

# Produce of the Month

Growing Healthy Students

## Parent Newsletter - February

The **Produce of the Month** featured vegetable is

# broccoli



### Let's Get Physical!

- To find parks in your neighborhood, visit Places to Play at: [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)
- Start a weekly walking routine with your child. Invite your neighbors or child's friends to join you.
- While watching TV, challenge your child to a push-up or sit-up contest during commercial breaks.

For more ideas, visit:

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)

### Take the Challenge

The Kids Challenge is an online program that helps kids track their fruit and vegetable consumption as well as physical activity.

To sign your child up today, visit:

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)

## Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school.

**Produce of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

## ITALIAN BROCCOLI AND PASTA

### Ingredients:

(Makes 4 servings at 1¼ cups each)

- 2 cups uncooked fettuccine noodles
  - Nonstick cooking spray
  - 3 tablespoons chopped green onion
  - 2 cups broccoli florets
  - ½ teaspoon dried thyme
  - ½ teaspoon dried oregano (or 1½ teaspoons fresh oregano)
  - ½ teaspoon ground black pepper
  - 1 (14½-ounce) can stewed tomatoes, not drained
  - 2 teaspoons grated parmesan cheese
1. Cook fettuccine according to package instructions.
  2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
  3. Add seasonings and tomatoes. Simmer until heated.
  4. Spoon warm vegetable mixture over fettuccine and top with cheese.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

### Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

### Recommended Daily Amounts of Fruits and Vegetables\*\*

Kids, Ages 5 - 12	Teens, Ages 13 - 18	Adults, Ages 19+
2.5 - 5 cups per day	3.5 - 6.5 cups per day	3.5 - 6.5 cups per day

\*\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more

## Nutrition Facts

Serving Size 1 cup, chopped (91g)

Amount per Serving

Calories 31 Calories from Fat 3  
% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 9%

Sugars 2g

Protein 3g

Vitamin A 11% Calcium 4%

Vitamin C 135% Iron 4%

Source [www.nutritiondata.com](http://www.nutritiondata.com)

### Healthy Help

- Take your child with you to the grocery store. Ask your child to help you pick out a "rainbow" of fruits and vegetables.
- Encourage your child to eat the school meals. Ask your child's teacher or call the school district's main office for more information.
- If your child brings a lunch, pack 100 percent fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.
- Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

### Helping Your Kids Eat Healthy

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit:

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.