



Nutrition Tidbits

May/June 2013



Where is Food \$ense?

Schools

- Fairmount Elem.
- Odyssey Elem.
- Challenger Elem.
- Discovery Elem.
- Horizon Elem.
- Quil Ceda Elem.
- Liberty Elem.
- Shoultes Elem.
- Frank Wagner Elem.
- North M.S.
- Mt. View H.S.

ECEAP Sites

- Hillcrest ECEAP
- Shoultes ECEAP
- Mukilteo ECEAP
- Grove ECEAP
- Tulalip ECEAP
- Snohomish ECEAP
- Garfield ECEAP
- Hawthorne ECEAP
- Madison ECEAP
- Silver Lake ECEAP

Agencies

- Tulalip Boys and Girls Club
- Tulalip Health Clinic
- Everett Justice Center
- Cocoon House
- Snohomish Health District
- VOA Food Bank
- Camp Fire Mega Clubs
- Pregnancy Aid WIC

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Name:
WSU Food \$ense
Nutrition Education
Snohomish County



Quick and Healthy Meal Ideas

Believe it or not, it is possible for you to make a healthy home-cooked meal no matter how crazy your day is. Use these ideas to get you started.



Rotisserie Chicken - Serve with instant mashed potatoes, some fruit, a salad and a side of milk. Use any leftover chicken to make chicken pot pie or tacos.



Pizza - Use whole wheat pita bread as the crust. Add tomato or pasta sauce, cheese, and chopped veggies. Cook in the oven and serve with a side of salad or fruit.



Pasta - Use whole grain frozen or dried pasta and a jar of tomato sauce. Serve with a side salad, fruit, and a glass of milk.



Tacos - Combine left over meat or a can of low-sodium black beans with shredded cheese, chopped vegetables, salsa, and low-fat plain yogurt. Place on top of a warm tortilla.



Make this Summer an Active Summer

Summer break is coming soon. Make a commitment to yourself and your child that this will be a summer of activity. Use these ideas to get you started.

• Water Wonders

Kids love water. Go swimming as a family at a local pool or lake. Run through the sprinklers. Have a water balloon fight!



• Play with Them

Set aside a time most days to play four square, tag, catch, kick ball, soccer, ride bikes, or any other active game with your kids.

• TV Limits

Limit kid's use of TV, computer, and video games to 2 hours a day.



Recipe of the Month - Quick and Crispy Salmon Sliders

Ingredients:

- 1—(14.75- ounce) can of salmon, drained
- 1 egg
- 5 crushed crackers
- 3 green onions
- 1 medium garlic clove, minced or 1/8 teaspoon garlic powder
- Dash of black pepper
- 1/2 teaspoon dill weed seasoning
- 2 teaspoons oil



Directions:

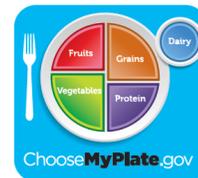
1. Wash your hands!
2. Mash or remove any cooked bones and skin in the salmon.
3. Break egg into a large bowl. Whisk with a fork. Add salmon, crackers, onion, garlic, pepper, and dill. Mix gently.
4. Form into 6 patties about 1/2 inch thick.
5. Heat oil over medium heat in a large skillet. Place patties in hot oil. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side for 3-4 minutes to a temperature of 145 degrees Fahrenheit.
6. Serve immediately. Make a burger with a whole wheat dinner roll, lettuce, and tomato.

Adapted from Iowa State University Extension and Outreach.
Available at: <http://www.extension.iastate.edu/foodsavings/recipes/crispy-salmon-patties>

Meal Planning on a Budget

Tip #1 - See what you have in your fridge, freezer, and pantry.

Tip #2 - Plan one week's worth of meals that include 3-5 food groups. Can you use some of the food you already have?



Tip #3 - Make a shopping list of the things you need to get at the store.

Tip #4 - Stick to your list at the store.

Tip #5 - Only grocery shop once a week!

Q & A



Nutrition Corner Q & A

Are organic fruits and vegetables better for you? Organic produce is often marketed as being healthier due to being produced without certain pesticides. While this may be comforting, experts continue to say that there is no proof that organic fruits and vegetables are more nutritious than regular produce. It is more important to make sure that half your plate is filled with fruits and vegetables at every meal. If you do this and still are interested in purchasing organics then prioritize the produce on the [Dirty Dozen](#) list as the most important items to buy organic.