



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2011

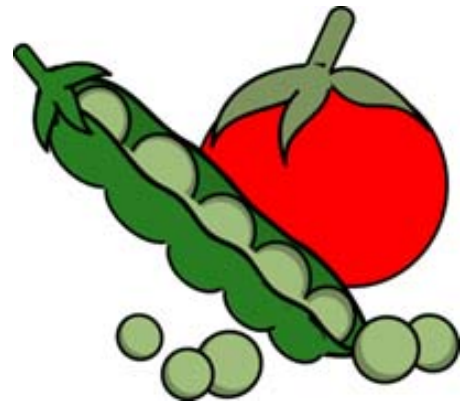
Chicken Rice Casserole

Stir this casserole together for an easy meal.

Makes 4 Grown-up Servings

Ingredients:

- 1 $\frac{1}{2}$ cups cooked brown rice
- 2 cups cooked chopped chicken
- 1 cup frozen peas
- 2 tablespoons vegetable oil
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped celery
- 3 tablespoons flour
- 1 can (14.5 ounces) chicken broth
- Breadcrumbs



Directions:

1. Heat the oil in a skillet. Add the onion and celery to the oil. Cook and stir for 2 minutes. Add the flour to the vegetables and stir together.
2. Add the broth to the vegetables. Cook and stir until it is thick and smooth sauce.
3. Combine the sauce with the chicken, rice and peas in a large bowl.
4. Place the mixture into a 2 quart casserole dish that has been sprayed with cooking spray.
5. Sprinkle with breadcrumbs.
6. Bake in a 375° oven for about 25 minutes.

Time to Dance

Dancing does the body good.
When the weather is cold outside
turn on the music and dance with your children.
Have fun and be active together.

Try a new dance:

Hop like a Bunny
Roll and Crawl like a Snake
Swim like a Fish
Fly like a Bird or Bat

Freeze Dance!

Dance with your children to the music.
Turn off the music and freeze (stop) in place when the music stops.

What funny positions do you and your children stop in?



Sweet Endings

*Make half of your child's plate fruits and vegetables.
End a meal with fruit.*

Keep it simple - offer any fruit by itself:

- ♥ Dish of applesauce
- ♥ Canned peaches or pears
- ♥ Mandarin oranges
- ♥ Kiwi slices
- ♥ Banana slices
- ♥ Canned pineapple

Spice up your fruit:

- ♥ Sprinkle with a little cinnamon.
- ♥ Sprinkle with a little crushed graham cracker.
- ♥ Top with a spoonful of yogurt.
- ♥ Sprinkle with a teaspoon of crushed breakfast cereal.



Winter Snacks

Banana Blizzard

Place bananas in freezer and freeze. Remove a banana from the freezer and peel it. Blend together 1 banana and 1 cup skim or 1% milk.

Yogurt Snowman

Place 3 spoonfuls of yogurt on a plate in the shape of a snowman. Decorate with small pieces of fruit - chopped banana, strawberry, blueberry, peach or pineapple. Use pretzel sticks for arms. Use a cracker for a hat.



Peanut Butter Snowballs

Mix 2 cups of crushed graham crackers with $\frac{1}{2}$ cup peanut butter. Shape into small balls. Roll in powdered sugar.

Pancake Snowman

Make tiny pancakes in 3 different sizes. Place 3 pancakes on a plate in the shape of a snowman. Decorate with small pieces of fruit. Top with some applesauce and eat!



What Can You Do?

- Make half my plate fruits and vegetables.
- Offer fruit at the end of a meal.
- Dance with my child.
- Other: _____



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