

# Harvest of the Month



## FAMILY RESOURCE Whole Grains NUTRITION

### NUTRITIONAL BENEFITS OF WHOLE GRAINS

One serving of whole grains can be 1/2 C (one cupped handful) cooked oatmeal, 1 ounce (uncooked) whole grain pasta or rice, or 1 slice whole wheat bread. Whole grains provide many B vitamins, which are crucial for energy! They are also a great source of fiber, as well as minerals such as copper, manganese, and magnesium.

#### Fun with Whole Grains—Homemade Hacky Sack

Find a few old socks (no holes!). Cut in half crosswise, about 3-4" above the toe. Fill the toe part with rice, then sew the opening together. Place another cut sock over the sewn sock with the outer sock's opening opposite the inner sock's (so the seams don't overlap), and sew shut. Enjoy playing with your whole grain hacky sack!

### In The Schools

Be sure to check out the Harvest of the Month in the school cafeteria.

Check your local school district menu for the specific date.

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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## FAMILY RESOURCE

### HERE ARE SOME EASY TIPS FOR ADDING WHOLE GRAINS TO YOUR DIET:

- Look for snacks labeled "100% whole grain."
- When baking at home, replace all purpose flour with whole wheat flour.
- Replace "white" with "brown" - try brown rice instead of white rice, or whole wheat bread instead of white bread.

### Fantastic French Toast

This quick, yummy, fiber-rich breakfast starts your day

off right!

*Yield: 6 servings*

#### Ingredients:

- \* 2 eggs
- \* 1/2 C milk
- \* 1/2 t vanilla extract
- \* 6 slices whole wheat bread (1 oz each)

#### Directions:

- \* Preheat skillet over medium heat. Mix eggs, milk, and vanilla in a bowl.
- \* Coat skillet with a thin layer of oil or cooking spray.
- \* Dip both sides of bread (one slice at a time) in egg mixture. Cook in skillet until each side is golden brown (roughly 4 minutes / side)
- \* Enjoy with toppings of your choice. Applesauce, chopped fruit, and nuts are all great options!

*Nutrition information per slice:* Calories 97, Carbohydrate 12g, Dietary Fiber 4g, Protein 6g, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 64mg, Sodium 127mg



## Whole Grains

TOASTY \* NUTTY \* LOCAL \* ENERGY \* FIBER \* MINERALS