Helping Your Kids Eat Healthy

• Keep grapes washed and ready in the refrigerator for a quick, after-school snack.
• Toss grapes into green salads.
• Add sliced grapes to pita sandwiches, chicken salads and pastas.
• Freeze grapes for a quick snack.
• Carry raisins with you for a ready, on-the-go snack.

For more ideas, visit: www.freshcaliforniagrapes.com

CHICKEN-GRAPE PASTA POCKETS

Ingredients:
(Makes 4 servings at 4 pockets each)
1 ½ cups seedless grapes, halved
1 cup diced, cooked chicken
¼ cup lowfat yogurt, plain
½ cup chopped celery
1 tablespoon minced green onion
1 teaspoon Dijon-style mustard
16 jumbo shell macaroni, cooked and drained

1. Combine grapes, chicken, yogurt, celery, green onion and mustard. Mix well.
2. Stuff mixture into shells (pockets) and serve.


Healthy Help

• Set a good example. Buy and serve fresh fruits and vegetables instead of foods high in fat, sugar and sodium.
• Drink 100 percent fruit and vegetable juices instead of high-calorie sodas.
• Frozen, canned and dried fruits and vegetables are just as nutritious as fresh. Keep a variety in your kitchen for more meal options.
• Encourage your child to try at least one new fruit or vegetable each week.

Let’s Get Physical!

• Participate in outdoor activities and take advantage of more hours of daylight.
• Parks provide dozens of recreational opportunities to explore nature, histories and cultures. To find a park near you, visit: www.gethealthyclarkcounty.org

April is a great time to try new fruits and vegetables and be active, outdoors. Studies show that proper nutrition and regular physical activity can improve a child’s mood, memory and classroom behavior - even test performance. With Produce of the Month, your family can explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

Health and Learning Success Go Hand-in-Hand

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