

March 2017

Healthy Way to Grow: Colorado

March is National Nutrition Month!



Nutrition & Physical Activity Books:

- **How did that get in my lunchbox? The Story of Food** by Chris Butterworth
- **The Boy Who Loved Broccoli** by Sarah A. Creighton
- **To Market to Market** by Nikki McClure

Recipe of the Month: This Simple Cooking with Heart recipe is a healthy twist on a kid favorite! It is a simple yet tasty meal that will quickly become a family favorite dinner! Better yet, you can make the chicken tenders in batches and freeze them for reheating later.

Chicken Tenders

Ingredients:

- 1 lb. boneless, skinless visible fat removed chicken breasts cut into 1" strips (or chicken tenderloins).
- 1/3 cup whole wheat flour
- ½ tsp. black pepper
- 1/3 cup skin milk
- 2 Tbsp. low-fat, low-sodium grated parmesan cheese
- 1/3 cup quick cooking oats
- 1 tsp. garlic or onion powder

Directions:

- Preheat oven to 375 degrees. Spray a baking sheet with cooking spray.
- On a plate or shallow dish, combine flour and pepper. Pour milk into a second shallow dish.
- In another shallow dish, combine parmesan, oats, and garlic/onion powder.



Recipe & Photo Credit:
recipes.heart.org

(Directions Continued):

- One at a time, dip chicken strips into flour and turn to coat. Then dip in milk, and then oak mixture, turning until well coated.
- Place coated strips on to prepared baking sheet. Give them a light spray with cooking spray.
- Bake for 20 minutes until golden-brown and cooked through.

Nutrition Activity: When your children are trying chicken during meal time, ask them questions, like:

- What food group does chicken belong in?
- How many chicken fingers does your body need?

Family Wellness Corner: **GO** foods should be eaten often; **SLOW** foods should be eaten sometimes; and **WHOA** foods should be eaten sparingly.

- When choosing foods in the grocery store or at home, talk to your child about what foods are GO, SLOW and WHOA.
- As a family, list 3 GO foods that you will eat every day for a week and post the list on your refrigerator as a reminder.

Before bed time, talk to your child about GO foods they ate today.

- Grapes are a GO food. Enjoy this finger play with your child:



Five green grapes growing on a vine (Hold up five fingers.)
 I picked one cause it looked so fine (fold down one finger)
 Four green grapes growing on a vine (Hold up four fingers.)
 I picked another for my Valentine (fold down one finger)
 Three green grapes growing on a vine. (Hold up three fingers.)
 I ate another, I couldn't decline (fold down one finger)
 Two green grapes growing on a vine (Hold two fingers up.)
 I ate another in the sunshine (fold down one finger)
 One green grape growing on a vine (Hold up one finger)
 I ate it too, cause they were all mine (Fold down last finger)

Physical Activity Ideas:

For Toddlers/Preschoolers –

- Children develop body awareness and listening skills as they play a game of red-light, green-light based on GO, SLOW, and WHOA foods.
- When you say a GO food, run in place, when you say a SLOW food, walk in place, and when you say a WHOA food, sit down. Take turns calling out foods with your child.



For Infants –

- Lie your baby on their tummy, as tolerated, for "tummy time". Encourage your baby to reach for healthy GO foods in front of them, such as oranges or apples.

Activity Credit:

<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/eatplaygrow-gsw.htm>