

# Family Nutrition In Action

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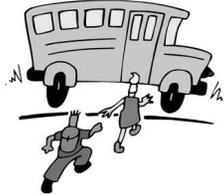


## Think Outside the Lunch Box

Send your kids back to school with healthy lunches that tastes great and that your child will love. Try some of these tips to liven up their lunch box!

- Make a boring sandwich yummy with different types of bread: whole wheat, raisin, pita pockets, bagels, rice cakes and English muffins.
- Cut up raw vegetables (carrots or celery) and enjoy with peanut butter.
- Pack yogurt dip and fresh fruit.
- Create a healthy trail mix with breakfast cereals, nuts and raisins in a zip lock bag.
- Add simple and healthy snacks such as whole-wheat crackers, string cheese, and fruit (chopped or whole).
- To keep low-fat milk or 100% juice cold, freeze it ahead of time or pack an ice pack.

Don't forget to ask your child to help plan their lunch menu!



## School Meals: What's For Lunch?

Many children consume at least half of their meals at school. To help keep our children healthy, school meals must meet specific nutrition standards to participate in school meal programs. School lunches include:

- Whole grains, fruits and vegetables
- Low-fat milk dairy products
- Less sodium and fat options
- The right portion for Grades K-5, 6-8 and 9-12

### Why are healthy lunches important for my child?

- When kids have plenty of healthy choices and regular physical activity at school, they are ready to learn and do better in class.
- Healthy meals and snacks will help kids stay healthy and reduce health risks later in life.
- When children eat healthy meals, they learn healthy habits for life.

### How can I help my child to eat healthy lunches at school?

- Get a weekly menu of the school's meals and discuss all of the healthy choices with your child. It may be available online if that is easier for you.
- Ask your child what was served and what they ate for lunch.
- Join your child for lunch in the school cafeteria once in a while.
- Eat meals with your child when possible. Let your child see you enjoy fruits, vegetables, and whole grains at meals and snacks.
- Grocery shop together to teach your child about food and help them make healthy choices.
- Discuss where vegetables, fruits, grains, dairy and protein foods come from with your child.
- Serve healthy foods offered in the school cafeteria at home.



For more information, contact your local County Extension Office:

### Want to know more?

To learn more about the National School Lunch and Breakfast Programs, visit [www.freshforfloridakids.com](http://www.freshforfloridakids.com).



**VEGGIE CORNER**  
**CAULIFLOWER**

Cauliflower is part of the cabbage family along with broccoli and cabbage. Cauliflower usually has a white color, but it can be purple and orange too! Cauliflower is rich in Vitamin C, folate and potassium. Similar to other vegetables, it is fat free, and low in sodium and calories.

**How to Buy:**

- Choose cauliflower with compact, creamy white curds (florets) and bright, green leaves.
- Avoid brown spots or loose sections that are spread out.

**Cost:**

- Fresh cauliflower costs approximately \$0.55 per pound.
- Frozen cauliflower is about \$1.42 per pound.

**How to Prepare:**

- Try stir-frying cauliflower with your other favorite vegetables.
- Break raw cauliflower into pieces and serve with a low-fat dip for a nutritious snack.
- Steam or bake cauliflower and season it with lemon juice and herbs, like basil or parsley.

**Storage:**

- Refrigerate cauliflower in a plastic bag.
- For best quality, use within 5 days. The sooner you eat it, the sweeter it will be.

SOURCE: SNAP-ED CONNECTION USDA

**CAULIFLOWER MAC AND CHEESE**

Serving Size: 3/4 cup

Makes 6 servings

**Ingredients**

- 1 pound whole wheat penne pasta
- 1/2 head cauliflower florets
- 1 cup 1% low-fat milk
- 1 pound low-fat cheddar cheese, shredded
- 1/2 teaspoon black pepper
- 1 tablespoon parsley, dried

**Nutrition Facts:**  
**(per serving)**

Calories: 75  
Fat: <1g  
Carbohydrates: 10g  
Protein: 5g  
Sodium: 92 mg  
Fiber: 1g

**Directions:**

1. Bring water to a boil and cook the pasta according to package directions. Drain and place in a medium pan to keep warm.
2. Steam cauliflower for 7 minutes in a pot with 1 inch of water. Puree in a blender.
3. Mix the cauliflower puree into the pasta.
4. Add the milk, cheese, and pepper. Mix well.
5. Sprinkle parsley on the top. Serve immediately.

SOURCE: UNIVERSITY OF FLORIDA EFNEP AND FNP RECIPE RESOURCE



**Cauliflower Corner**

Do you know why cauliflower is white?

A cauliflower's green leaves hide the inside from the sun. As it grows, it never changes color.

Why is cauliflower good for you?

Cauliflower has folate, which helps your body make DNA so you can grow.

Source: Utah State University Extension



The Supplemental Nutrition Assistance Program (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 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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