

The Oh-So-Healthy Recipe Book and So Much More



INCLUDING TIPS ON

- ✓ *buying and preparing food*
- ✓ *involving your children in cooking and cleanup*
- ✓ *weaning them from too much time on TV and other screens*
- ✓ *getting them to challenge their bodies every day, and*
- ✓ *how to exchange sugary drinks for good, fresh water and milk*

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HEALTHY BODIES. HEALTHY MINDS.



WASHINGTON COUNTY

<https://bodiesminds.org/programs/5210>



A recipe book for your family's good health

Healthy Bodies, Healthy Minds Washington County is working to eliminate disparities and improve the health outcomes of all of the County's residents. When it comes to kids, there's one thing we all want – for them to be healthy!

That's why we've been promoting 5-2-1-0 across Washington County. These 4 little numbers can help us all develop healthy living habits. This booklet of recipes and tips may help support you in your 5-2-1-0 journey. It's chock full of recipes and ideas for healthy foods. The booklet also offers fun ideas and weblinks for hikes, indoor games, local farmer's markets, library reading hours for children, and so much more.

We encourage you to visit the bodiesminds.org website, where you can find a storehouse of other helpful articles and information related to healthy eating, physical activity, and mental wellness. For more recipe ideas or to post a recipe of your own, join the Sharing Healthy Recipes Action Group at ourbodiesminds.org.

To start, be sure to set realistic goals for you and your family. Make small changes at first. It takes time to create new habits and routines, but your efforts will benefit you and your family for years to come.

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RESOURCES

for 2, 1, and 0



5



5 SERVINGS (OR MORE) OF FRUITS AND VEGGIES EVERY DAY

2



NO MORE THAN 2 HOURS OF RECREATIONAL SCREEN TIME

1



AT LEAST 1 HOUR OF PHYSICAL ACTIVITY

0



ZERO SUGARY DRINKS; WATER AND (SOME) MILK INSTEAD

A close-up photograph of a young child with light blue eyes and blonde hair, smiling and eating a banana. The child's face is the central focus, with the banana held in their mouth. The background is softly blurred.

5

**5 SERVINGS (OR MORE) OF
FRUITS AND VEGGIES EVERY DAY**

Healthy Recipes for You and Your Family

Consider the recipes in this booklet as ideas for your toolkit. Substitute, add or subtract other healthy ingredients according to what you have on hand. Add your own twist to create great meals and snacks!



STOCK YOUR PANTRY WITH HEALTHY FOODS!

- Plain oatmeal
- Wheat cereals
- Cheerios (original)
- Herbs (oregano, basil, thyme...)
- Spices: garlic and onion powders, dry mustard, pepper
- Vinegar
- Olive and canola oils
- Low salt Triscuits, Wasa crackers and Rye Crisp
- Plain popcorn
- Brown and/or wild rice
- Whole wheat pasta
- Barley and quinoa
- No salt added canned vegetables
- Tomato paste (no salt) for soups and sauces
- Canned fruit packed only in water or its own juice, not syrup
- Dried fruit (no sugar added)
- Unsalted nuts
- Dried or canned no or low salt peas or beans (e.g. kidney, pinto, white, pink beans, chick peas, split peas, lentils...)
- 100% peanut butter, no salt, no sugar, just ground peanuts
- Canned tuna, sardines, or salmon packed in water
- Canned chicken (low sodium)
- Whole wheat bread, rolls & pita
- Whole wheat tortillas or wraps
- 100% corn tortillas

Breakfast!

Overnight Oatmeal (2 servings)

- 1 c. uncooked old-fashioned oats
- 1 c. low-fat yogurt
- 1/2 c. nonfat or 1% milk
- 1/2 c. berries, fresh or frozen (blue-berries, strawberries, etc.)

Mix oats, yogurt and milk. Place in a covered mason jar or other covered container and refrigerate overnight. Add the fruit before refrigerating or just before eating.

Adapted from SNAP Ed. Website

Whole Wheat Blueberry Muffins (12)

- 2 1/2 cups whole wheat flour (may use white whole wheat if you prefer lighter color muffins)
- 1 cup brown sugar, firmly packed (may substitute white sugar for lighter color)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1 cup blueberries, fresh or frozen (may try 1 cup of any other berry or a combination of berries chopped to blueberry size)
- 1 teaspoon vanilla extract
- 1/3 cup vegetable oil
- 1 1/2 cups plain yogurt

1. Preheat the oven to 400°F. Spray the cups of a muffin tin with cooking spray (or lightly grease), or may line with paper baking cups and spray baking cups.
2. Combine flour, baking powder, baking soda, sugar and cinnamon in a large bowl and mix well
3. Add berries to dry ingredients
4. In another bowl, thoroughly mix together vanilla, vegetable oil, and yogurt.
5. Pour the liquid ingredients into the dry ingredients, stirring just to combine. The batter will be thick.

6. Spoon batter into greased muffin cups.
7. Bake the muffins for 16 to 20 minutes, or until a toothpick comes out clean. Check several muffins toward the center of the muffin tin.
8. Cool before taking out of tin

French Toast Cups (12 cups)

- ¾ cup milk
- 4 eggs
- 2 tablespoons honey, maple syrup or brown sugar
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 8 pieces whole wheat bread, cut into ½ inch cubes
- ¼ cup raisins or Craisins

1. Preheat oven to 350°.
2. Mix milk, egg, vanilla, honey or maple syrup, and cinnamon in large bowl.
3. Add cut up bread and stir to coat bread well. Let sit for 10 minutes so that liquid soaks in; then stir again.
4. Spray muffin tin with cooking spray and fill about ¾ full with French toast mixture.
5. Bake for 25 minutes or until lightly browned.
6. Top with fruit of your choice.

Cinnamon Banana Pancakes

- 2 large bananas, ripe to overripe
- 2 eggs
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ½ c. skim milk
- 1 c. whole-wheat flour

1. In a bowl, add bananas. Lightly mash with a potato masher or a fork, but not too much. Leave small chunks of bananas to make fluffy pancakes
2. Add all remaining ingredients to banana mixture, mixing well.
3. In a frying pan, cook pancakes over a medium-low heat. Use 1/3 cup of batter for each pancake and flip once edges get bubbly.
4. Top with fruit of your choice.

<https://www.ag.ndsu.edu/food/recipes/fruit/cinnamon-banana-pancakes> From SnapEd Website!



ADD A BIT OF ZEST – AND NUTRITION – TO BREAKFAST

- Add fruit to your cereal, oatmeal, pancakes or waffles
- Add veggies such as peppers, onions, mushrooms, spinach or broccoli to your omelet or scrambled eggs
- Add spinach or kale plus your favorite fruit to a smoothie. It blends right in.



SOME COLOR AND CRUNCH WOULD BE GOOD FOR LUNCH

- Eat a fruit salad or tossed salad
- Add lettuce and tomatoes to your sandwich
- Munch on raw carrots, peppers, cucumbers, celery, and cherry tomatoes
- Enjoy a piece of fruit, whole or cut into slices

Lunch!

Vegetable Quesadillas

- 1 cup green bell peppers, chopped
- 1 cup frozen corn (thawed)
- $\frac{3}{4}$ cup green onion, chopped
- 1 cup tomatoes, chopped
- 2 tablespoon cilantro, chopped
- $\frac{1}{2}$ cup low-fat cheddar cheese, shredded
- 4 whole wheat tortillas (6 inch tortillas)

1. Spray a medium skillet with nonstick cooking spray.
2. Sauté (fry briefly over high heat) bell pepper and corn over medium heat until softened, about 5 minutes.
3. Add green onion and tomato; cook for several minutes more until heated through; add cilantro.
4. Heat tortillas in a large skillet over high heat; place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisped and lightly brown. Serve while hot.

<https://goodfoodgoodmove.yourtexasbenefits.com/recipes-and-cooking-basics/recipes/vegetable-quesadillas> From SnapEd Website

Vegetable Frittata

- 8 eggs
- $\frac{1}{2}$ cup basil or chives
- $1\frac{1}{2}$ cups chopped vegetables
- 1 teaspoon dry mustard
- 1 cup grated cheese
- 1 tablespoon vegetable oil

1. Beat eggs and mix in cheese, vegetables, basil or chives and dry mustard
2. Heat oil and spread over bottom of pie plate
3. Add egg mixture and place in oven at 350° until eggs have set (no longer liquid)
4. Add pepper to taste

** Try any variety of cheese, herbs or seasoning*

Open Faced Grilled Cheese Sandwich (2)

- 2 slices whole wheat bread (toasted)
- 4 slices fresh tomato
- $\frac{1}{2}$ cup low fat shredded cheese (any variety)
- Red onion- rings

1. Spray baking sheet with cooking spray
2. Place slices of toasted bread on baking sheet
3. Top each slice with ¼ cup cheese, 2 tomato slices, and red onion rings
4. Bake in oven for 8-10 minutes at 400°

Pizza Bites

- 1 (whole wheat) English muffin
- 2 tablespoons tomato sauce
- 2 tablespoons shredded mozzarella cheese
- ¼ cup sliced veggies (such as mushrooms, onions, olives, green peppers, etc.)

1. Preheat oven or toaster oven to 400°F.
2. Spread tomato sauce on each English muffin half.
3. Sprinkle with cheese and veggies.
4. Bake at 400°F for 10 minutes, or until cheese is melted.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874).

Tropical Salsa

- 1 (15 ounce) can peaches, in 100% juice, drained and chopped
- 1 (20 ounce) can pineapple tidbits, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup diced cucumber
- 2 tablespoons lime juice
- 1/2 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1 jalapeño pepper, finely chopped (optional)

1. In a large bowl, gently combine all ingredients.
2. Serve with baked tortilla chips, on top of chicken, quesadillas, or tacos.

Roasted Root Vegetables (4 servings)

- 1 medium sweet potato
- 1 tablespoon basil
- 1 large carrot
- 1 medium red skinned potato
- 1 Tablespoons olive oil
- 1 large onion (peeled)
- 1 teaspoon garlic powder



EVEN IF YOU EAT HEALTHY, HOW MUCH STILL MATTERS

- Eat until you're 80% full
- Use a smaller plate. Plate, bowl and cup sizes have been growing since the 1950s, and so have portions.
- Serve age appropriate portions; when there is more on the plate, we eat more (for portions, check choosemyplate.gov).
- Don't go back for seconds until you have been eating for about 20 minutes...it takes that long for the message to get from your stomach to your brain telling you that you are full.
- Fill up on vegetables first; they help fill you with a lot of healthy fiber and nutrients.

SNACKS? WE LIKE 'EM!

- Serve fresh fruit, whole or sliced
- Serve raw vegetables with hummus or yogurt dip
- Heat unsweetened applesauce and add a bit of cinnamon
- Make fruit & veggie faces (and eat them!)



1. Scrub vegetables with vegetable brush, but leave skin on
2. Cut into 1 ½"-2" cubes
3. Coat vegetables with basil, garlic powder and olive oil in a bowl
4. Spread mixture on a cookie sheet and roast at 450° for 30-45 minutes, turning every 15 minutes. Vegetables are done when they are soft and lightly browned. Any root vegetable can be added or substituted in this mixture

Adapted from National Institute for Cancer Research

Baked Mushroom and Barley Casserole

- 1 medium onion, diced
- 1 small can mushrooms
- 1 cup dried barley
- 1 tablespoon olive oil
- 2 1/2 cups low sodium broth (vegetable or beef)

1. In a medium size skillet, sauté onion, mushrooms, and barley in oil, stirring frequently until lightly browned
2. Bring broth to a boil in a sauce pan
3. Place mushrooms, onions and barley in a casserole dish and stir in boiling broth
4. Cover and bake about 1 hour at 350° or microwave until liquid is absorbed

Broccoli Salad (8 servings)

- ½ cup low-fat mayonnaise
- ⅓ cup vinegar (rice or cider)
- 3 tablespoons sugar
- 4 cups chopped broccoli
- ¼ cup chopped onion (1/4 onion)
- ¾ cup raisins
- ¾ cup sunflower seeds (or any nut or seed of your choice)

1. Mix mayonnaise, vinegar and sugar in a large bowl.
2. Add broccoli, onion, raisins and sunflower seeds. Stir to combine.
3. Refrigerate for at least 1 hour, then enjoy.

SNAP ED: Source: University of California Cooperative Extension

Chick Pea Salad with Red Onion and Tomato

- 1 can chick peas, drained (low sodium if available)
- ¼ cup red onion, chopped (may use any onion you have)
- 2 cloves garlic, minced (or 2 teaspoons garlic powder)
- 1 tomato, chopped (or 1 can of diced tomatoes)
- 1/2 cup chopped parsley (if available)
- 3 tablespoons olive oil (or other vegetable oil)
- 1 tablespoon lemon juice
- pepper to taste

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and pepper to taste. Refrigerate for an hour or more to allow flavors to mix.

Zucchini Sauté

- 3 medium zucchini
 - ½ teaspoon olive oil
 - 1 tablespoon dried oregano
 - 2 cloves garlic, finely chopped or 2 teaspoons garlic powder
 - 1 tablespoon grated Parmesan cheese
 - ¼ teaspoon ground black pepper
1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
 2. Heat oil in a heavy nonstick skillet over medium-high heat.
 3. Add oregano and garlic, and sauté for about 2 minutes.
 4. Add zucchini, and sauté for about 3 minutes until zucchini is lightly browned.
 5. Mix in Parmesan cheese and pepper. Serve warm.



LET KIDS PLAY WITH FOOD. THAT'S ONE WAY THEY LEARN ABOUT IT.

- Cut up raw fruits & vegetables into different sizes and shapes with your child.
- Try using some old favorites and some new ones that they may not have tasted before.
- Then make funny faces or pictures with the pieces.
- After you're done, take a picture; then eat your creation!



from Peace Dale Library Story Time

Soups & Snacks!

Lentil Soup

- 2 teaspoons olive oil
- 1 small onion, diced
- 1 large carrot, diced
- 4 cups water
- 1-1/4 cups dry brown lentils
- 1 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1 (14.5 ounce) can diced tomatoes, no added salt
- 1 (13.5 ounce) can spinach, drained
- 1 teaspoon salt and black pepper, to taste

1. In a large soup pot, heat the oil over medium heat.
2. Add onions and carrots. Cook for 3 minutes, or until onions are soft.
3. Add water, lentils, garlic powder, and oregano. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Add tomatoes, spinach, salt, and pepper. Simmer 10 minutes. Serve hot.

Hummus

- 1 can chick peas, low sodium if available (pour off and save extra liquid)
- 1/4 cup sesame butter (tahini)
- 2 cloves garlic, chopped finely
- 3/4 teaspoon coriander
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 2 tablespoons lemon juice

1. Combine all ingredients in food processor or blender, or mash together by hand. Spices can be adjusted to taste or availability.
2. Add back liquid from chick peas to desired thickness.
3. Serve with whole wheat pita bread, carrots, celery.

Adapted from Diet for a Small Planet



PLAY SCAVENGER HUNT IN THE GROCERY STORE

Bring a list of healthy snacks the next time you go shopping with your child. Be sure to include fruits & vegetables.

Ask them to find each of the foods. Then let them choose one or more to buy that day. You might encourage them to choose at least one fruit and/or vegetable. Up to you!

Here is a sample list:

- apples
- bananas
- raisins
- peanuts
- popcorn
- baby carrots
- celery
- cheese sticks
- yogurt
- frozen fruit



FRUITS AND VEGETABLES OUT FRONT

- Try to have at least 2 types of fruit and vegetables available at home. Cut them up and leave them on the table before dinner or for snacks.
- If your favorite fruits and vegetables aren't in season, use frozen or canned, but buy without added salt or sugar.
- Place cut up fruits and vegetables near the refrigerator, where they will be easy to see. Put less healthy snacks out of sight.
- Serve veggies with a low-fat dip, e.g. ranch mixed with yogurt, hummus or salsa.
- Try a home “taste test”. Buy a less familiar fruit or vegetable that you'd like your family to try, and taste it together.
- Try to have at least 2 types of vegetables available at meals so your children can choose the one they prefer. Prepare vegetables in different ways. Some children prefer raw vegetables, while others may prefer them sautéed, steamed, roasted, in soups, in casseroles, or in other mixed dishes.
- Cut up a variety of raw fruits and vegetables and let your child create vegetable art on the plate before eating them.
- Have a “make your own salad” night. Offer a variety of cut up raw vegetables and fruits for family members to add to their salads, limit the salad items that are not vegetables or fruits and offer low fat dressings.



WATCH THE VEGGIES GROW... THEN EAT THEM!

If they grow it, they will be more likely to eat it. Save seeds from a vegetable you have on hand and dry them. Plant a few seeds in a small cup or flower pot about three quarters full of soil. Water it gently and keep the soil moist until the seed sprouts. Then add a small amount of water daily as it grows.

Kale Chips

1 bunch fresh kale (about 8 cups, chopped)
1 Tablespoon canola or olive oil
½ teaspoon seasoned salt

1. Preheat oven to 350°F.
2. Wash kale leaves.
3. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
4. Tear or cut leaves into bite sized pieces. Place in large bowl.
5. Drizzle oil over kale and toss to coat well.
6. Place kale leaves onto cookie sheet.
7. Sprinkle with seasoned salt.
8. Bake at 350°F until edges brown, about 10-15 minutes.

<https://iframe.msuextension.org/NEP/default.cfm?getid=8362>

Cinnamon Toast Crunch Chick Peas

15 oz. can chickpeas, drained and rinsed
1 Tablespoon sugar
Cooking spray
1 Tablespoon cinnamon

1. Preheat oven to 425°F and grease a baking sheet with oil or cooking spray.
2. Combine sugar and cinnamon in a small bowl.
3. Dry chickpeas well and coat with cooking spray, then sprinkle with cinnamon sugar mixture until fully coated.
4. Spread onto a baking sheet, roast for 15-20 minutes, stirring every 5 minutes.

Note: For a crunchier, spicy adaptation to this recipe – replace sugar and cinnamon with ¼ teaspoon each of black pepper, chili powder, paprika, and garlic powder.

Minestrone Soup

- 1 (14oz.) can low sodium/low fat chicken broth
- 1 teaspoon dried basil
- 1 (14oz.) can low sodium diced tomatoes
- ¼ tsp. garlic powder
- 1 cup chopped onion
- 1 (15oz.) can kidney beans
- 1 cup shredded cabbage
- 12 oz. tomato juice
- 1 cup frozen green beans
- 1 medium zucchini, sliced
- ½ cup chopped carrots
- ½ cup whole wheat spaghetti (broken up)
- ½ cup chopped celery
- 2 tablespoons shredded Parmesan cheese

1. Put broth, tomatoes, onion, carrots, cabbage, tomato juice, celery, basil, garlic, and 1 1/2 cups water into a large pot.
2. Bring it to a boil, reduce heat, cover and simmer 20 minutes.
3. Add kidney beans, zucchini, green beans, and spaghetti and return to a boil.
4. Reduce heat, cover and simmer 15 minutes until everything is tender
5. Serve and sprinkle each portion with Parmesan cheese.

**Green beans and zucchini are optional*

** To add thickness, flavor and lots of vitamins you may blend one large sweet potato, microwaved and scooped from skin, into the broth.*



SET YOUR CHILDREN LOOSE IN THE SUPERMARKET AS “LABEL DETECTIVES”

Next time you're together at the grocery store, ask your child to choose a new cereal they may want to try.

Grab a box of regular Cheerios, too. Compare the nutrition labels side by side with your child.

Compare the amount of sugar and fiber. Ask your child what they think.

Then ask why they chose that particular cereal? Was it the pictures on the box? Ads they saw on TV?

Ask, do you think they are trying to trick us into choosing a less healthy cereal? Why?



INVOLVE YOUR CHILDREN IN MEAL PREPARATION AND CLEAN UP

- When children help prepare food, they are more likely to eat it. If you teach children to help prepare meals, they will take pride in the food and will gradually learn to prepare their own healthy meals.
- Let children make some choices when appropriate, such as asking “would you like broccoli or carrots for dinner tonight?” Ask your child if he/she prefers an apple or a pear for snack.
- Even small children can help tear lettuce for salad or set the table and clear their own place.
- Let older children plan the meal once every week or two, but ask that they include all the parts of a healthy meal: at least one vegetable, one protein item, one whole grain and one dairy item, fruit for dessert.
- Some parents plan a menu ahead to make busy evenings less stressful. If you are planning menus ahead, try to involve children in some of the decisions. Be sure to teach them what is included in a healthy meal and the importance of a variety of fruits and vegetables.

Dinner!

Easy Chili

- 1 (12oz.) can corn
- 1 can diced tomatoes
- 1 (15 oz.) can black beans
- Chili powder to taste
- 1 (15 oz.) can kidney beans
- Optional: ¼ cup grated cheese
- ¼ cup plain yogurt

1. Combine all ingredients in a pan and heat.
2. Add ¼ # ground turkey or beef, if desired.
3. Sprinkle with grated cheese and add 1 tablespoon of plain yogurt before serving, if desired.

Black Bean Salad

- 2 cups black beans or one (15 oz.) can black beans, drained and rinsed
- 2 cups frozen corn, thawed or one (15 oz.) can corn, drained
- Add 1 (15 oz.) can diced tomatoes, drained (or 2 cups chopped tomatoes)
- 1/2 cup diced red or green bell pepper
- 1/2 cup minced onion
- 2 medium cloves garlic, chopped fine (or 2 teaspoons garlic powder)
- 1/4 cup chopped fresh cilantro (if available)
- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- Black pepper to taste
- *May add 1 tablespoon of cumin and/or ¼ teaspoon cayenne pepper*

1. Mince onions, dice peppers and finely chop garlic.
2. Mix all ingredients together. Refrigerate for at least an hour to let the flavors combine and serve. This salad will keep for a couple of days in the refrigerator and flavors increase when they sit together for a few hours.
3. Serve wrapped in whole wheat or corn tortillas.

HERE'S WHAT'S FOR DINNER

Serve hot vegetables: steamed, baked, roasted, or sautéed

- Add raw vegetables or a salad
- Include vegetables as part of a main dish or casserole
- Add vegetables to soup
- Have fruit for dessert: plain, cut up, frozen (thawed), baked, canned packed in water or its own juice, as part of a yogurt parfait.

You're only limited by your imagination!



RECIPE CONTEST

Members of the family take turns creating a new recipe using at least 4 different fruits and/or vegetables. You can include frozen or canned items as long as they do not have added sugar or salt.

Encourage children to try a new fruit or vegetable and to alternate between fruit recipes and vegetable recipes.

Allow children to look recipes up in a book or on the computer, but suggest that they “put their own twist” on it.



FRUITS AND VEGETABLES OF THE RAINBOW

Here's a game if you are waiting around or taking a long ride.

The first person chooses a color and the rest of the players have to name a fruit or vegetable of that color; no one can name the same one twice. When no one can think of another fruit or vegetable of that color, it's the next person's turn.

At home, you can close your eyes and choose a crayon from the crayon box and use that color to play.

Red Beans and Rice

- 1 large onion (peeled and chopped)
- 2 (14 oz.) cans diced tomatoes, no added salt
- 1 medium green pepper (chopped)
- 6 cups cooked brown rice
- 1 (15 oz.) can red kidney beans, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon garlic powder

1. Heat olive oil in frying pan and cook onion and pepper in oil over medium heat until tender (about 5 minutes).
2. Add kidney beans, tomatoes and garlic powder and bring to a boil.
3. Reduce heat and simmer for 5 minutes.
4. Serve over brown rice.

Adapted from USDA "What's Cooking"

Brown Rice with Black Beans, Corn and Fresh Tomatoes

- 1 cup of brown rice
- 1 (13.4 oz.) can of black beans
- 2 cups of chicken broth or water
- 2 chopped fresh tomatoes
- 2 (8.75 oz.) cans of corn
- 4 tablespoons of olive oil

Optional: add finely chopped onion, red or green bell pepper and/or cilantro

1. Cook rice with chicken broth.
2. Rinse corn and black beans and add to cooked rice.
3. Add olive oil.
4. Add salt and pepper to taste.
5. Add fresh chopped tomatoes.

Contributed by David Olguin, Jonnycake Center of Hope

Chicken Stir Fry (4 servings)

- 1 cup brown rice, measure before cooking
- 2 cups water
- 2 skinless, boneless chicken breasts, thinly sliced
- 1 tablespoon brown sugar
- 2 teaspoons corn starch
- 2 tablespoons low sodium soy sauce
- 1 teaspoon ginger (optional)
- 1 tablespoon minced garlic, or 1 teaspoon garlic powder
- 1 onion (cut into chunks)
- 3 cups assorted vegetables: green pepper, broccoli, sliced carrots, water chestnuts, etc.
- 2 tablespoons sesame oil (or vegetable oil)

1. Bring rice and water to a boil in a saucepan over high heat. Reduce heat and simmer covered until rice is tender and liquid has been absorbed.
2. Combine soy sauce, brown sugar, corn starch, ginger and garlic in a small bowl, stir until smooth. Coat chicken with marinade and refrigerate for 15 minutes.
3. While chicken is in refrigerator, heat 1 tablespoon oil in a large skillet over medium heat. Stir in vegetables and onion and cook until tender, about 5 minutes. Remove vegetables and keep warm.
4. Remove chicken from marinade, saving liquid. Heat 1 tablespoon oil in skillet over medium high heat. Stir chicken and cook about 2 minutes on each side; return vegetables and marinade to pan.
5. Bring to a boil, stir and cook until chicken is no longer pink in the middle and vegetables are tender. Serve over rice.



TIPS FOR EATING OUT HEALTHILY

1. Restaurant portions are large; split a meal with someone else or take half of it home
2. Choose smaller portions, if available
3. Avoid the bread
4. Save money (and your health) and avoid sugar by skipping the sodas and ordering water with a slice of lemon
5. Choose foods that are baked, broiled, steamed or grilled; avoid fried foods
6. Ask for whole grain bread or pasta, or brown rice. Limit portions to ½-1 cup or ½ slice of bread
7. Request sauces and dressings “on the side” and use them sparingly; avoid cream sauces
8. Include 1-2 cups of vegetables
9. Consider fruit for dessert, if available
10. Most restaurant menus now list calories; use the information to compare items



ATMOSPHERE AT THE TABLE

- When possible, have the family eat together. Turn off the TV and mobile devices. Use dinner for a pleasant family conversation, and to catch up on family members' days. Avoid focusing on what your child is or isn't eating. A family meal doesn't have to be dinner; it can be breakfast or lunch if that fits your schedule better. If weekdays are a problem, try to schedule a family meal on the weekend. Children are more likely to eat fruits and vegetables when they eat with their families.
- Serve meals "family style" and let children serve their portions according to how hungry they are. Remember, your job is to serve a healthy meal; it's your child's job to eat it.
- Be a role model and try some of everything. Encourage your child to try new foods, but don't force them to eat. You can't win that battle and they will just become anxious about mealtimes.

Dessert!

Peaches & Cream Smoothies

- 1 (15 ounce) can peaches, with juice
- 1 banana, frozen or fresh
- 1 cup plain low fat yogurt

1. Peel the bananas, break into pieces, and put in the blender.
2. Add the peaches and yogurt.
3. Blend until smooth and pour into cups.

Baked Apple Dessert

- 8 cups apples (peeled, cored, diced)
- 1 teaspoon cinnamon
- 2 ½ tablespoons whole wheat flour
- ½ cup raisins

1. Mix together in a large bowl and put in a covered, microwave safe, casserole dish.
2. Microwave about 10-12 minutes or until soft and juicy (or may bake in the oven at 350° for about 40 minutes, but it will be less moist).

Fruit and Yogurt Parfait

- 2 cups vanilla yogurt
- 1 cup frozen berries
- 1/4 cup granola

1. Put 2 heaping tablespoons yogurt in each of 2 glasses, add 1 heaping tablespoon of frozen berries, repeat layers, end with 1 tablespoon of yogurt and sprinkle 1 heaping tablespoon of granola on top.



DO YOU REMEMBER BANANA SPLITS?

- 1 small banana
- 1/2 cup oat, corn, or granola cereal
- 1/2 cup low fat vanilla or strawberry yogurt
- 1/2 cup canned pineapple tidbits or chunks

1. Peel and split banana lengthwise. Place half in two separate cereal bowls.
2. Sprinkle granola over banana, reserving some for topping.
3. Spoon yogurt on top. Serve immediately.
4. Refrigerate leftovers within 2 hours.

<https://www.mainesnap-ed.org/recipes/breakfast-banana-split/>

From SnapEd Website

RESOURCES FOR 5

<https://www.actionforhealthykids.org/nutrition-toolkit/>

This interactive toolkit has tips for better nutrition for your child and some kid friendly recipes, too.

<https://www.chopchopfamily.org/>

ChopChop teaches children to cook using simple, fun, kid friendly lessons and recipes.

<https://ourbodiesminds.org/groups/sharing-healthy-recipes/>

Have a great healthy recipe? Know where to find fresh vegetables? Got tips for cooking with little time and money? Join the Sharing Healthy Recipes group established by Healthy Bodies Healthy Minds.

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children>

My Plate for Kids is an interactive site that teaches healthy eating through fun activities for kids.

<https://www.thecookierookie.com/cooking-measurements-kitchen-conversion-chart/>

This website is a good resource for those who are new to cooking and those who are not sure of measurement conversions.

https://www.huffpost.com/entry/what-nutritionists-serve-their-kids-for-breakfast_n_5a6a064ae4b06e25326577ec

Ever wonder what the “experts” feed their kids? Find out here.

<https://www.eatright.org/food/nutrition/healthy-eating/breaking-your-gradeschoolers-unhealthy-food-habit>

Has your child gotten into some unhealthy eating habits? Try these tips from the Academy of Nutrition and Dietetics.

Berry Crisp

Filling

1 bag (16 oz.) frozen berries (thawed)

2 tablespoons sugar

2 tablespoons whole wheat flour

1 teaspoon cinnamon

Crisp Topping

1/3 cup whole wheat flour

1/3 cup oatmeal

1/4 cup sugar

3 tablespoons margarine or oil

1. Mix berry filling and put in casserole dish with a cover.
2. Mix crisp topping and spread evenly on top of filling.
3. Cover and bake at 350° for 30 minutes or until it bubbles.
4. Broil for a minute or two until topping is lightly browned.

Oatmeal, Banana, Raisin “Cookies”

2 large, very ripe bananas, mashed well

1 cup plain oatmeal (from box, not packets)

1/3 cup raisins (or dried cranberries, or nuts)

1. Preheat oven to 350° F.
2. Lightly grease cookie sheet (or use parchment paper).
3. Lightly grind oats in food processor for about 1-2 seconds so some of the oats are powdery, but most are still flakes.
4. Add oats and raisins to mashed bananas.
5. Spoon mixture onto baking sheet and mold the “cookies” with your fingers.
6. Bake for 15-20 minutes (depending on “cookie” size) or until golden brown.

Adapted from <https://www.onecleverchef.com/3-ingredient-banana-oatmeal-cookies/>



Peace Dale Library storytime



2

**NO MORE THAN 2 HOURS OF
RECREATIONAL SCREEN TIME**



THE “RULES” OF KEEPING SCREEN TIME TO 2 HOURS OR FEWER

- Set screen time limits; provide another activity the family enjoys
- Help your child choose TV shows or computer activities you can approve
- Avoid TV and other screen time in the bedroom; it can cause issues with sleep
- Consider making a “no screens at the dinner table” rule
- Try a screen free day
- Monitor the TV shows and computer sites your child views

SOME FUN ALTERNATIVES

- Read a book
- Write a story
- Play a board or card game
- Make up your own play and act it out
- Color or draw
- Make a homemade “art project”
- Make a homemade “science project”
- Cook together
- Build something with Legos
- Or get in your one hour of physical activity

WHO NEEDS A SCREEN, ANYWAY?



MAKE YOUR OWN VOLCANO

You will need the following items:

- a mountain made of dough, papier mache, or mud (*for dough use play dough recipe below*)
- Ingredients to cause the eruption
 - 2 tablespoons of baking soda
 - 1 squirt of liquid dish soap
 - 2 drops of red food coloring
 - 1 oz. vinegar

1. Mix the dough (or mud) and mold it in the shape of a mountain, on a tray with sides or in a box lined with foil to contain the eruption. Form a small center using your hands or by pushing in the top with a $\frac{1}{4}$ cup measuring cup.
2. Pour the baking soda, dish soap and food coloring into the small center of the volcano you have formed and mix.
3. Add the vinegar and your volcano will erupt!



HOMEMADE PLAYDOUGH

Playdough ingredients:

- 4 cups flour
- 1 $\frac{1}{2}$ cups salt
- 1 cup warm water
- 2 tablespoons of vegetable oil
- Food coloring, optional
- sandwich bags (*if you want to save it for another day*)

1. Divide the flour into four bowls (1 cup in each bowl).
2. Add $\frac{1}{4}$ cup plus 2 tablespoons salt to each bowl and mix.
3. Then add $\frac{1}{4}$ cup water and $\frac{1}{2}$ tablespoon oil into each.
4. Add a different color food coloring to each bowl.
5. Now mix each separately, knead until smooth and form into a ball
6. Your playdough is ready! (It may be stored in sandwich bags.)

See p. 34 for more 2 resources!

WHO NEEDS A SCREEN, ANYWAY? PART 2



MAKE SOME PAPIER MACHET!

You will need the following items:

1 cup flour

1 cup water

May add 2 tablespoons of salt to avoid mold

Newspaper (*may also use tissue paper, paper towels, old magazines, junk mail...any used paper*)

1. Mix flour, water and salt to a “glue” like consistency.
2. Tear paper into strips.
3. Coat paper strips with “glue” and begin your project.
4. TIP: you can blow up a balloon, use an old tissue box or a toilet paper roll for a mold to cover with your papier mache or just make your creation without a mold. Colored tissue paper or magazine ads make it more colorful! (*Look in the Rose Hill dump library for old magazines.*)



HOMEMADE FINGER PAINT

1 cup cornstarch

½ cup cold water

2 tablespoons dish soap

½ cup hot water

Add Red, yellow, green and blue food coloring

1. In medium bowl, stir together cornstarch, cold water and dish soap.
2. Add hot water and beat with electric mixer on medium speed (or hand mixer or wire whisk) until mixture is creamy.
3. Divide mixture into 4 small containers and add 4 drops of blue food coloring into one container, red into another, etc. to make the colors of paint you want to use; then stir each until well mixed.
4. Store covered at room temperature.

WHO NEEDS A SCREEN, ANYWAY? PART 3



USE FINGER PAINT TO CREATE WRAPPING PAPER & CARDS

1. Use the back of fliers, reuse computer paper...any paper with a clean side.
2. Have child place their hand flat in the finger paint and then flat on the paper to make a print.
3. For wrapping paper make several prints. For greeting cards make one print on the front, fold in half or quarters and write your message inside.

KITCHEN MARCHING BAND

Make a marching band out of items in your own kitchen!

- Gather pots, pans, lids and wooden spoons and start banging on them.

Make your own maracas:

- Put beans in an empty toilet paper roll.
- Cover the ends with masking tape or duct tape and shake!



PAPER BAG PUPPETS: YAY!

You will need:

- One paper lunch bag
- Colored paper scraps such as wrapping paper, the back of fliers on colored paper, or tissue paper
- Glue
- Scissors
- Crayons or markers
- Your imagination! Get creative!



And don't forget the Legos®



1

**AT LEAST 1 HOUR OF
PHYSICAL ACTIVITY**



Richmond School

INSIDE OR OUTSIDE: GET IN AN HOUR'S PHYSICAL ACTIVITY

WORK PHYSICAL ACTIVITY INTO YOUR DAY

- Walk or bike to school or work
- Start a walking school bus in your community
- Park farther from your work or the store and walk partway
- Use the stairs

IDEAS FOR INSIDE ACTIVITY

- Play follow the leader
- Toss a nerf ball or balloon
- Play some music and Dance
- Make a game out of household chores

GO OUTSIDE AND PLAY

- Play hide and seek or jump rope
- Throw a ball or Frisbee
- Walk the dog
- Rake leaves and jump in them
- Make a snow fort
- Have a water fight
- Plant some flowers...or vegetables
- Ride a bike

DID YOU GET UP & GOING FOR AT LEAST 1 HOUR TODAY?



GAMES TO HELP GET MOVING!

Here are some games to keep you moving; some indoors, some outdoors, some either.

- 1. Dance contest.** Put on your favorite music and make up some new dance moves. Put them together into a new dance craze. See who can do each in order.
- 2. Follow the leader.** The youngest child is the first leader. The leader marches the group around the house (or outside in the yard or park) and adds moves like hopping on one foot, jumping, skipping, pretending you're a butterfly and flapping your wings, etc. and each person following must make the same moves.
- 3. Obstacle Course.** Set up an obstacle course indoors or outdoors. See who can get through the obstacle course the fastest. Better still: race against your own time to see if you get faster with practice. If children are a variety of ages, give more difficult obstacles to older children.

4. Fruit & veggie freeze tag. One player is “it”. He/she chases the other players trying to tag them. When the player who is “it” tags another player, that player must freeze.

They must stay frozen until another player tags them while calling out the name of a fruit or vegetable to unfreeze them. That player must name a fruit or vegetable which has not been named yet. If they repeat a fruit or vegetable then they are frozen also.

The last player to be “frozen” becomes “it” for the next round.

5. 5-2-1-Water. Sit in a circle with a soft ball or stuffed toy. Toss the ball or toy to someone else in the circle and name a fruit, vegetable, type of screen time, or type of physical activity as you toss it.

You must name the items in the following order:

- the first 5 people name a fruit or vegetable
- the next two people name a type of screen time (cell phone, computer, tablet)
- the next person names and performs a physical activity (jumping jack, toe touch, dance move)

BUT anyone who has the ball may interrupt the order of the game by yelling “water” and running around the outside of the circle. Then, players must start at the beginning again with fruits and vegetables.



**See p. 34
for more |
resources!**



**0 SUGARY DRINKS;
WATER & MILK INSTEAD**

SO MANY HEALTHY OPTIONS FOR DRINKING

- Drink unsweetened sparkling water, seltzer or keep a pitcher of cold water in the refrigerator
- Try frozen fruit or a slice of orange or lemon to flavor your water
- Freeze pieces of fruit into ice cubes and add to water to make it fun
- Even 100% juice contains a lot of sugar!
Suggested juice limits:
 1. No more than to 4-6 oz./day for children 1 to 6 years;
 2. No more than 8-12oz./day for children over 6 years.
- Try diluting juice or avoiding it altogether
- Soda, Kool-Aid, fruit punch and other sugar sweetened beverages should be avoided or offered only for special occasions.
- Sports drinks are unnecessary; they contain not only sugar, but salt. The best way to replace lost water is WATER!
- Energy drinks are too high in caffeine especially for children. They can cause a jittery feeling, headaches, sleep problems and dehydration.



WHAT ABOUT MILK? EXCELLENT FOR CALCIUM

Growing children need calcium, and milk or a milk alternative is an excellent source. Young children can drink 2-3 cups, preteens and teens may need 3-4 cups each day to meet their calcium needs.

Other sources of calcium are yogurt, cheese, or calcium fortified foods such as cereals, soy milk or tofu.

How much sugar do YOU drink?

DRINK	SIZE (ounces)	GRAMS SUGAR	TEASPOONS SUGAR
Coca-Cola Classic	20.0	65	15.0
Chocolate Milk	8.0	18	4.0
Apple Juice	15.0	48	10.0
Gatorade	20.0	34	8.0
Lemonade	11.5	40	9.5
Orange Juice	11.5	33	8.0
Water	12.0	0	0

Compass School Summer Camp Project

RESOURCES FOR 2

<https://www.eatright.org/food/nutrition/eating-as-a-family/does-tv-influence-what-your-child-eats>

The Academy of Nutrition and Dietetics explains how TV can influence what your child eats, and how to avoid it.

<http://www.takethechallengenow.net/>

Take The Challenge is a media education program that helps families to “Turn Screens OFF... Turn Life ON”. It addresses issues from pre-school through high school to help reduce children’s screen time and replace it with a variety of healthier activities.

<https://www.screenagersmovie.com/>

Films about the struggles over social media, video games, and academics in kids.

<https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>

Create a Family Media Use Plan! A plan can help children balance their online and off-line lives.

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

Mayo Clinic experts explain the problems with too much screen time, how to develop screen time rules and many other helpful tips.

RESOURCES FOR 1

<https://www.bokskids.org/>

BOKS is a free physical activity program that improves kids physically, socially and mentally by strengthening their minds and bodies through movement.

<https://kidshealth.org/en/parents/exercise.html>

Kids Health from Nemours explains the benefits of exercise, the different parts of fitness, the risks of being sedentary, and advantages of physical activity.

<https://www.exploreri.org/riwalks/>

Keep track of your walks and what you see through RI Walks! Rate trails, post photos, set a personal goal and track your progress.

[ExploreRI.org](#)

Find directions, descriptions & trail maps for the best places to walk in Rhode Island.

<https://kidshealth.org/en/kids/no-sports.html?WT.ac=ctg#>

For the child who doesn’t like sports.

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=307&id=1448>

Free, fun, physical activities for your family? Try Women’s and Children’s Health Network.

<https://health.gov/MoveYourWay/Get-Kids-Active/>

Move Your Way helps you choose the activities that work for you. It’s an interactive site that provides tools to fit more activity into your child’s day.

<https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

Looking for ways to stay active with your children on a rainy day? Here are 15 fun indoor activities that can even be done in small spaces. The site provides pictures and videos showing how to make your own foosball game from paper!

<https://kidshealth.org/en/kids/no-sports.html?WT.ac=ctg#>

For the child doesn’t like sports. Kids Health from Nemours has suggestions.

<http://www.rifamiliesinnature.org/>

Rhode Island Families in Nature has great ideas for local outdoor activities and exploring Rhode Island’s natural places. Experience the many benefits of nature.

RESOURCES FOR 0

<https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

The Academy of Nutrition and Dietetics explains why kids need water and how much.

<https://kidshealth.org/en/kids/water.html>
“Why Drinking Water is the Way to Go”, explains to kids why water is important.

<http://dhss.alaska.gov/dph/PlayEveryDay/pages/How-to-Find-the-Added-Sugars.aspx>

The sugar calculator shows you how to use labels to find out how much sugar is in your drink. (or other foods)

For making the *Oh-So-Healthy Recipe Book* possible,
we thank:



and



Women's Club of South County

5-2-1-0 IS BROUGHT TO YOU LOCALLY BY



WWW.BODIESMINDS.ORG

A storehouse of information on healthy eating, active living, mental wellness and fostering healthy child development. Visit our organization's website above.

*To engage in dialogue with your Washington County neighbors on a variety of health and wellness topics, go to **ourbodiesminds.org** where you can join a conversation or start an action group.*

Healthy Bodies, Healthy Minds is one of Rhode Island's 10 Health Equity Zones (HEZ), *funded in part by the **Rhode Island Department of Health.***



*Drawing by Ella Carvalho, age 13,
Narragansett Pier Middle School*



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