



February



Building a Healthy SASD



There's No Place Like Home Make Healthy Meals a Family Affair

Plan a weekly menu: Plan, pick recipes and make a shopping list with the whole family.

Cook once, eat twice: Cut down on your prep time. Cook and freeze key foods in smaller batches, like lean ground beef or turkey, so it is ready to add to tacos, spaghetti sauce and chili.

Pack your pantry and refrigerator: Keep staples on hand like canned beans, tuna and fruit; whole-wheat pasta and brown rice; and frozen vegetables. Clean, slice, chop and dice your vegetables all at one time. Then, they are ready for meals and snacks during the week.

Baked Chicken Nuggets

Makes 4 servings (1 serving = 3 ounces)

Pre-heat oven to 400° F

Ingredients:

1 1/2 pounds chicken breasts or thighs, boneless, skinless
1 cup cereal crumbs, cornflake type
1/2 teaspoon Italian herb seasoning

1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon paprika

Instructions:

1. Cut chicken into bite-size pieces.
2. Place cornflakes in plastic bag and crush with rolling pin.
3. Add seasoning, garlic and onion powders and paprika to cornflake mixture. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to evenly coat.
5. Place chicken pieces on greased cookie sheet so they are not touching.
6. Bake until golden brown, about 12-14 minutes.



Get Kids Involved

Having your kids help prepare the meal will teach them the importance of healthy eating. Picky eaters will be more likely to try new foods when they sit down to a meal they have helped make. For kid-friendly recipes packed with healthy fruits and veggies go to www.fruitsandveggiesmorematters.org

Be Active As a Family

Being active as a family allows you to be a good role model and it's a chance to have fun together.

Try these fun family activities

- Do a fitness DVD together, like boxing or yoga.
- Bundle up and go for a family walk after dinner
- Keep a ball, Frisbee, or jump rope in your car.



For more information and healthy recipes, visit:

<http://www.healthykids.nsw.gov.au/>

<http://recipefinder.nal.usda.gov/>

<http://www.healthierus.gov/exercise.html>



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