





# **Good Enough to Eat!**

***Gloria Halley***  
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- **Background:** Healthy Behaviors Initiative – Center for Collaborative Solutions
- **Purpose:** Improve health and well-being of low-income children and families by strengthening afterschool programs through development and implementation of exemplary practices in nutrition, physical activity and food security.
- **Nutrition Education Leadership Learning Centers (NELLC)** – 10 Programs in the State



# Training Objectives

- Understand the consequences children may suffer from the obesity epidemic
- Comprehend the power of the afterschool environment on reducing the obesity rates in children
- Learn how to cook healthy kid friendly snacks for your students
- Access, use, and promote reliable nutrition resources and healthy recipes that are kid friendly







# ***What is the impact of poor nutrition on our students?***



# The Kids have More to Lose with the Obesity Epidemic

- Adult disease are now child diseases (*CDC*)
  - Type 2 or “Adult” Diabetes
  - High blood pressure
  - High cholesterol
  - Asthma
  - Fatty liver (similar to alcoholic liver disease from high corn syrup intake)
- Negative impact on the school environment
  - Grades
  - Low self esteem
  - Social isolation
  - Behavior Management
  - Attendance



# Preventable Diabetes in Children

- According to the Centers for Disease Control and Prevention (CDC), Type 2 diabetes in children and adolescents is a significant problem.
- Type 2 diabetes is preventable with:
  - proper nutrition
  - physical activity
  - maintaining healthy body weight
- Approximately, half of children suffering with diabetes have Type 2 diabetes!







# The Dirty Neck Disease!

Acanthosis Nigricans

(American Osteopathic College of Dermatology, 2008)

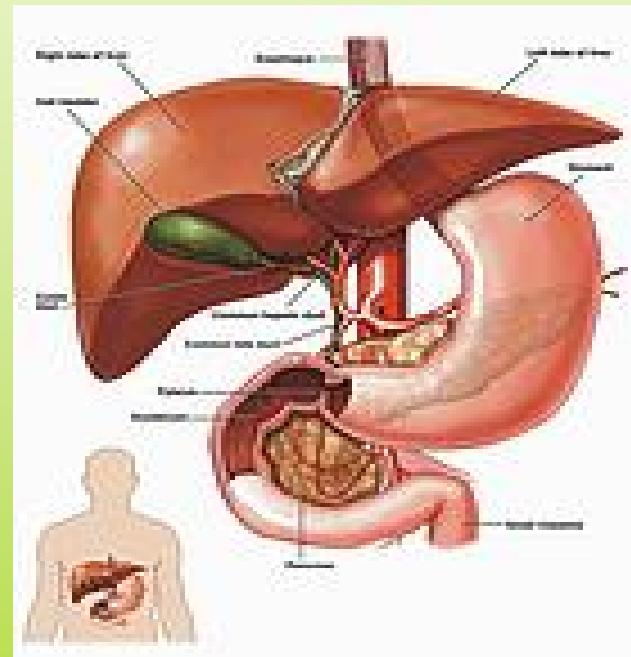
- A sign of pre-diabetes
  - Associated with obesity
  - This is a sign of insulin resistance or high blood sugar
  - Brown-to-black discoloration
    - neck,
    - under the arms
    - groin
- Partnerships
  - Know the school nurse for the kids you serve
  - Report the dirty neck disease you observed to either the school nurse or health department





# Kids are Getting Cirrhosis!

- High fructose corn syrup or liquid sugar is the culprit.
- The children who consume a lot of soda are getting hardening of the liver!





# American Institute for Cancer Research (2007)

- Plant Foods
  - Eat “**at least**” 21 ounces of fruits and vegetables daily
  - Note: this is about **6-8 cups** of produce daily!
- Animal Foods
  - Limit red meat to “**less than**” 11 ounces per week
  - Note: This is one piece of red meat per week for most Americans!













# Let's Get Cookin!

Learn how to make healthy  
snacks kids will love!





# Snack Recipes

(LE=lower elementary, UE=upper elementary,  
MHS=middle and high school)

- **Vegetable Group**

- Jicama Lime Juice Wedges (MHS)
- Hart-Healthy Veggies & Dip (MHS)
- Eat Your Greens Salad (MHS)
- Ants on a Log (LE)
- Butterflies (LE)
- Salsa and Baked Chips

- **Fruit Group**

- Dave's Dynamo Drink (All)
- Roddick's Raisin Grahams (LE)
- Vanilla-Berrylicious Dip with Fresh Fruit (LE)
- Apple Cupcakes (LE)
- Caterpillar Fruit Kabobs (LE)
- Melon Cookies (LE)

- **Starch Group**

- Tortilla Roll-Up (MHS)
- Power Granola (UE, MHS)

- **Protein Group**

- Chili Dip (UE, MHS)
- Chicken Apple Salad on Wheat Crackers (ALL)
- Hummus Dip and Fresh Veggies (MHS)
- Corn, Green Chili and Black Bean Salad (All)

- **Dairy Group**

- Breakaway Banana Split (All)
- Chocolate Fondue and Fruit (All)
- Low fat Chocolate 3-Layer Cake with Fresh Strawberries



- [Registration Form](#)
- [Material Review Board](#)
- [Unit Materials](#)
- [New Criteria](#)
- [Priority Needs](#)

## What's New

[1st CCLC Leaders' Conference March 16-20, 2009](#)  
[Learn More or Apply](#)

[Check out ASRC's Winter 2009 newsletter in the Loop!](#)  
[\(PDF file\)](#)

[IDE and After School Network Release the Quality Self-Assessment Tool](#)

[Beyond School Years XII Conference Feb. 1-14, 2009 in Burlingame, CA](#)

[COOST Conference April 2-25, 2009 in Palm Springs, CA](#)

## Resource Library -- Search By Topic



[Behavior Management](#) | 
 [Health Services](#) | 
 [Injury and Safety](#) | 
 [Mathematics](#) | 
 [Mental, Emotional, and Social Health](#) | 
 [More Enrichment Areas](#) | 
 [Nutrition](#) | 
 [Physical Activity](#) | 
 [Program Administration](#) | 
 [Reading/Language Arts](#) | 
 [Violence](#) | 
 [Youth Development](#)



# Nutrition Resources

- **California Resources:**
  - **California After School Resource Center (CASRC)**
    - State library of health education resources
    - [www.californiaafterschool.org](http://www.californiaafterschool.org)
  - **CANFit**
    - Nutrition education for middle and high school students
    - [www.canfit.org](http://www.canfit.org)
  - **Dairy Council of California**
    - Healthy Choices
    - Healthy Me!,
    - Nutrition Pathfinders
    - Exercise Your Options
    - [www.dairycouncilofca.org](http://www.dairycouncilofca.org)
  - **Network for a Healthy California**
    - Children's Power Play
    - <http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx>
    - Harvest of the Month
    - <http://www.harvestofthemoth.com/>
    - African American and Latino Campaigns
    - Worksite Wellness
    - [www.networkforahealthycalifornia.net](http://www.networkforahealthycalifornia.net)
  - **University of California Cooperative Extension (UCCE)**
    - Reading Across MyPyramid
    - EatFit (grades 6-8)
    - [ucanr.org](http://ucanr.org)
- **National Resources:**
  - **Dairy Council**
    - 3ADay of Dairy
    - Nutrition Explorations
    - Eat Smart Get Moving
    - Dairy and School Wellness
    - [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)
  - **National Food Service Management Institute**
    - National repository like California Healthy Kids Resource Center
    - [www.nfsmi.org](http://www.nfsmi.org)
  - **Network for a Healthy California**
    - Children's Power Play
    - <http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspxEssentials> (middle and high)
    - Harvest of the Month
    - <http://www.harvestofthemoth.com/>
  - **United States Department of Agriculture**
    - Team Nutrition
    - <http://teamnutrition.usda.gov/library.html>
    - MyPyramid
    - [www.mypyramid.gov](http://www.mypyramid.gov)



***What did you learn today  
that you plan to  
implement into your  
program?***





***Please feel free to ask  
questions, call or email.***

***Center for Collaborative  
Solutions***

***(916) 567-9911***

***[www.afterschoolsolutions.org](http://www.afterschoolsolutions.org)***





## Recommended Curricula for Nutrition and Physical Activity Instruction Kindergarten through Grade Twelve



Title of Curriculum and Publisher <sup>(1,2,4)</sup>	CHKRC ID <sup>(3)</sup>	Languages	Grade Levels										
			K	1	2	3	4	5	6	MS	HS		
<b>Building a Healthy Me!</b> Dairy Council of California	#5537	English instructional, student, and parent materials with additional Spanish: student workbooks and parent materials	X										
<b>CATCH: Coordinated Approach to Child Health Series</b> <sup>(5)</sup> Regents of the University of California and Flaghouse, Inc.	K - #7652 Gr. 1 - #7650 Gr. 2 - #7651 Gr. 3 - #6601	Gr. 4 - #6603 Gr. 5 - #6604 After School - #7430				X	X	X					
<b>Decisions for Health</b> <sup>(CA)</sup> Holt, Rinehart, and Winston	Gr. 6 - #4313 Gr. 7 - #4314 Gr. 8 - #4315	English instructional, student, and parent materials with additional Spanish: student and home/parent materials								X	X		
<b>EatFit</b> University of California Cooperative Extension, Agriculture and Natural Resources	#1506	English only										X	
<b>Eat Well &amp; Keep Moving</b> Harvard School of Public Health/ Human Kinetics	#6957	English only					X	X					
<b>Exercise Your Options</b> Dairy Council of California	#5331	English only								X	X		
<b>Farm to Fork</b> University of California Cooperative Extension, Agriculture and Natural Resources	Coming Soon	English instructional, student, and parent materials with additional Spanish: parent letters	X										
<b>Health &amp; Fitness Series</b> <sup>(CA)</sup> Harcourt School Publishers	K - #7263 Gr. 1 - #7264 Gr. 2 - #7265 Gr. 3 - #7266	Gr. 4 - #7267 Gr. 5 - #7268 Gr. 6 - #7269	X	X	X	X	X	X	X	X			
<b>Health &amp; Wellness Series</b> <sup>(CA)</sup> Macmillan/McGraw Hill	K - #7240 Gr. 1 - #7242 Gr. 2 - #7244 Gr. 3 - #7246 Gr. 4 - #7248	Gr. 5 - #7250 Gr. 6 - #7252 Gr. 7 - #7254 Gr. 8 - #7256	X	X	X	X	X	X	X	X	X		
<b>Healthy Choices, Healthy Me!</b> Dairy Council of California	#4091	English instructional and student materials with additional Spanish: student workbooks		X	X								

## Recommended Curricula for Nutrition and Physical Activity Instruction Kindergarten through Grade Twelve

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			K	1	2	3	4	5	6	MS	HS	
<b>Linking Food and the Environment (LiFE) – Food and Health</b> Teachers College, Columbia University	Coming Soon	English only							X	X		
<b>Linking Food and the Environment (LiFE) – Choice, Control, Change</b> Teachers College, Columbia University	Coming Soon	English only								X	X	
<b>Nutrition Essentials</b> United States Department of Agriculture, Team Nutrition	#7977	English only									X	X
<b>Nutrition Pathfinders</b> Dairy Council of California	#5020	English instructional and student materials with additional Spanish: student work books				X	X	X				
<b>Nutrition to Grow On</b> California Department of Education	#2342	English only					X	X				
<b>Planet Health</b> Harvard School of Public Health/ Human Kinetics	#1048	English only								X	X	
<b>Power of Choice, The</b> <sup>(5)</sup> United States Department of Agriculture, Team Nutrition	#1571	English only									X	X
<b>Teen Health Course Series</b> <sup>(CA)</sup> Glencoe/McGraw Hill	Gr. 6 - #7260 Gr. 7 - #7261 Gr. 8 - #7262	English instructional, student, and parent materials with additional Spanish: student and home/parent materials								X	X	



## Recommended Curricula for Nutrition and Physical Activity Instruction Kindergarten through Grade Twelve



### What is nutrition instruction?

Effective nutrition instruction in classrooms or after school settings includes planned, sequential instruction to set the foundation for a quality nutrition education. As one component of a comprehensive nutrition education plan, it supports and enhances additional strategies such as parent involvement and cafeteria connections. Nutrition instruction within the context of comprehensive nutrition education is an integral part of a district's overall health education program; they mutually support positive student nutrition and health behaviors.

### Criteria for inclusion of nutrition and physical activity curricula listed in this document:

- Supports grade-level nutrition and physical activity standards in the *Health Education Content Standards for California Public Schools*.
- Appropriately addresses the knowledge and skill standards for nutrition and physical activity.
- States that lessons are organized for planned, sequential instruction.
- Provides lessons for specific grade levels.
- Integrates or provides connections with other content standards (e.g., science, math, language arts).
- Meets the standards set forth by the California Healthy Kids Resource Center (CHKRC) and are included in the CHKRC collection.

### Using the Recommended Curricula list to plan nutrition and physical activity instruction:

Effective instruction provides a continuum of learning experiences to develop fundamental grade-level knowledge and skills as outlined in the Health Education Content Standards. To support high-quality nutrition instruction and physical activity programs to develop and maintain active, healthy lifestyles, use this list to:

- Select core resources to serve as the foundation for the district's nutrition instruction plan.
- Explore existing, high-quality nutrition and physical activity curricula to complement the district's existing nutrition education program.
- Assist with incorporating strategies that meet the needs of teachers and students.
- Select the most appropriate nutrition and physical activity curricula to address areas of need identified by California Healthy Kids Survey (CHKS) reports, *FITNESSGRAM*<sup>®</sup> results, and other health-related student data.
- Identify gaps in the district's overall nutrition education and physical activity program and teacher training opportunities.

### Notes:

1. In this document, curriculum is defined as a coherent set of lessons, with clearly defined objectives, and stated planned sequential instruction. For resources to supplement these curricula, please refer to the *Recommended Supplemental Instructional Materials for Nutrition and Physical Activity* list.
2. Some curricula encompass a broader scope. To ensure SNAP-Ed allowability, *Network for a Healthy California*-funded agencies should review these resources to ensure compliance with Section 402 Educational/Promotional Materials Guidelines in the LIA Guidelines Manual.
3. These materials can be ordered by ID# and shipped throughout California for free, four-week loan. To order, call the California Healthy Kids Resource Center (CHKRC) at 888-318-8188 or order online at [www.californiahealthykids.org](http://www.californiahealthykids.org).
4. To obtain more information or to purchase any of these materials, use the publishers' contact information found on the CHKRC Web site.
5. This resource includes activities designed for after school settings.

(CA) Indicates comprehensive health education instructional materials adopted by the State Board of Education in 2004. For more information, visit: <http://www.cde.ca.gov/ci/>

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For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



## Supplemental List of Instructional Materials for Nutrition and Physical Activity Kindergarten through Grade Twelve



Title of Curriculum <sup>(1,2,4)</sup> and Publisher	CHKRC ID <sup>(3)</sup>	Languages	Grade Levels										
			K	1	2	3	4	5	6	MS	HS		
<b>Color Me Healthy</b> North Carolina State University	<a href="#">#5293</a>	English instructional, student, and parent materials with additional Spanish: parent newsletters	X										
<b>Cooking with Kids</b> Santa Fe Partners in Education	Gr. K-1 - <a href="#">#7194</a> Gr. 2-3 - <a href="#">#7195</a> Gr. 4-6 - <a href="#">#7196</a>	English instructional, student, and parent materials with additional Spanish: recipes, student directions, parent letters	X	X	X	X	X	X	X				
<b>Deal Me In!</b> <sup>(5)</sup> Dairy Council of California	<a href="#">#7303</a>	English instructional, student, and parent materials with additional Spanish: student and parent materials	X	X	X	X	X	X	X				
<b>Do More Watch Less</b> <sup>(5)</sup> California Department of Public Health	<a href="#">#1219</a>	English version and complete version in Spanish						X	X	X	X		
<b>Eat Smart, Play Hard</b> <sup>(5)</sup> USDA, Food and Nutrition Service	<a href="#">#4124</a>	English instructional, student, and parent materials with additional Spanish: posters, brochures, student and parent materials	X	X	X	X	X	X	X				
<b>Empowering Youth</b> <sup>(5)</sup> USDA, Food and Nutrition Service	<a href="#">#7978</a>	English only										X	X
<b>Children's Power Play! – School Idea &amp; Resource Kit</b> California Department of Public Health	Gr. 4 - <a href="#">#1364</a> Gr. 5 - <a href="#">#1365</a>	English instructional, student, and parent materials with additional Spanish: student activity sheets and parent letters					X	X					
<b>Children's Power Play! – Community Youth Organization Idea &amp; Resource Kit</b> <sup>(5)</sup> California Department of Public Health	Coming Soon	English instructional, student, and parent materials with additional Spanish: student activity sheets and parent letters	X	X	X	X	X	X	X				
<b>F.U.E.L.</b> Comprehensive Health Education Foundation (CHEF)	Skin Deep - <a href="#">#2824</a> Energy for Action - <a href="#">#2826</a> Taking on the World - <a href="#">#2829</a> The Perfect Machine - <a href="#">#2831</a>	English only						X	X	X	X		
<b>Growing Classroom, The</b> National Gardening Association	<a href="#">#4923</a>	English instructional and student materials with additional Spanish: student materials			X	X	X	X	X				
<b>Harvest of the Month</b> <a href="http://www.harvestofthemonth.com">www.harvestofthemonth.com</a> California Department of Public Health	<a href="#">#5798</a>	English instructional, parent, and student materials with additional Chinese, Hmong, Russian, Spanish, Vietnamese: family newsletters	X	X	X	X	X	X	X	X	X	X	X
<b>Healthy Weight for Teens</b> Channing Bete Company	<a href="#">#7217</a>	English only											X
<b>Jump Start Teens</b> California Project LEAN	<a href="#">#7045</a>	English instructional and student materials with additional Spanish: student materials											X
<b>Kids Cook Farm Fresh Food</b> California Department of Education	<a href="#">#1439</a>	English only	X	X	X	X	X	X	X	X	X		
<b>Media-Smart Youth</b> <sup>(5)</sup> National Institute of Child Health and Human Development/NIH	<a href="#">#7393</a>	English only							X	X			
<b>MyPyramid for Kids</b> United States Department of Agriculture	<a href="#">#7599</a>	English instructional, student, and parent materials with additional Spanish: parent materials		X	X	X	X	X	X				
<b>Project R.E.A.D. Together</b> Iowa State University, Cooperative Extension	<a href="#">#7228</a>	English instructional, student, and parent materials with additional Spanish: student and parent materials	X										
<b>Reading Across MyPyramid</b> University of California, Cooperative Extension - ANR	<a href="#">#1453</a>	English instructional, student, and parent materials with additional Spanish: parent letters	X	X	X	X							



## Supplemental List of Instructional Materials for Nutrition and Physical Activity Kindergarten through Grade Twelve

### What are supplemental instructional materials?

Students need more than one lesson to achieve the nutrition and physical activity skills and concepts outlined in the Health Education Content Standards for California Public Schools. The supplemental resources listed here complement the *Recommended Nutrition and Physical Activity Curricula*<sup>1</sup> by offering additional opportunities for students to practice and apply nutrition and physical activity skills. Thoughtful sequential planning, adequate time to build and master skills, and positive reinforcement increases the likelihood that students will adopt healthy behaviors.

### Criteria for inclusion of supplemental nutrition and physical activity instructional materials listed in this document:

- Aligns with MyPyramid, 2005 Dietary Guidelines, and current Nutrition Facts Label.
- Includes lessons and activities to support the grade-level nutrition and physical activity Health Education Content Standards for California Public Schools.
- Appropriately addresses the knowledge and skill standards for nutrition and physical activity.
- Meets the standards set forth by the California Healthy Kids Resource Center (CHKRC) and are included in the CHKRC collection.

### Using *Recommended Supplemental Instructional Materials* for planning nutrition and physical activity instruction:

Effective instruction provides sequential learning experiences that build fundamental grade-level knowledge and skills as outlined in the Health Education Content Standards. To support high-quality nutrition instruction and physical activity programs to develop and maintain active, healthy lifestyles, use this list to:

- Select activities to extend skills and concepts introduced by nutrition and physical activity curricula.
- Assist with incorporating skills and strategies not addressed in selected core curricula.
- Explore existing, research-based instructional materials to enhance the district's nutrition education and physical activity program.
- Add appropriate nutrition and physical activity lessons to address areas of need identified by California Healthy Kids Survey (CHKS) reports, *FITNESSGRAM*<sup>®</sup> results, and other health-related student data.

### Notes:

1. The *Recommended Curricula for Nutrition and Physical Activity Instruction* list was designed to aid selection of core nutrition instruction curriculum. It includes resources with a coherent set of lessons, with clearly defined objectives, and stated planned sequential instruction. This *Recommended Supplemental* list includes resources to extend and build on the core curriculum.
2. Some instructional resources encompass a broader scope. To ensure SNAP-Ed allowability, *Network for a Healthy California*-funded agencies should review these resources to ensure compliance with Section 402 Educational/Promotional Materials Guidelines in the LIA Guidelines Manual.
3. These materials can be ordered by ID# and shipped throughout California for free, four-week loan. To order, call the California Healthy Kids Resource Center (CHKRC) at 888-318-8188 or order online at [www.californiahealthykids.org](http://www.californiahealthykids.org).
4. To obtain more information or to purchase any of these materials, use the publishers' contact information found on the CHKRC Web site.
5. This resource includes activities designed for after school settings.



# ***Great Snack Recipes for Your Kids***



# Snack Recipes

(LE=lower elementary, UE=upper elementary,  
MHS=middle and high school)

- **Vegetable Group**
  - Jicama Lime Juice Wedges (MHS)
  - Hart-Healthy Veggies & Dip (MHS)
  - Clark’s Coolslaw (MHS)
  - Eat Your Greens Salad (MHS)
  - Ants on a Log (LE)
  - Butterflies (LE)
  - Salsa and Baked Chips
- **Fruit Group**
  - Dave’s Dynamo Drink (All)
  - Roddick’s Raisin Grahams (LE)
  - Vanilla-Berrylicious Dip with Fresh Fruit (LE)
  - Apple Cupcakes (LE)
  - Caterpillar Fruit Kabobs (LE)
  - Melon Cookies (LE)
- **Starch Group**
  - Tortilla Roll-Up (MHS)
  - Power Granola (UE, MHS)
  - Sautéed Vegetable Pitas (MHS)
- **Protein Group**
  - Chili Dip (UE, MHS)
  - Chicken Apple Salad on Wheat Crackers (ALL)
  - Hummus Dip and Fresh Veggies (MHS)
  - Corn, Green Chili and Black Bean Salad (All)
- **Dairy Group**
  - Breakaway Banana Split (All)
  - Chocolate Fondue and Fruit (All)
  - Low fat Chocolate 3-Layer Cake with Fresh Strawberries



# ***Jicama Lime Juice Wedges***

- **Jicama Ingredients:**
  - 1 Jicama
  - 2 ½ tablespoon lime juice
  - ¼ teaspoon chili powder
- **Directions:**
  - Peel Jicama and cut into ½” slices (like a French Fry)
  - Jicama can be prepared up to two days ahead and stored in a bowl of water
  - Just before serving, sprinkle with lime juice, chili powder, and salt.





# *Hart-Healthy Veggies & Dip*

*(Melissa Hart, star of Sabrina the Teenage Witch)*

- **Dip Ingredients:**
  - ½ cup fat free sour cream
  - 1/3 cup salsa
  - 3 TBS chopped green onion
  - 1 tsp fresh minced garlic
  - Variety in season vegetables (celery, carrots, bell pepper etc)
- **Directions:**
  - Put sour cream, salsa, green onions, garlic in a small bowl and blend thoroughly
  - Cut up fresh vegetables
- **Nutritional Content:**
  - 1/4 cup dip and 1 cup vegetables
  - Calories 35, 3 gm Fiber, 0 fat gms
- *Modified from “Kids Get Cookin’! “(www.ca5aday.com)*



# *Clark's Coolslaw*

- **Ingredients:**

- 4 cups shredded green cabbage
- 1 ½ cups red and green grapes cut in half
- 1 cup shredded carrots
- 1/2 cup fresh pineapple chunks

- **Dressing:**

- 3 tablespoons light mayonnaise
- 1 tablespoon honey
- 1 teaspoon lemon juice
- 1.8 teaspoon cinnamon

- **Directions:**

- Combine all ingredients in a bowl
- Mix dressing in a small bowl
- Toss dressing into the slaw



# ***Eat Your Greens!***

- **Salad Ingredients:**
  - 4 cups mixed field greens
  - 4 cups fresh spinach
  - ½ cup Craisins
  - ½ cup pecans
- **Dressing Ingredients:**
  - ¼ cup extra virgin olive oil
  - ¼ cup golden Balsamic vinegar
  - 1 cup orange juice
- **Directions**
  - Mix greens, dried fruit and nuts in a large salad bowl
  - Shake dressing in a bottle until well blended
- **Nutritional Content:**
  - 1 cup
  - 120 calories, 2 gm fat, 3 gm fiber, 2 gm protein



# *Ants on a Log*

- **Ingredients:**

- 1 celery stick cut in 4 inch pieces
- Low fat peanut butter or other nut butter
- Raisins

- **Directions:**

- Spread nut butter in the crevice of the celery
- Place 2 raisins randomly in the nut butter





# *Butterflies*

- **Ingredients:**

- 1 celery stick cut in 4 inch pieces
- Low fat peanut butter or other nut butter
- Raisins
- Small round pretzels

- **Directions:**

- Spread nut butter in the crevice of the celery
- Place 2 raisins at one end of the celery stick next to each other as eyes
- Break the pretzel in half and place the half circle in the middle of the celery as a wing. To this step also on the other side.



# *Get your Veggies Salsa*

- **Ingredients:**

- 2 cups diced Roma tomatoes
- 2 stalks green onion chopped
- 1 cup diced cucumber (peeled)
- ½ cup finely chopped cilantro
- 1-2 jalapeno chili's (your choice how spicy)
- Squeeze ½ lemon on top

- **Directions:**

- Put all ingredients in a bowl
- Serve with baked or low fat chips



# *Dave's Dynamo Drink*

- **Ingredients:**

- 1 can frozen orange juice
- 3 cans water
- 4 cups frozen berries
- 2 cup nonfat milk
- 2 bananas
- The rest ice

- **Directions:**

- Blend until smooth, take 35 cups to the table



# **Roddick's Raisin Grahams**

- **Ingredients:**

- 2 tablespoons non or low fat cream cheese
- 2 teaspoons honey
- ½ cup raisins
- 1 cup finely chopped apple (red and green)
- 1 whole plain graham crackers
- 1 teaspoon sugar
- Pinch of cinnamon

- **Directions:**

- Combine cream cheese, honey, cinnamon, apples, and raisins in a bowl.

- **Nutritional Content:**

- Serving Size: 1 graham cracker with ½ cup of apple mixture (serves 2)
- 220 calories, 3 gm fiber, 3 gm protein

- *From “Kids Get Cookin’!”  
([www.ca5aday.com](http://www.ca5aday.com))*





# Vanilla-Berrylicious Dip

- **Ingredients:**

- 1 cup non or low fat vanilla yogurt
- 2 tablespoons cranberry raspberry juice **concentrate**, thawed
- **NOTE:** a citrus version can be made with frozen orange juice concentrate
- 2 cups sliced fresh fruit in season

- **Directions:**

- Combine yogurt and juice in a small bowl. Mix well.
- Serve fruit with dip

- **Nutritional Content:**

- Serving: 1/2 cup dip & 3/4 cup fruit
- Calories 100, 2 gm Fiber, 4 gm Protein

- *Modified from “Kids Get Cookin’!”  
“(www.ca5aday.com)”*



# *Apple Cupcakes*

- **Ingredients:**

- Apples
- Peanut or other nut butters
- Cup cakes papers
- Fresh berries for decorations

- **Directions:**

- Core and cut each apple in half so that the apple is still round
- Place in a cupcake paper
- Spread nut butter on the top as if it is frosting
- Decorate with fresh berries



# ***Eat Your Colors Caterpillar Fruit Kabobs***

- **Ingredients:**

- Variety of colorful fresh fruit cut in 1x1” pieces (water melon, cantaloupe, honeydew, pineapple, strawberries, red and green grapes)
- 4” Kabob skewers
- Raisins
- Tooth picks

- **Directions:**

- Cut all the fresh fruit in 1x1” pieces
- Place fruit alternating the colors on kabob sticks
- Use the tooth picks to make eyes and antennas with the raisins and tooth picks



# *Fruit Cookies*

- **Ingredients:**

- Variety of colorful fresh fruit cut in ½” slices (water melon, cantaloupe, honeydew, pineapple, strawberries, red and green grapes)
- Variety of cookie cutters

- **Directions:**

- Cut all the fresh fruit into ½” slices
- Use the cookie cutters to cut out the fruit cookies
- Arrange on a cookie platter





# ***Tortilla Roll-Up***

- **Ingredients:**

- 4-7” whole wheat tortillas
- 8 TBS nonfat refried beans
- 2 cups chopped romaine lettuce or spinach
- 1 cup diced tomato
- ½ cup chopped bell pepper (green, red, yellow)
- ½ cup chopped cucumber
- ¼ cup canned diced green chiles
- ¼ cup sliced ripe olives, drained

- **Directions:**

- Spread each tortilla with 2 tablespoons cream cheese.
- Top each tortilla with lettuce, tomato, bell pepper, cucumber, chiles, and olives. Divide the ingredients so that each tortilla gets about the same amount.
- Roll each tortilla. Cut in quarters
- Serve



# *Healthy Granola*

- **Ingredients:**
  - Wheat Chex
  - Corn Bran Chex
  - Baby Pretzels
  - Craisins (dried cranberries)
  - Dried Fruit
  - Variety of Nuts
- **Directions:**
  - Mix the above ingredients in a bowl and serve



# *Sauteed Vegetable Pitas*

- **Ingredients:**
  - 1 small onion
  - 1 cup red, yellow, orange, green sliced bell peppers
  - ½ cup sliced mushrooms
  - ½ cup light Italian dressing
  - 2 whole wheat pitas
  - ½ cups low-fat shredded Mozzarella cheese
- **Directions:**
  - Sautee vegetables until tender.
  - Toss with dressing
  - Place in pita and garnish with cheese
  - Serve warm



# ***Chili Bean Dip*** ***(make 2 pans)***

- **Ingredients:**

- 1 - 15 oz can low fat vegetarian chili
- 1 cup non-fat cream cheese

- **Directions:**

- Spread cream cheese in the bottom of a 8"x8" pan
- Pour chili over the top on the cream cheese and completely cover the cream cheese.
- Garnish with grated cheese
- Bake at microwave until hot



# *Chicken Apple Gyro*

- **Ingredients**
  - 1 16 oz can cooked chicken
  - 1 cup sliced onion
  - 1 tablespoon lemon juice
  - 2 cups sliced bell pepper
  - 2 cups sliced green bell pepper
  - 1 tablespoon olive oil
  - 1 medium apple (cored and sliced)
  - 6 whole wheat pitas
  - ½ cup plain yogurt
- **Directions:**
  - In a nonstick pan sauté lemon juice, onions, and bell pepper until tender
  - Stir in chicken to heat thoroughly
  - Remove from the heat and stir in sliced apple
  - Place in the in a pita and garnish with yogurt





# ***Hummus dips and Fresh Veggies***

- **Ingredients:**

- 1 - 15 oz can garbanzo beans drained
- ½ cup plain yogurt
- 2 tablespoons lemon juice
- 2 ½ tablespoons tahini sauce
- 1 teaspoon ground cumin
- 2 teaspoons minced garlic
- 3 tablespoons minced green onion
- 4 cups variety fresh raw vegetables

- **Directions:**

- Combine brans, yogurt, lemon juice, tahini sauce, cumin, garlic in a food processor or blender.
- Add green onion and pulse until finely chopped
- Serve on a platter with fresh vegetables



# ***Corn, Green Chili, and Black Bean Salad***

- **Ingredients:**

- 1 - 15 oz can black beans drained
- 2 cups drained canned corn
- 1 cup drained green chilies
- 1 cup diced roma tomatoes
- 1/3 cup sliced green onions
- 2 tablespoons fresh cilantro
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- 4 cups variety fresh raw vegetables

- **Directions:**

- Combine all ingredients in a bowl and serve
- Eat as a salad or in a pita



# ***Breakaway Banana Split***

- **Ingredients:**

- 1/2 small banana peeled
- 1/4 cup nonfat vanilla yogurt
- ¼ cup granola
- 1/2 cup fresh berries

- **Directions**

- Cut the banana in half lengthwise.
- Spoon yogurt into a cereal bowl.
- Place the banana halves on both sides of the yogurt.
- Top yogurt with granola and blueberries.

- Serve

- **Nutritional Content:**

- 1 banana split
- 145 calories, 0 g Fat, 3gm protein

- *From California Children's 5 a Day – Power Play! ([www.ca5aday.com](http://www.ca5aday.com))*



# ***Chocolate Fondue***

- **Ingredients**
  - 1 bag low fat chocolate chips
  - 1 brick soft tofu
  - ½ cup milk
- **Directions:**
  - Melt chocolate until soft
  - Blend tofu and chocolate in a blender
  - Add milk until creamy
  - Serve with fresh fruit as a dip



# **Lowfat Three-Layer Cookies & Cream Cake**

## **Ingredients:**

- 1 package - sugar Oreo cookies
- 1 cup fat free cream cheese
- 8 oz sugar free whip cream topping
- 2 boxes 2 oz sugar free instant chocolate pudding
- 4 cups fat free milk
- 2 cups fresh strawberries

## **Directions:**

- Put whole cookies in a gallon zip lock bag. Crush by rolling with a rolling pin.
- Add cream cheese to the cookie crumbs. Spread into a 9x13" pan.
- Mix the pudding according to the directions on the box. Spread over the cookie mixture.
- Spread the whipped topping on the top of the pudding.
- Garnish with fresh strawberries sliced in half
- Serve immediately or chill