

October

Fun Facts

Fall Ball: Soccer, Football and Snacks - Nutritious Ideas for the Field

Fall is more than back to school. It's fall baseball, football, soccer and other sports in full swing with assignments to send in after-practice or after-game snacks. With busy schedules it's easy to find ourselves ordering a few dozen at the local donut shop, grabbing cookies at the local bakery or hitting the food discount chain for small bags of chips and soda.

Let's face it! Donuts, cookies and salty snacks are often chosen because they are easy, not because they are nutritious or what kids want or like. Children like, and will eat, nutritious snacks when they are available! Nutritious snacks are easy, too. Here are some ideas to get you started.

- Bowls of oranges cut into eight pieces, apple slices, bananas or fruit kebobs.
- Fruit salad kids can eat out of plastic cups as finger food
- A cooler of single-serve flavored milk, yogurt in a tube, pudding or drinkable yogurt. Serve with chocolate graham crackers or mini teddy bear graham
- String cheese or fun cheese shapes with crackers or cubes of French bread
- Small baggies of trail mix made with raisins, cereal, pretzels and mini chocolate chips
- Mini-sandwiches. These can be as easy a PB&J cut into quarters or tortillas rolled with lean meats and cheese cut into pinwheels

Did You Know?

It's National School Lunch Week
October 12 – 16, 2009

Join your child for school lunch during the week and help us celebrate!



Creepy Black Forest Haunted Smoothie

Spook your friends with this delicious smoothie this Halloween.

1 cup crushed ice
1 cup lowfat chocolate milk
1/2 cup plain lowfat yogurt
2 tbsp chocolate syrup
3 tbsp maraschino cherry juice
Optional spooky eyes: maraschino cherries and chocolate chips



1. Place ice in blender.
2. Add the chocolate milk, yogurt, chocolate syrup and maraschino cherry juice.
3. Blend for 30 seconds or until well-blended.
4. Pour into tall glass and top with spooky eyes.
5. For the spooky eyes, pat dry the number of cherries you would like with a clean paper towel, and stick a chocolate chip into the indentation in the top of the cherry.
6. Add "eyes" to the top of your smoothie

Makes 2 servings

Source: Created by Mary Marzec of "Cooking with Mrs. M." for 3-A-Day™ of Dairy., www.3aday.org

Nutrition Bookshelf

From Seed to Pumpkin
by Wendy Pfeffer and
James Graham Hale (Illustrator)
Ages 3 to 7



Pumpkins are everywhere in the fall – on doorsteps, in the garden, in the supermarket and at farm stands. Join three adorable children on a farm and find out how tiny yellow seeds grow into big, orange pumpkins!

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www.NutritionExplorations.org for more titles.