



Tasteful Tidbits

Winter Words

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Wellness in our Schools

With the new year also comes some changes to the school's Wellness Policy. MCPS has had a wellness policy for many years. A committee of MCPS staff and other interested parties are revising the wellness policy guidelines to comply with recent government mandated changes. This revision will include changes such as the types of foods and beverages that are permitted to be marketed in our schools as well as including specific goals for school based activities that promote student wellness. All schools participating in federal meals programs will be required to create and comply with nutritional standards for all foods and beverages served in the schools to students. Other changes focus on nutrition wellness and promotion, as well as physical activity. The revisions will need to be reviewed and approved by the school board to be adopted in the schools. The goal for implementation is the 2017-2018 school year.

For more tips on winter exercises:

<http://www.nhs.uk/Livewell/fitness/Pages/gym-free-workouts.aspx>

<http://www.active.com/fitness/articles/5-indoor-workout-ideas-during-winter>

For more tips on eating on a budget:

<http://www.parenting.com/family-time/money/10-ways-your-family-can-eat-healthy-budget>

Well, the weather outside is frightful...

...but that doesn't mean you can't still be active! It is important that we all continue to get our exercise, even when the weather gets cold. As tempting as it is to stay home in bed, or cuddled up in a blanket by the fire, exercise should still be a part of our everyday routine. Here are a few tips to get your children to continue exercising during the winter months:

- Play hide-and-seek with siblings instead of watching TV
- Go to the mall to get in a nice warm walk
- Get the children involved in sweeping, vacuuming and shoveling!
- Put on your favorite song and dance!
- Have a snowball fight or play a game of snowball basketball

As you can see, it is not impossible to continue to get exercise in the winter, even though it may be too cold to go for a walk in the neighborhood. Keep these tips in mind when the kids are getting restless in the house!

**Healthy, Hunger-Free Kids Act
(HHFKA)**



Don't forget about the opportunity for **Second Chance Breakfast** in our middle and high schools! This is a great opportunity to get in a meal at school before lunch time!

Eating **SMART** on a budget!

Wondering how you can eat healthy while keeping your wallet happy?
Here are a few tips:

1. BUY IN-SEASON AND LOCAL PRODUCE

Fruits and veggies that are in season not only taste better and fresher, but they are also much more affordable! This winter, try some fresh sweet potatoes, squash and pomegranates.

2. BUY GENERIC

Save money by buying the cheaper generic brand items, which usually taste no different than the name brand.

3. LOOK FOR COUPONS

Look in the ads and online for store and manufacturer coupons. They can add up very quickly and save you lots of money!

4. UTILIZE ALL LEFTOVERS

When there are leftovers from a meal, use them in a new way to create tomorrow's dinner, or even pack them for lunches.

5. PLAN AND PREPARE AHEAD

Plan all dinners for the week and make a shopping list before heading to the store and stick to it!

Granola Fruit Kabobs

Ingredients

- Granola cereal
- Apples, cut into small chunks
- Bananas, cut into small chunks
- Pineapples, cut into small chunks (or any other desired fruit)
- 1 container of yogurt

Directions:

Put the granola in a medium sized bowl. Place a toothpick in each of the chunks of fruit, and dip it into the yogurt. Dip the yogurt covered fruit in the granola, and enjoy this delicious fresh after-school snack!



Nutritional Facts: for 1 serving (about 2/3 cup)

Calories: 200
Fat: 5 g
Cholesterol: 0 mg
Sodium: 30 mg
Carbohydrates: 35 g
Fiber: 4 g

<http://www.bettycrocker.com/recipes/granola-fruit-kabobs/859b370b-1956-4d74-9ed9-5f5ec4a7c119>