



## September Newsletter Items

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Summer is over for another year. Students are back to school – and that means packing lunches again! Start the year off right with fun and healthy lunches.

- Get the kids involved in planning and packing their lunches. If they pick it, they are more likely to eat it!
- If your child does not like sandwiches, try crackers and cheese, or a mixture of snacking items like a bag of dried cereal, raw vegetables and a boiled egg.
- Check with your school to see if they offer cafeteria or food service. Check as well into purchasing milk from the school.
- For a well-balanced lunch, try to include at least 3 of the 4 food groups from Canada's Food Guide: Fruits, and Vegetables; Grain Products; Milk and Alternatives; Meat and Alternatives.
- Get out the cookie cutters – not for cookies, but for sandwiches! Kids love food in shapes. Surprise them with different shapes over the week.
- Check with your child regularly to ensure they still like what is in their lunch. They have a tendency to change their minds on a regular basis!

### **Healthy Eating Tip**

- Everyone loves dessert. Add some homemade oatmeal cookies or banana loaf to your child's lunch. Try substituting  $\frac{1}{2}$  the flour in a recipe with whole wheat flour in increase the fiber content.

### **Physical Activity Tip**

As kids head back to school, it's even more crucial to take a look at your child's fitness levels to determine whether she's getting enough activity.

Having a healthy school year is not only about the food your child eats. Between class time, homework, the computer and television, kids are spending more and more time in front of a screen and less time being active. Challenge your child to reduce their screen time. For example, suggest that they watch one less television show each day and play outside during that time instead.

It's easy to fit physical activities into a daily routine. Suggest they walk, bike or jog to see friends. Take a 10-minute activity break every hour while they read, do homework or watch TV. Suggest they climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 30 minutes every day.

### **Rhubarb & Blueberry Crumble**

Preheat oven to 350°F

Yield: 8

1 – 8" x 8" baking pan

Cost per serving: \$0.59

#### Crumb Mixture

3/4 cup oatmeal (large flake, not instant) 175 mL

3 tbsp wheat germ 45 mL

3 tbsp flax flour or flax meal 45 mL

1/4 cup brown sugar, lightly packed 50 mL

1/2 tsp cinnamon, ground 2 mL

1/4 cup non-hydrogenated margarine 50 mL

In a large bowl, mix the oatmeal, wheat germ, flax flour, brown sugar, and cinnamon. Cut the margarine into the flour mix until it is well distributed and all the dry ingredients have been moistened.

#### Fruit Mixture

2 cups rhubarb, frozen, cut into 1" pieces 500 mL

2 cups blueberries, fresh or frozen 500 mL

1/3 cup brown sugar, lightly packed 75 mL

1/2 tsp cinnamon, ground 2 mL

1 tbsp cornstarch 15 mL

In a second large bowl, combine the rhubarb and blueberries. Mix the brown sugar, cinnamon, and cornstarch. Spread over the fruit and toss well.

#### Assembly

Spoon the fruit mixture evenly into the pan and sprinkle the crumb mixture evenly over the fruit. Bake for 40–45 minutes or until the fruit is soft and golden. Cut into 8 portions.

## **Cauliflower 'n' Cheddar Soup**

Yield: 12

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.43

1 tbsp canola oil 15 mL  
1 tbsp non-hydrogenated margarine 15 mL  
1/2 cup onion, chopped 125 mL  
3–4 cups cauliflower, chopped 500 g  
(1 small or 1/2 medium)  
2 cups water 500 mL  
1/4 tsp chicken bouillon powder 1 mL  
1 x 12-oz can 1% evaporated milk 1 x 370-mL can  
2 cups 1% milk 500 mL  
1/4 tsp pepper 1 mL  
1 1/2 cups low-fat cheddar cheese, grated 375 mL

1. Melt the non-hydrogenated margarine with the oil in a soup pot over low heat. Add the onion and sauté until soft.
2. Wash and chop the cauliflower and add to the onion.
3. Add the water and the chicken bouillon powder. Simmer until the cauliflower is soft.
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. Add the evaporated milk and 1% milk and blend well. Take care not to let the soup boil, as the milk will separate.
6. Serve in bowls with 2 tbsp (15 g) of the grated cheddar cheese sprinkled on top. Add a whole wheat roll for a complete meal.

**September** is Arthritis Month. About 180,000 Nova Scotians, or about 1 in 4 people in this province, live with arthritis. There is still no known cause of arthritis, so effective health promotion and disease prevention efforts remain critical tools. By staying physically active and maintaining a healthy weight, Canadians can decrease their chances of developing arthritis. For more information, check out [www.arthritis.ca](http://www.arthritis.ca)

### **Active Living Tip**

Make an after-dinner walk, bike ride, or playground date a regular activity. It's a great way for all members of the family to unwind from the day and to get active!