

Nutrition Tidbits

March/April 2013

Where is Food \$ense?

Schools

- Fairmount Elem.
- Odyssey Elem.
- Challenger Elem.
- Discovery Elem.
- Horizon Elem.
- Quil Ceda & Tulalip 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

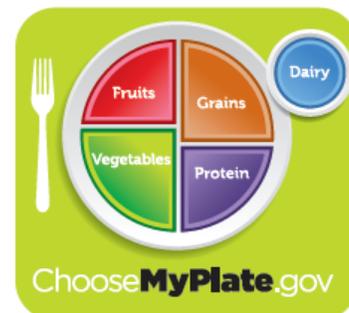
- Tulalip Boys and Girls Club
- Tulalip Health Clinic
- Everett Justice Center
- Cocoon House
- Snohomish Health District
- VOA Food Bank
- Camp Fire Mega Clubs
- Pregnancy Aid WIC

Snack Attack

Snacking can be very healthy. Unfortunately, it becomes unhealthy very quickly. Did you know that Americans snack so much that it becomes a fourth meal of the day!? That is unhealthy, but there are healthier ways to snack between meals.

A healthy snack is small, contains two food groups, is low in added sugar, low in fat, and low in sodium (salt). A great way to make sure your snacks are healthy is to plan ahead. Fruits and vegetables make great quick and healthy snacks.

Watch this video about [On the Go Snack Boxes](#) to get inspired with a good idea for preparing snacks for you and your family.



Parent Nutrition Discussions

Parent nutrition discussions are beginning to wrap up. Thanks to everyone who has come! We have a few more left. We hope to see you there!

- March 7th - Liberty Elem. (6-7pm)
- March 13th - Quil Ceda & Tulalip Elem. (8-9am)
- March 19th - Challenger Elem. (4-5pm)
- March 22nd - Horizon Elem. (9-10am)
- April 11th—Liberty Elem. (6-7pm)
- April 12th—Horizon Elem. (9-10am)
- May 3rd, 10th, 17th—Odyssey Elem. (9-10am)

If you have questions about these events or would like more information then please contact Carley MacRae.

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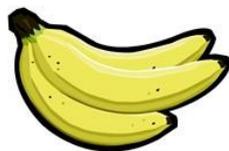
Recipe of the Month - Banana Crunchos

Ingredients:

- 2 large, ripe bananas
- 3 whole graham crackers
- 100% orange juice

Directions:

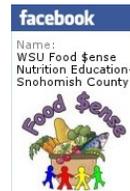
1. Wash your hands!
2. Peel the bananas and cut them into chunks.
3. Lightly drizzle 100% orange juice over the bananas.
4. Place graham crackers in a plastic bag and crush them.
5. Place the bananas into the bag containing the crushed graham crackers. Shake and enjoy!



Sugar, Sugar, Sugar

There are two types of sugar—natural and added. Too much added sugar is unhealthy for us. Natural sugar is not a concern.

It can be difficult to tell how much added and natural sugar are in a food because they are listed together under “sugar” on the nutrition facts panel. To find out if there is added sugar in a food look at the ingredient list. Any sugar noted here is an added sugar. That includes not only table sugar, but also any syrups or substances ending in -ose.



How do I get my picky eater to eat healthy foods?

Perseverance. Picky eating is very common in children - especially young children. Do not be discouraged if they refuse new foods. This is normal. It can take some kids up to 20 exposures of just one food for them to like it. An exposure could be a taste or even just a smell or feeling the texture with their fingers. Hang in there!

