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Healthier Habits

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Don't let Winter Slow you Down

It is that time of year again—time to hibernate indoors, eat good food, and wait for winter to pass. If you do just that, you will awake from your winter slumber in March tired, with less energy and probably weighing a few more pounds. Don't let winter slow you down. Even if you don't feel like running in the snow, there are plenty of things you can do to stay active.

- Join a winter sports team or league.
- Try out some of those workout DVD's you bought but haven't used yet.
- Join a local YMCA or fitness center.
- Walk
- Turn on some music and dance.
- Take the stairs instead of the elevator.
- When watching TV, do push-ups, jumping jacks, or stretches during the commercial breaks.
- Be creative and move!



January & February National Food Days

1/6– Bean Day
1/9– Apricot Day
1/19– Popcorn Day
1/20– Cheese Lover's Day
1/21– Granola Bar Day
1/24– Peanut Butter Day
1/28– Blueberry Pancake Day
2/4– Homemade Soup Day
2/16– Almond Day
2/21– Biscuits & Gravy Day
2/26– Pistachio Day
2/27– Strawberry Day
2/27– Chili Day

Food Safety: Wash Your Hands!

During the winter season we hear a lot about washing hands to prevent the spread of the flu. Washing your hands is always important, though, especially for food safety.

Illness-causing bacteria can survive on hands. If hands are not washed correctly, this bacteria can be spread to food and then to whoever eats the food.

So, before you begin working with food wash your hands following these simple steps:

1. Wet your hands with warm running water and apply soap.
2. Rub hands together to

make a lather. Be sure to scrub backs of hands, in-between fingers, and under fingernails.

3. Continue rubbing for at least 20 seconds. (Hum or sing "Happy Birthday" twice.)

4. Rinse hands under running water.

5. Dry hands using a clean towel or air dry.

When to Wash Your Hands

- Before eating food.
- Before, during, and after preparing food.
- Before and after treating a cut or wound.
- Before and after caring for someone who is sick.
- After handling uncooked eggs, or raw meat,

poultry, seafood, or their juices.

- After touching garbage.
- After blowing your nose, coughing or sneezing.
- After touching an animal or animal waste.
- After going to the bathroom.

This information is from www.foodsafety.gov/kepp/basics
For more information please visit the site.



If you would like to learn about the USDA's lunch and breakfast requirements, please visit www.traytalk.org.

Healthier Habits

Start your Day the Right Way— Eat Breakfast

You have probably heard a million times that breakfast is the most important meal of the day. Well, guess what? It is!

Kids who eat breakfast...

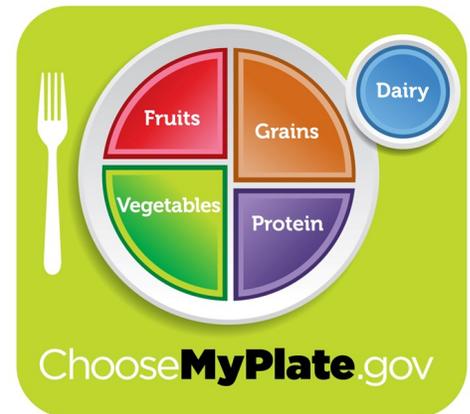
- do better in school.
- have better concentration.
- have more energy.
- are less likely to be overweight.

If you don't eat breakfast, you may feel hungry, tired, and cranky during the morning. You might also have a stomachache or headache and may not be able to pay attention to what is going on.

One reason for skipping breakfast is going to bed late and getting up late which means rushing around to get

ready for school in the morning. If that sounds like you, try eating breakfast at school or having quick foods ready to grab in the morning such as the smoothie below.

For the best breakfast, try to include foods from 3 or more different food groups



Smoothies, without the Blender

Hungry for a smoothie, but don't have a blender? No problem!

Cinnamon Apple Smoothie

Ingredients

- 1/2 cup low-fat vanilla yogurt
- 1/4 cup 100% apple juice, chilled
- 1/4 cup applesauce, unsweetened, chilled
- 3/4 tsp. cinnamon

Strawberry Pineapple Smoothie

Ingredients

- 1/2 cup low-fat, strawberry yogurt
- 1/4 cup pineapple juice, chilled
- 1/4 cup applesauce, unsweetened, chilled

Orange Smoothie

Ingredients

- 1/2 cup low-fat vanilla yogurt
- 1/4 cup 100% orange juice, chilled
- 1/4 cup applesauce, unsweetened, chilled

Directions

1. Choose smoothie of your choice, and mix all ingredients together well.
2. Drink immediately, or refrigerate. Can be refrigerated overnight if you want to enjoy your smoothie for a quick breakfast.
3. Get creative! Use these recipes as a guide to help you create your own smoothie recipes.

All recipes make 1, 8 oz. smoothie. Each smoothie contains 1/2 cup fruit.

Recipes adapted from www.generalmillscof.com

