



Smart Eating Makes The Grade

"What's For Supper"

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A busy family schedule can make cooking healthy meals a challenge.

Try these simple solutions:

- ◆ **Cook extras.** Leftover meats can be used for a delicious fajita meal or stir-fry.
- ◆ **Stock up.** Bagged salads, pre-cut or frozen vegetables, pasta and pasta sauces can help you make a meal in minutes.
- ◆ **Use a slow cooker or crock pot** to help make meals without fuss.
- ◆ **Plan meals in advance.** This will avoid the need for fast foods on busy evenings and save on extra trips to the grocery store.
- ◆ **Try simple and nutritious meal ideas.** Scrambled eggs and a salad or grilled chicken and vegetable sticks can make great quick dinners.



Did you know?

- ◆ Research shows that eating supper together as a family is linked with healthier eating patterns.
- ◆ Families who eat together generally eat more balanced meals that include more fruits and vegetables, less fried food and soft drinks, less saturated and trans fat, and more fibre and essential nutrients in their diets.



Breakfast Bites

Eating a balanced breakfast can help control your children's appetite for the day. It helps to boost their energy level so they can be active, focus, and pay better attention at school.

Last night's leftovers like pizza or spaghetti can be a great breakfast. Serve with a glass of milk and a piece of fruit to make it a balanced meal.

Healthy Bodies Healthy Minds

Being active for 60 minutes every day can help students:

- * Improve their health
- * Do better in school
- * Improve their fitness
- * Grow stronger
- * Have fun playing with friends
- * Feel happier
- * Maintain a healthy body weight
- * Improve their self-confidence
- * Learn new skills



Make activity fun! Try...

- * Building and decorating a Snowman
- * Catching snowflakes and examining their differences
- * Having an indoor hula hoop competition
- * Building an indoor or outdoor fort



Choose this instead of.....

Fast food can quickly become the only option for busy families on the go. Here are some healthful alternatives when eating at fast food restaurants:

Choose more often:

- * Garden Salad
- * Mini subs, pita sandwiches, plain grilled burgers/wraps/sandwiches, (ask for **extra** vegetables)
- * Vegetarian or cheese pizza with thin, whole grain crust

Choose less often:

- * Burgers/sandwiches with bacon, cheese, and high fat sauces
- * French fries, fried chicken, fried fish, poutine, hash browns
- * Pizza with pepperoni, sausage, bacon or extra cheese

Chicken Fajitas

(Makes 10 Fajitas)

- 2 tbsp lime or lemon juice
- 1 tbsp Worcestershire sauce
- ½ tsp each dried oregano, ground cumin and ground coriander
- ¼ tsp each garlic powder and pepper
- 1 lb boneless, skinless chicken breasts, cut into strips 3 x ½ inch (8 x 1 cm)
- 2 tsp vegetable oil
- 1 each medium onion, sweet green pepper and red pepper, sliced
- 1 340 g package small flour tortillas (10 per package)
- 1 cup low fat plain yogurt
- 1 cup prepared salsa

- 1) In bowl combine lime juice, Worcestershire sauce, oregano, cumin, coriander, garlic powder and pepper. Add chicken, stirring to coat. Marinate for 10 minutes or up to one hour in refrigerator.
- 2) In large non-stick skillet heat oil over medium-high heat; add chicken mixture and stir-fry for 2 to 3 minutes. Add onion and peppers; stir-fry for 3 to 4 minutes until chicken is no longer pink inside.
- 3) Warm tortillas in microwave on Low for 1 to 2 minutes.
- 4) Divide chicken mixture evenly among tortillas; top with yogurt and salsa.



Source: *SupperTime Survival*

For more nutrition topics, go to the news and events section of www.rha-central.mb.ca.

Nutrition Services Team

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