



Begin the Day with Breakfast!

Start the day with a healthy breakfast for more energy and to keep a healthy weight. Follow these breakfast tips:

- Have the family sit down to share breakfast and enjoy the flavors and smells of a healthy breakfast.
- Be sure to have some kind of milk or eggs. Skim milk, lowfat yogurt, cottage cheese, or eggs are good.
- Have different kinds of foods each morning. This helps keep you healthy. For example enjoy:
 - a hard cooked egg with whole wheat toast.
 - whole-grain cereals provide more fiber than white bread or enriched grains.
 - some lowfat cottage cheese with a muffin and piece of fruit.
 - low or nonfat yogurt with sliced apples and berries.
 - add strawberries or blueberries to your oatmeal.
 - spread peanut butter on whole-grain bread. Top with sliced bananas.
 - add vegetables like spinach or tomatoes to scrambled eggs.

<http://www.fruitsandveggiesmatter.gov/benefits/index.html>

Feel The DIFFERENCE

**Eat Healthy!
Be Active!**

7
**HEALTHY HABITS
FOR EVERYBODY**

Feast on Fruits
& Vegetables

Move it! Improve it!
Be Active

Supercharge Your Day!
Eat Breakfast

Be Fiber Fit! Eat Beans
& Whole Grains

Lighten Up on Sugar,
Salt & Fat

Quench Your Thirst
with Water

Power Up - Follow
the Food Pyramid

A Nutrition Campaign by the County of Marin
Dept. of Health & Human Services.
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These institutions are equal opportunity providers.

This material was partially funded by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.

Harvest of the Month Fall Features Apples and Tomatoes :

There are good reasons to add color to your day with fruits and vegetables. Two reasons are flavor and good nutrition. Eat colorful foods and get some physical activity everyday. Adults need 30 minutes a day. Children need 60 minutes a day.

Apples are good for fiber and vitamin C. They are ready to pick and eat August to November. California is known for its wonderful variety of apples.

Tomatoes are an excellent source of vitamins C and A. They can be red, yellow/orange or green. Tomatoes may lower the chance of getting some cancers.

Try the following easy 2 breakfast recipes:

Apple Oatmeal

A tasty recipe packed with good-for-you foods.

Makes 4 servings.

$\frac{3}{4}$ cup per serving.

Prep time: 10 minutes Cook time: 2 minutes

Ingredients

1 $\frac{3}{4}$ cups 100% apple juice

1 cup quick cooking oats

1 large apple, cored and cut into bite-size chunks

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{8}$ teaspoon salt (optional)

Preparation

1. Combine all ingredients in a medium, microwave safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

Nutrition information per serving: Calories 157, Carbohydrate 34 g, dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg



www.harvestofthemonth.com

Tomato and Garlic Omelet

Makes 1 serving. 1 omelet per serving.

Prep time: 10 minutes Cook time: 30 minutes

Ingredients

$\frac{1}{2}$ slice whole wheat bread

$\frac{1}{2}$ teaspoon olive oil

1 clove garlic, finely chopped

nonstick cooking spray

$\frac{3}{4}$ cup egg substitute

2 tablespoons grated

part-skim Mozzarella cheese

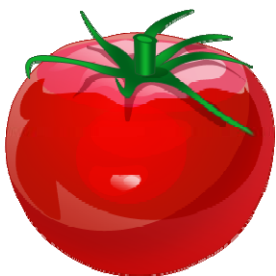
1 large tomato, chopped

1 teaspoon dried basil

Preparation

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.


Nutrition information per serving: Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg



Building a Healthy Community:

The Nutrition Wellness Program co-sponsored a conference on building a healthy community on September 17, 2009. The 2009 "Marin Built Environment Conference" looked at ways we can work together to improve access to healthy food and physical activity in low income areas. Speakers included Supervisor Steve Kinsey and Health and Human Services Director, Larry Meredith. Champions for Change campaign handouts were given out. A physical activity break was led by Ellen Szakal. Participants broke into groups to walk the Canal community. They took photos around food and safe walking areas. Groups then shared what they found.

BUILT ENVIRONMENT CONFERENCE 2009
Thursday, September 17, 8:30 AM - 4:00 PM
Pickleweed Community Center, 50 Canal Street, San Rafael, CA



MAPPING OUR ACCESS
to places to play, walkable and wheelable ways, health and wellbeing, fresh fruits and vegetables, safe communities, and more.
Are you an Access Maker or an Access Brake?
Join policymakers, city and county planners, community organizations, local leaders, neighborhood activists and others for a day of active collaboration focused on access issues in the Built Environment.

Sponsored by the Marin County Department of Health & Human Services
Department of Public Works — Non-Motorized Transportation Pilot Program
www.walkbikemarlin.org

All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling 415-499-3707 at least 72 hours in advance. Copies of documents are available in accessible formats upon written request.

For registration & information: MCHSEvent@co.marin.ca.us or 415.499.3707

In the Spotlight: Bahia Vista Elementary School

The Nutrition Wellness Program works with Bahia Vista to increase the choices of healthy foods by children and their parents. Health educators, Karen Holleran and Elsa Latini and Ellen Szakal, R.D., teach students and teachers. Lessons take place in the classroom and garden. Family classes also teach parents about healthy food choices at home. This has helped students improve their snack choices.



The Marin County Department of Health and Human Services' Nutrition Wellness Program works to promote healthy eating and physical activity in a community where the environment and policies supports those behaviors. We work collaboratively with like-minded programs and agencies, school communities and organizations targeting food stamp eligible families by providing nutrition education and physical activity promotion, technical assistance and educational resources and materials. For more information visit our website at www.co.marin.ca.us/nutritionwellness or contact us at 415-473-6958.

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