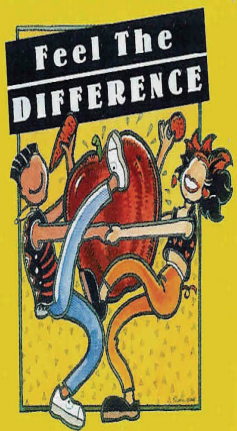


Nutrition Wellness Program

Department of Health & Human Services



**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,
Sponsored by the California
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These institutions are equal opportunity providers.



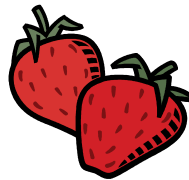
Feast on Fruits and Vegetables for Snacks and Celebrations

The Nutrition Wellness Program's campaign slogan is "Eat Healthy! Be Active! Feel the Difference!" It features seven healthy habits (listed on the left). Each newsletter will feature one of these seven healthy habits. So let's begin with "Feast on Fruits and Vegetables!"

School has begun! Parents, teachers and staff are eager to find healthy snack and celebration ideas to encourage eating fruits and vegetables. These ideas can be used in packed lunches or at parties in the classroom and at home.

Food served at classroom parties can help reinforce the healthy eating habits taught to students throughout the year. By promoting healthy behaviors, you can have a positive impact on students' daily attendance, classroom participation, test scores, behavior, and help influence life-long healthy lifestyle habits.

Here are some healthy party and snack ideas:



Celebrate with Fruit

- Oatmeal raisin cookies
- Fig Newtons
- 100 % Fruit juice bars
- Chocolate covered strawberries
- Strawberries with low fat vanilla yogurt
- Yogurt splits with bananas, yogurt, granola, and fruit toppings
- Angel food cake with fresh fruit topping such as strawberries, peaches, blueberries, etc.
- Fruit Sorbet

Party Popsicles

These are great for parties!

- 2 c. plain yogurt
- 1 c. bananas, strawberries, blueberries, etc.
- 1/2 c. 100% orange or apple juice

Blend fruit or berries; add yogurt and juice; mix. Pour into popsicle molds or small paper cups. Freeze. If using cups, insert popsicle stick when partially frozen.



Serve or Pack Quick, Easy, Healthy Snacks

- Snack size fruit yogurt with fresh or dried fruit
- Sliced red, yellow and green peppers
- Celery sticks with low-fat cream cheese or peanut butter
- Frozen grapes, banana slices, or popsicles made from 100% juice
- Peanut butter and fruit sandwich (try apple slices, banana, or raisins)
- Baby carrots with a low-fat dip
- Vegetable and noodle soup

Include at least one fruit and vegetable at parties...

Fruits

Apples, orange wedges, pineapple, bananas, kiwi, grapes, strawberries, dried fruits

Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli, cauliflower, cherry tomatoes, and salads with low fat dressing

Be Snack Savvy

Place cut up fruits and veggies in air tight containers or bags at eye-level in the refrigerator and dried fruits and 100% juice boxes at eye-level in your food cabinet.



Feast on Fruits and Vegetables for Snacks and Celebrations

Harvest of the Month featured fruit for September is apples

- Dip apple slices in calcium-rich low fat yogurt or protein-filled peanut butter.
- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.
- Use applesauce to make reduced-fat baked goods like cookies & cakes. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.
- Ask your child to help pick out apples at the grocery store.
- Discuss with your child what your favorite fruits or vegetables are, why you like them and your favorite way to eat them.

For more ideas, visit www.harvestofthemonth.com or www.co.marin.ca.us/nutritionwellness



Building a Healthy Community

Turning the tide on obesity goes far beyond individual-level behavior change. We need to change communities and that takes a village! The Nutrition Wellness Program is happy to join with community partners in a strategic approach called **The Spectrum of Prevention**. Six areas have been identified to create a community that supports citizens in making healthy lifestyle choices. These levels are complementary and, when addressed together, produce a synergy that will result in healthy children and families.

The Spectrum of Prevention

Influencing Policy & Legislation
Changing Organizational Practices
Fostering Coalitions & Networks
Educating Providers
Promoting Community Education
Strengthening Individual Knowledge & Skills

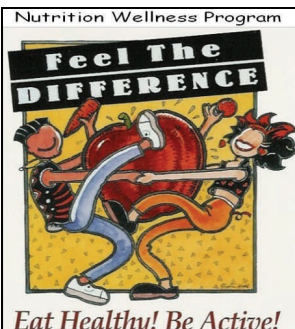
In the Spotlight:

Bahia Vista Elementary School

Since 2003, The Nutrition Wellness Program has brought nutrition and physical activity education alive at Bahia Vista Elementary School through garden and classroom activities conducted by teachers and garden/nutrition coordinators Karen Holleran and Edie Sorensen. This nutrition education intervention will strengthen individual knowledge and skills, promote community education by reaching out to parents, and educating teachers in effective ways to promote healthy eating and physical activity.



Students help plant in the school garden



The Marin County Department of Health and Human Services' Nutrition Wellness Program works to promote healthy eating and physical activity behaviors in a community where the environment and policies supports those behaviors. We work collaboratively with like-minded programs and agencies, school communities and organizations by providing nutrition and physical activity training, technical assistance and educational resources and materials.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483