October Newsletter Items

Looking for healthy lunchbox ideas? Try these tips:

- Cheese strings or shredded cheese with pretzels, Cheerios or low-fat crackers.
- Try hot soups, stews or chili packed in a thermos.
- Serve new foods with familiar foods, i.e. cauliflower with a dip.
- Make sure drink boxes say 100 per cent juice, not 'drink'. If it's called a punch, cocktail, drink or blend, it has a lot more sugar and lot less nutrients than juice.
- Sports drinks are for athletes who exercise a lot, not for children. Sports drinks contain lost of sugar and salt, and unneeded calories.
- Make Shrunken Sandwiches. Pack the ingredients and let the kids assemble it themselves. Pack 12 crackers, 6 slices of cheese and 6 small pieces of chicken, turkey, ham or roast beef. (Whole grain crackers are best, as are non-processed meats and low-fat cheeses.)

October is International Walk to School Month. This gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. In 2009, millions of walkers from a record 40 countries around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk!

Peanut Safety

Many schools are 'peanut-free' zones. Here are some peanut safety tips:

- Always read label ingredient lists. Look for words like "arachide", "ground nuts", "mixed nuts", and "peanuts".
- Be extra careful with store bakery products and bulk foods. It is easy for those products to come into contact with peanuts or peanut products.
- Try hummus, apple butter, soynut butter or peabutter for a peanut-free alternative to peanut butter.

Active Living Tip

With the leaves changing colours, now is a great time to head out and hit the trails. Check out http://www.trails.gov.ns.ca/ for trails close to home and around the province.

Pepita Harvest Pumpkin Bread

Preheat oven to 350ºF
1 – loaf pan

Yield: 12
Portion: 1 slice
Cost per serving: $0.15

½ cup whole-wheat flour
1/3 cup all-purpose flour
2 tbsp flax flour or flax meal
2/3 tsp baking powder
2/3 tsp baking soda
1 tsp ground cinnamon
Pinch of salt
¾ cup of pumpkin, canned
1 egg
1/3 cup canola oil
½ cup white granulated sugar
¼ cup pumpkin seeds, chopped
1 tsp non-hydrogenated margarine

1. In a bowl, combine the 3 flours, baking powder, baking soda, cinnamon, and salt.
2. In another bowl, combine the pumpkin, egg, oil and sugar.
3. With a mixer on low speed, add the flour mixture to the pumpkin mixture. Mix until well combined. Fold in the chopped pumpkin seeds.
4. Lightly grease a loaf pan with the margarine. Spread the mixture in the loaf pan.
5. Bake 40 to 45 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut into 12 slices.

Marinated Broccoli and Cauliflower Salad

Yield: 8
Portion: 1/2 cup (125 mL)
Cost per serving: $0.43

2 cups broccoli
1 cup cauliflower
½ cup grated carrots
1/3 cup raisins
½ cup light mayonnaise
1/3 cup cider vinegar
¼ cup white granulated sugar

1. Wash the broccoli, cauliflower and carrots well. Separate the broccoli and cauliflower into bite-sized pieces. Grate the carrots. (If available, you can use packaged grated carrots.)
2. Combine the broccoli, cauliflower, carrots and raisins in a large bowl.
3. In another bowl, combine and whisk together the mayonnaise, cider vinegar and sugar.
4. For a smooth soup, purée the mixture with a hand blender or in batches in a food processor. Return the mixture to the pot.
5. Pour the salad dressing over the vegetables, cover with plastic wrap, and refrigerate for at least a couple of hours.

(2 tbsp of sunflower seeds, chopped red onions, or green onions can be added, depending on your child's taste.