Helping Your Kids Eat Healthy

• Buy baby carrots to take with you for an easy, on-the-go snack.
• Add raw carrot sticks as a crunchy side dish at lunch.
• Grate carrots into salads and over soups to add a crunchy, sweet flavor.
• Carrots are a great addition to any meal. They can be eaten whole, sliced into sticks, cut into rounds, chopped or shredded. Ask your child to help think of fun ways to include carrots in family meals.

For more ideas, visit: www.gethealthyclarkcounty.org

Let’s Get Physical!

• TV Turn-off Week is April 19 - 25. Encourage your child to turn off the TV and be active.
• Take your child to the park. To find local parks in your neighborhood visit the Places to Play page at www.gethealthyclarkcounty.org
• With longer daylight hours, go for family walks after dinner.

For more physical activity ideas, visit: www.kidnetic.com

Healthy Help

• Set a good example. Snack on fruits and vegetables instead of cookies and chips.
• At least once a week, let your child help you plan and make a healthy meal.
• Let your child be the teacher and tell you why eating fruits and vegetables is important.


VEGETABLE QUESADILLAS

Ingredients:
(Makes 4 servings at 1 quesadilla each)
1 large carrot, grated
1 zucchini, grated
8 flour tortillas
½ cup shredded cheese
Bottled hot sauce, to taste

1. In a bowl, mix carrot and zucchini.
2. Sprinkle ½ cup mixture over four tortillas. Top each with 3 tablespoons cheese. Add hot sauce.
3. Cover with a second tortilla.
4. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan and cook 1 minute.
5. Turn over and cook 1 minute longer or until cheese melts.
6. Cut each quesadilla and serve warm.

Adapted from: Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup, chopped (128g)</th>
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<tbody>
<tr>
<td>Amount per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>52</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
<td>0g (0%)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g (0%)</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
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<tr>
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<tr>
<td>Iron</td>
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<tr>
<td>% Daily Value</td>
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Source: www.nutritiondata.com

Produce Tips

• Carrots are in season all year long.
• Look for long, thick, deep-orange carrots. Make sure they have no bumps or cracks.
• Avoid carrots that are wrinkled or soft.
• Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
• If you buy carrots with the green tops still on, break off the tops and rinse the carrots.
• Do not store with fruits. Fruit gives off a natural gas that can make vegetables go bad.

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

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.