

## As a parent you can...

- Teach by example; the best way to help kids eat well is to eat well yourself
- Support school nutrition education programs and encourage your kids to participate
- Volunteer to participate on the school health council; make suggestions of healthy snacks!
- Plan to have family meals at home. Meals eaten at home are more nutritious than meals eaten out.

**Parents, guardians, and educators of children play vital roles in creating a community that promotes healthful eating.**

### Offer Healthy Choices

When you shop, let your children choose some fruits and vegetables they like.

Fresh fruit and vegetables are best, but frozen is okay, too. Fruits and vegetables also make good snacks!

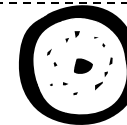


**Eat 5 or more servings of fruits and vegetables a day.**

## Enjoy some fun, easy, healthy recipes that kids love to make and eat!

### Mini Vegetable Pizzas

- 1 bagel, cut in half
- Tomato sauce
- Low-fat (part skim) mozzarella cheese, shredded
- Vegetable toppings (such as diced green pepper, chopped onions, chopped tomato)
- Seasonings (such as oregano, pepper, basil)



Set the oven to low heat. Spread tomato sauce onto each bagel half. Sprinkle shredded cheese over the tomato sauce. Gently press the vegetables on top of the cheese. Lightly sprinkle with seasonings. Place both bagel halves on a baking sheet and bake in oven on low heat for 5 to 8 minutes (or until cheese is bubbly). Remove from oven and let cool for 1 minute. Enjoy! (Makes 2 servings)

### Low-fat Fruit Smoothie

- 2 ice cubes
- 1 cup low fat (1%) milk
- 1/3 cup low-fat yogurt
- 2/3 cup fresh or frozen fruit (strawberries, peaches or blueberries are good choices)
- 1 ½ teaspoon sugar
- 1 teaspoon vanilla extract



Pour all ingredients into a blender and blend until smooth (45-60 seconds). Pour smoothie into a glass and enjoy! (Makes one smoothie)

*More delicious recipes on the back page!*

### **Baked Chicken Fingers with Honey Sauce**

Chicken Fingers:

- 12 ounces of skinless, boneless chicken breast halves
- 2 beaten egg whites
- 1 tablespoon honey
- 2 cups cornflakes, crushed
- ¼ teaspoon pepper

Sauce:

- ¼ cup honey
- 4 teaspoon Dijon style mustard
- ¼ teaspoon garlic powder

Cut chicken into strips about 3" long and ¾" wide. In a small mixing bowl, combine egg whites and 1 tablespoon honey. In another mixing bowl, combine crushed cornflakes and pepper. Dip each chicken strip into the egg mixture and then roll in crumb mixture to coat. Place chicken strips on an ungreased baking sheet in a single layer. Bake strips in oven at 450° until no longer pink in the center (11 to 13 minutes). While chicken is baking, place sauce ingredients in a small bowl and stir until well mixed. (Makes 4 servings)

### **Low-Fat Yogurt Pops**

- One 8oz container low-fat yogurt (your favorite flavor)



Pour yogurt into small Dixie cups, filling almost to the top. Stretch a small piece of plastic wrap across the top of each cup. With a Popsicle stick, poke a hole in the plastic wrap and stand the stick straight up in the center of the cup. Place the cups in the freezer until the yogurt is frozen (1 to 2 hours). Remove plastic wrap, peel away paper cup and enjoy your pop!

***Remember to share some of your own healthy recipes with your school health council!***



Making Health Equality a Reality

**Healthy Eating and Academic Success**

**BRONX HEALTHY HEARTS**

*Getting to the Heart of Healthy Living*  
*Acérquese al corazón de la vida sana*



## **Did you know that good nutrition is linked to academic success at school?**

Recent research studies have shown that when kids eat foods that are low in fat and sugar they perform better in school. As a result schools around your area have been working hard to strengthen the minds and bodies of students by promoting healthy eating.

**Turn the page to find out how you can help improve children's nutrition & academic success!**

