and well-blended.
3. Serve in ¼ cup servings. Carrot sticks, celery sticks and apple slices go well with this dip mixture.