

Maschio's Food Services Inc. Cafeteria Connection

"Healthy Meals Grow Healthy Kids"

January 2009

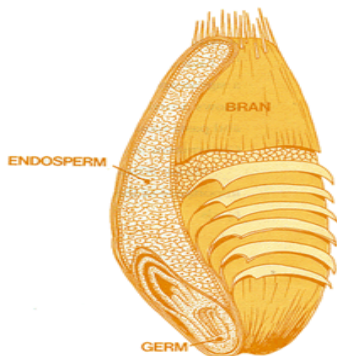


Whole Grains

Whole grains are the entire grain seed of a plant. This includes the bran, germ and endosperm. These grains include not only fiber, but lots of vitamins, minerals, essential fatty acids and other nutrients..

The 2005 Dietary Guidelines for Americans recommends that you make at least HALF of your grains whole. How can you do this? Look for products labeled as "100% whole wheat" or whole grain.

Try out oatmeal, whole cornmeal, wheat bread, brown rice, popcorn or whole wheat pasta. Or, check out the recipe below!



A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

WORD SCRAMBLE

AIGRN

HEATW

BEARD

RAGENO

MEOTAAL

Answers: Grain, Wheat, Bread, Orange, Oatmeal

This Winter get outside and be physically active!

Try having a snowball fight, skiing, sledding or a chilly game of tag!



Fruit of the Month: **ORANGE**

Veggie of the Month: **Leafy Greens**



Recipe Corner: Whole Wheat Pumpkin Muffins

INGREDIENTS:

1/2 cup raisins
1.5 cups whole wheat flour
1/2 cup packed brown sugar
1 teaspoon pumpkin pie spice
3/4 tsp. baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 eggs
3/4 cup canned pumpkin puree
1/2 cup vegetable oil
1/2 cup honey
1/2 cup chopped walnuts

DIRECTIONS:

-Preheat the oven to 350 degrees F. Grease a 12 cup muffin pan, or line with liners.
-Place the raisins in a cup, and add enough hot water to cover. Let stand for a few minutes to plump.
-In a large bowl, stir together the whole wheat flour, brown sugar, pumpkin pie spice, baking powder, baking soda and salt.

-Make a well in the center, and put in eggs, pumpkin, oil and honey. Mix just until the dry ingredients are absorbed.
- Drain excess water from raisins, and stir in along with the walnuts. Spoon into muffin cups so they are about 2/3 full.
- Bake for 18 minutes or until the tops spring back when touched.

FAQ Corner

I often get asked for advice on how to introduce new foods (especially fruits and vegetables!) to a picky eater. Below are some tips for encouraging your child to try new foods:

Keep a fruit bowl on the counter and pre-sliced veggies in the fridge to grab-n-go- if its seen convenient its more likely to be eaten!

Try different textures, for example cooked, mashed, baked or raw and crunchy.

Take your child to the grocery store and allow them to pick out a food they'd like to try. Then involve them in cooking the food- they will take ownership of the meal and be proud of their work.

Be a good role model- eat fruits and vegetables and be adventurous as well

Remember- Be patient! It takes approximately 10-15 tries of a new food before acceptance- don't give up!

Hallie Halsey, R.D.

Maschio's Food Services