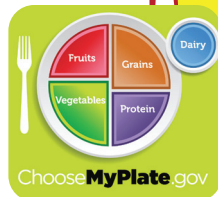


Be the Change Choose Whole Grains!

School Nutrition Program

October 2011

Go Grains!



Whole grains are for the whole family! While learning to eat whole grain products may be a challenge at first, they provide many benefits to your body. The nutrients found in whole grains are likely to reduce heart related diseases, lower the risk for diabetes, reduced bad cholesterol, and lower the risk for some cancers! These powerful components of whole grains even promote weight loss and good digestive health! **Delicious and nutritious choices of whole grain products include popcorn, oatmeal, and brown rice. Go get Grains for your Whole family!**

Manners Matter!

Minding your manners is a part of being kind and considerate of others. Whether you are in a restaurant, at home, or at a friend's house, **practicing your manners can show others that you understand the importance of being polite!**

- ★ **Eat with a fork or spoon unless the food is a finger food.**
- ★ **Sit up straight and only rest your wrists or forearms on the table.**
- ★ **Chew with your mouth closed.**
- ★ **Wait until everyone is served before eating.**
- ★ **Ask to be excused and thank the host when you are finished.**

Hip Hip Hooray!

National School Lunch Week is October 10-14, 2011.

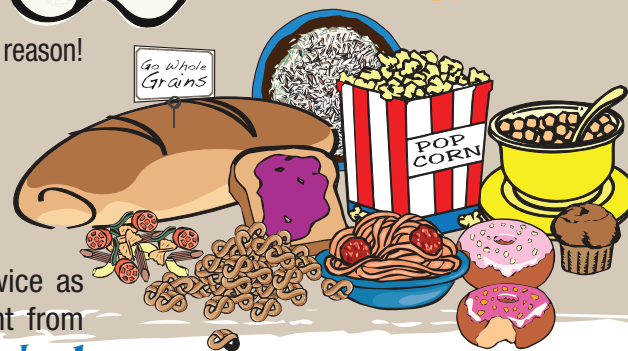
Lunchtime is the favorite part of the school day for many kids...and for good reason! Students who eat school lunches consume:

- **LESS CALORIES** from fat
- **MORE VEGETABLES, MILK PRODUCTS, and PROTIEN-RICH FOODS**
- **LESS SODA** and fruit drinks
- **LESS SALTY SNACKS** than students who bring their lunch from home

In addition, school lunches contain 3 times as many dairy products, twice as much fruit and seven times the vegetable amounts as lunches brought from home. **Celebrate National School Lunch Week at your school this month!** View research sources at: www.schoolnutrition.org



Q: What is a ghost's favorite fruit?
A: A Boo-nana!



Believable But Bogus

High fiber equals a whole grain product.

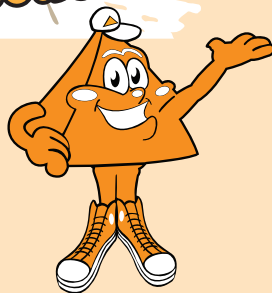
Unfortunately, the fiber content of a product is not a reliable source to determine if a product is made with whole grains. Color is also a poor indicator of whole grains. **The best way to determine if a product is made with whole grains is to read the label.** Look for terms such as 100% whole grain or 100% whole wheat. The Whole Grains Council Stamp is also a reliable indicator of whole grains.

Great Grain-Cakes

Recipe Rescue:

Ingredients:

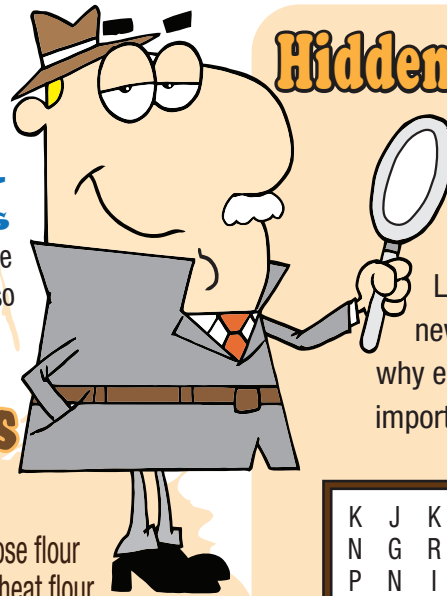
- 1 1/2 cups all-purpose flour
- 3 Tbsp sugar
- 1 1/2 Tsp baking powder
- 1/2 Tsp baking soda
- 1/2 Tsp salt
- 1 1/2 cups buttermilk
- 1 Tbsp vegetable oil
- 2 eggs



GRAIN RANGER
Platemate

Rescue with:

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 Tbsp sugar
- 1 1/2 Tsp baking powder
- 1/2 Tsp baking soda
- 1/2 Tsp salt
- 1 1/2 cups low-fat buttermilk
- 1 Tbsp vegetable oil
- 1 large egg
- 1 large egg white



Hidden Healthies

Use the word bank below to find the Hidden Healthies. Look back through the newsletter to remember why each of these words is important to your daily diet.

K	J	K	G	V	B	W	M
N	G	R	A	I	N	H	L
P	N	I	O	L	N	O	E
D	F	E	N	R	P	L	O
M	E	N	N	E	R	E	S
G	R	N	A	B	B	N	E
A	U	G	I	I	P	J	M
X	V	C	Y	F	P	R	Y
H	M	A	N	N	E	R	S
L	M	A	T	T	E	R	T

GRAIN REFINED MANNERS

WHOLE FIBER MATTER

Directions: Combine dry ingredients. Combine wet ingredients in separate bowl. Add wet to dry, stirring just until moist. Spoon batter into nonstick, hot pan. Turn when bottoms are brown. Serve hot.

healthy 
Houson COUNTY SCHOOLS



For more information, please contact us or visit our website.
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