



Harvest of the Month[®]

March 2008

Health and Learning Success Go Hand-in-Hand

In March we celebrate both National Nutrition Month and National School Breakfast Week. Studies show that children who eat breakfast do better in school. With spring testing just around the corner, it is important that your child eats healthy and gets regular activity. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

spinach



Produce Tips

- Fresh spinach is usually found loose or bagged. It is also canned or frozen.
- Select leaves that are green and crisp. Avoid leaves that are limp, damaged or spotted.
- Leaves should be cleaned well, patted dry and then stored loosely in an open bag in the refrigerator vegetable tray (about 40 F).
- If stored properly, fresh spinach should last three or four days in the refrigerator.

SPINACH DIP

Ingredients:

(Makes 10 servings at ¼ cup each)

- 1 (10-ounce) package of frozen chopped spinach, thawed**
 - ½ cup mild white onion, finely chopped**
 - 2 cloves garlic, finely chopped**
 - 1 cup raw red pepper, finely chopped**
 - ½ cup lowfat sour cream**
 - ½ cup lowfat mayonnaise**
 - ½ teaspoon salt**
 - 5 cups assorted, colorful raw vegetables for dipping**
1. Squeeze water out of spinach.
 2. Place into a mixing bowl and add all remaining ingredients.
 3. Let the dip sit at room temperature for a half-hour to let the flavors mix.
 4. Stir again before serving. This dip will stay good for up to one week when covered and kept in the refrigerator.

Adapted from: www.dole5aday.com

Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball or play a game of tag.
- Encourage your child to walk the dog (or your neighbor's dog) each day after school. Make this a routine to do together.
- Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust or vacuum.

For more physical activity ideas, visit:

www.kidnetic.com
www.verbnow.com

Nutrition Facts

Serving Size 1 cup, raw leaves
(30g)

Amount per Serving

Calories 7 Calories from Fat 1

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 24mg **1%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **3%**

Sugars 0g

Protein 1g

Vitamin A 56% Calcium 3%

Vitamin C 14% Iron 5%

Source: www.nutritiondata.com

Healthy Help

- National School Breakfast Week takes place in March. Breakfast is the most important meal of the day. It gives the body and mind much needed nutrition and energy.
- Help your child during spring testing by providing a healthy breakfast. Ask your child's teacher about National School Breakfast Week activities or call the school for details.
- Start the day with a glass of 100 percent fruit or vegetable juice. Slice a potassium-rich banana over cereal or sprinkle raisins over fiber-filled oatmeal.

Helping Your Kids Eat Healthy

- Use fresh spinach to make a tasty salad.
 - Add chopped spinach to lasagna and soup.
 - Stir-fry spinach. Add garlic, onion and chopped red bell peppers for a colorful dish.
 - For raw spinach, a serving is one cup for children and two cups for adults.
 - For cooked spinach, a serving is one-half cup for children and one cup for adults. (When cooked, spinach shrinks a lot.)
- For more ideas, visit:
www.cachampionsforchange.net
www.leafy-greens.org



Zaub Liab Taws (Spinach)



Kev Noj Qab Nyob Zoo thiab Kev Kawm Yuav Tsum Muaj Sib Nrawg Nroos. Lub 3 hlis ntuj peb yuav muaj ib lub lim piam sib koom zoo siab txais 2 txoj KEV NOJ KEV HAUS ZOO thiab tsev kawm ntawv PLUAS TSHAIS rau cov me nyuam. (National Nutrition Month and National School Breakfast Week)

Kev kawm tshawb tau tias cov me nyuam uas noj tshais mam mus kawm ntawv yeej kawm tau ntawv zoo dua cov tsis noj tshais.

Tsev kawm ntawv yuav muaj sib xeem nyob rau thaum lub caij paj ntoos tawg no. Yog li, nws yog ib qho tseem ceeb rau koj cov me nyuam uas lawv yuav tau noj yam zaub mov zoo thiaj muaj txiaj ntsim rau lub cev thiab yuav tau cia lawv mus hom khaj (exercises) thiaj zoo.

Xyaum noj tej yam khoom zoo xws li txiv hmab txiv ntoo thiab zaub txhua txhua hnuv thiab hom khaj (exercise) mas pab tau lub hlwb zoo heev.

Cov zaub zoo uas hais qhia nej lub hlis no yog cov zaub liab taws (spinach).

Kev Xaiv Zaub thiab Tu Zaub Cia.

- Cov zaub liab taws uas de lo tshiab kheev muaj muag ua tej pob los sis ntim ua tej hnab xobob thuav. Nws kuj muaj cov uas muab ntim hauv kos poos los sis tso rau chaw txias es twb khov lawm muag thiab.
- Xaiv yuav cov uas daim nplooj zaub tseem ntsuab ntsuab thiab khov kho xwb.
- Txhob yuav cov uas daim nplooj twb daj los sis ntsws lawm.
- Tsaug cov nplooj zaub huv si, nchos kom qhuav qhawv thiab muab ntim kom xobob thuav rau hauv hnab txhob pav ncauj es muab tso rau hauv theem tsee txias uas rau zaub (txias khwv yees li 40F).

Yog muab cov zaub liab taws no tu cia rau chaw zoo li hais no ntev li 3-4 hnuv los tseem zoo noj.

Peb Yuav Tsum Tau Mus Hom Khaj (exercise).

- Coj koj tus me nyuam mus ncig tom park. Tso vauj ya, ncaws pob los sis sib caum ua si.
- Hais kom koj tus me nyuam cab aub taug kev (los sis coj cov neeg nruab zog tus aub taug kev) txhua hnuv kawm ntawv los. Yuav tsum ua li no ua ke tas mus li.
- Hais kom koj tus me nyuam pab koj tu tsev, nqus tsev, txhuam rooj txhuam tog, so pluas plav thiab ua noj ncig mus los.

Kev Pab Kom Koj Cov Me Nyuam Noj Tej Khoom Noj Muaj Txiaj Ntsim Rau Lub Cev.

- Muab cov zaub liab taws do ua salad noj
- Muab hau xyaw lwm yam zaub noj
- Muab cov zaub liab taws suam kib xyaw nqaj noj.
- Kib cov zaub liab taws xyaw qij, dos loj, kua txob phawv liab, kua txob phawv daj noj thiaj ntxim qab

Yuav Noj Npaum Li Cas Thiaj Txaus Lub Cev

- Yog noj zaub liab taws nyoos, cov me nyuam yaus yuav tau noj li 1 khob hos cov laus ces noj li 2 khob thiaj txaus lub cev.
- Yog cov zaub liab taws uas siav lawm, cov me nyuam yaus noj li ib nrab khob, cov laus noj li ib khob.

Xav tau tswv yim ntxiv, mus saib cov vib thob (websites):

www.cachampionsforchange.net

www.leafy-greens.org

Kev Pab Kom Lub Cev Hauj Zas

- Tom tsev kawm ntawv pluas tshais mas yog ib pluag uas tseem ceeb heev pab rau lub cev kom muaj zog thiab lub hlwb kom khiav nrawm.
- Kev pab koj tus me nyuam rau cov kev xeem ntawv nyob rau lub caij nplooj ntoo hlav no yog ua tej zaub mov uas muaj txiaj ntsim pab rau lub cev rau koj tus me nyuam noj tshais. Nug koj tus me nyuam tus xib fwb txog tej hauj lwm muaj nyob rau National School Breakfast Week los sis hu xov tooj mus nrog lawv tom tsev kawm ntawv tham kom paub ntxaws ntxiv.
- Txij hnuv no mus cia li pib haus ib khob kua txiv hmab txiv ntoo los sis kua zaub uas yog 100% tseem tseem. Noj ib nplais txiv tsawb uas muaj cov kuab potassium- xyaw cov cereal los sis ywg cov txiv qav qhuav (raisins) ua yog muaj cov fiber xyaw rau oatmeal noj.