



Family Nutrition In Action

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It can help you buy nutritious foods for a better diet. To find out more, call 1-800-342-9274 (toll-free).



March 3-7 is School Breakfast Week

Do your children take part in the School Breakfast Program? Did you know that children who eat breakfast:

- T are more alert and creative,
- T have better concentration skills,
- T miss school less often,
- T have less behavior problems, and
- T are more likely to get all the nutrients they need everyday?

It's true....children who eat breakfast do better in school! The School Breakfast Program offers free and reduced price lunches to those who qualify. Ask your child's school for more information.

Size Matters!

Have you ever noticed that the portion sizes in restaurants, especially fast food restaurants, are getting larger? Is this good or bad?

While larger portions give us more value for our money, we tend to eat more if we are given a larger portion. And eating more calories than we need can cause weight gain.

What to do? Avoid the urge to "super size!" Instead, order the regular or kid size portion. Or share your order with a friend.

Fast foods are usually high in fat, sodium, and calories, so eat these foods less often. When you cook at home, you can control how your food is made and how much you are served!

March is Frozen Food Month

Why buy frozen foods? Frozen fruits and vegetables:

- T Are **available** all year long—they're never out of season!
- T Are just as **nutritious** as fresh. At their peak of freshness, they are blanched (dipped for a short time in boiling water and then cold water) and then frozen. This helps "lock in" the flavor and nutrients.
- T Are **convenient**—they're quick and easy to prepare. No need to wash, peel, or chop!
- T Are **affordable**—frozen produce is usually cheaper than fresh.

Thaw frozen produce in your refrigerator or under cool running water. Thaw just the amount you need and put the rest back in the freezer to use later. Don't refreeze food once it's been thawed.

If you're cooking vegetables, there's no need to thaw first. You can steam, microwave, saute, or put them in the slow cooker. Remember frozen vegetables have already been partly cooked, so be careful not to overcook them!

You can store frozen fruit up to 12 months and frozen vegetables up to 8 months.

Mixed Berry Crisp (serves 6)

1 cup all-purpose flour

½ cup sugar

1 teaspoon cinnamon

4 tablespoons butter or margarine

6 cups mixed frozen berries, thawed (blueberries, strawberries, raspberries, and blackberries in any combination)

Vanilla ice milk (optional)

1. Combine flour, sugar, and cinnamon in a bowl.
2. Blend in butter or margarine until mixture is crumbly.
3. Place berries in non-stick baking dish and sprinkle crumb mixture over them.
4. Bake at 375° for 20-30 minutes.
5. Serve warm with vanilla ice milk, if desired.



Source: Produce for Better Health Foundation/5 A Day

Local Extension Nutrition Program:

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