



# NUTRITION NEWS!

MODULE 2

## CHILE PROJECT GOALS

- ☒ Families will eat more fruit, vegetables, and foods made with whole grains
- ☒ Families will eat less sugar and high-fat foods
- ☒ Families will be more physically active
- ☒ Families will watch less TV

Bring your child with you to the store to look for pears and broccoli.



## WHAT'S UP...

Lately, your child has been tasting broccoli and pear in classroom activities, meals, and snacks at Head Start. Look for the CHILE take home activities that include recipe ideas for broccoli and pear. The more times you and your child try these new foods together, the more likely your child is to enjoy these foods throughout his or her life. Try adding broccoli and pear into meals and snacks at home over the next few weeks. Don't forget to cut broccoli and pear into small pieces no larger than ½ inch to prevent choking. Some ideas include:



- Enjoy steamed broccoli pieces as a colorful side dish at any meal.
- Add small broccoli pieces to any pasta for added color and flavor. Check out the **Macaroni and Cheese and Trees** recipe in this CHILE newsletter.
- Bake a mini broccoli pizza. Add several broccoli pieces to an English muffin covered with pasta sauce. Sprinkle on part-skim mozzarella cheese and bake in the oven until crispy.
- Substitute pears for apples and make home-made pear applesauce. Peel, core and chop 4 apples and 4 pears into small pieces. Pour fruit into large pot and cover with water. Cook over medium heat on stove until all fruit is soft, about 20 to 30 minutes. Drain off excess water and let cool. Pour fruit into blender and blend until smooth. Add cinnamon to pear applesauce before serving.
- Core pear, removing all seeds, and cut into small pieces. Serve with part-skim mozzarella cheese for a tasty, quick snack.
- Add small pieces of pear to your tuna or chicken salad recipe.
- Make homemade fruit cocktail. Combine small pieces of pear, kiwi, and sections of orange with a cup of orange juice and a squeeze of a fresh lemon.

**Be sure to cut all foods into pieces no larger than 1/2 an inch.**



This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



Child Health Initiative for Lifelong Eating & Exercise

## MAKE THE SWITCH TO LOW-FAT DAIRY!

According to the 2010 Dietary Guidelines for Americans, for most people over the age of two, low-fat (1%) or fat-free-milk is recommended instead of whole or 2% milk. Low-fat milk has less calories, fat, saturated fat, and cholesterol and just as much calcium and vitamin D (the good stuff) as whole or 2% milk.

Making the switch from whole milk to low-fat milk will be easier if you do it little by little. Switch from whole milk to 2% for a few weeks, then switch to 1%. After you have had 1% milk for a while, try fat-free (skim) milk. Substitute fat-free or low-fat milk for whole milk in cereal and in cooking for a change that will be less obvious.



Believe it or not, the change might be harder for you than for children. If you make the change, your children will likely follow your lead. Be sure to drink low-fat milk at the dinner table with the rest of your family!

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

A CHILE newsletter will be brought home by your child enrolled in Head Start several times this school year. Each newsletter will include a CHILE update and tips on how to keep your children active and eating all the foods that are good for them!

## Macaroni and Cheese Bake with Broccoli Trees

### INGREDIENTS:

- 8 oz dry whole wheat pasta (try elbow macaroni or penne)
- 1¾ cups 1% or fat-free (skim) milk
- 3 Tablespoons all-purpose flour
- 1½ cups shredded reduced-fat (2% milk) cheddar cheese
- 1 cup reduced-fat cottage cheese
- ½ teaspoon salt
- 2 cups broccoli pieces (fresh or frozen), cut no larger than ½ inch
- 1½ cups canned diced tomatoes (with liquid)
- Black pepper, pinch

### DIRECTIONS:

1. Preheat oven to 375 degrees and lightly coat 9x13 inch baking dish with cooking spray.
2. Cook pasta according to directions, drain and set aside.
3. Heat 1½ cups of milk in saucepan over medium-heat until steaming.
4. Combine ¼ cup milk and flour in small bowl until smooth, add to steamed milk, and cook.
5. Whisk constantly until sauce thickens. Remove from heat.
6. Add reduced-fat cheddar cheese to milk sauce and stir until melted.
7. Add cottage cheese, salt, and pepper. Combine pasta and cheese sauce.
8. Pour half of pasta mixture into baking dish. Layer broccoli pieces evenly and top with diced tomatoes. Spread remaining pasta mixture over the tomatoes.
9. Bake until bubbly, about 25 to 30 minutes.

