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Child Nutrition
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8 Ways to Get Your Kids Moving!!!

With the weather finally cooling off, now is a great time to get your kids active. Below are some helpful tips on how to get them moving:

- 1. Tag Games:** Classic games that kids get into often have some sort of tag component, from basic freeze tag to hide-and-go-seek. Just freeze tag will get your kids running more in one game than they normally would all week long. The more people you get involved the better, so why not invite the entire neighborhood.
- 2. Organizing games with friends:** Even if your kids play organized sports, it is still fun for them to have a pickup game with all of their family and friends. Call up your family friends and organize a weekly football, baseball, or soccer game where all ages can get their daily activity plus more. You will realize how good of a workout it is once your pickup games have lasted 2-3 hours and you are exhausted!
- 3. Hiking:** Hiking is a great way for the family to get outdoors and exercise. When you go on a hike, you don't even realize how much of a workout it is until you are back at home later in the day and your entire body is sore. To make it more fun for kids, buy a GPS and join a geocaching club that hides small caches for people to find. Sometimes the hike can take an hour and sometimes it may take six; there are fun geocaching hikes for all ages and athletic abilities.
- 4. Bike Riding:** An obvious choice that is often overlooked is just to grab the bikes and head out on a nice ride as an entire family. Set some goals such as a distance, time, or destination to make it new and exciting every time.
- 5. Play Frisbee:** People forget how much fun playing Frisbee is and the physical benefits from tossing around a disc. You can get a game of ultimate Frisbee going, head to a disc golf course, or just throw it around amongst the family. Either way, you are guaranteed to get some exercise.
- 6. Wide Games:** There are many versions of wide games that usually involve a treasure hunt, seizure of a treasure, or land conquering games. Kids can create their own unique version or stick with classics like cops and robbers. Games like these that they can play in the community will get everyone involved and always be a lot of fun while simultaneously providing some exercise.
- 7. Indoor Active Toys:** Just because winter has arrived doesn't mean you don't still need to be physically active every day. Pick up some things like hula hoops, jump ropes, twister, or mini-trampoline.
- 8. Racing:** This is the most basic human instinct, but it is still a ton of fun for kids. You can run, bike ride, roller blade, skateboard, or whatever it is that is most fun for the people involved. The goal is simple, get from the starting line to the finish line before everyone else. Make some prizes for the winners and get kids racing against each other for fun. They won't even realize you are tricking them into running on a daily basis.

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Sweet potatoes are native to Central and South America and are one of the oldest vegetables known to man. Christopher Columbus brought sweet potatoes to Europe after his first voyage to the new world in 1492. Worldwide, about 80 million tons of sweet potatoes are grown in China each year, with Africa producing about 14 tons, Central and South America about 2 million, and the United States (U.S.) about 1 million tons. Within the U.S., over half of all commercially grown sweet potatoes come from the southern states (especially North Carolina).

How to pick:

When choosing sweet potatoes, carefully select those that are firm and do not have any cracks, bruises or soft spots. Avoid those that are displayed in the refrigerated section of the produce department since cold temperatures negatively alters their taste.

How to store:

Sweet potatoes should be stored in a cool, dark, and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator in a cool, dark, dry, place, not above 60 degrees in temperature.

How to prepare:

If you purchase organically grown sweet potatoes, you can eat the entire tuber, flesh and skin. Yet, if you buy conventionally grown ones, you should peel them before eating since sometimes the skin is treated with dye or wax. If preparing the sweet potato whole, just peel it after cooking.

Here are a few quick serving ideas:

- ◆ Purée cooked sweet potatoes with bananas, maple syrup and cinnamon. Top with chopped walnuts. The fat content of the walnuts will help you get optimal absorption of the beta-carotene in the sweet potatoes.
- ◆ Baked sweet potatoes are delicious even when served cold and, therefore, make a great food to pack in to-go lunches.

LOADED SWEET POTATO SKINS

Ingredients:

- ◆ 4 medium sweet potatoes
- ◆ 1 tablespoon olive oil
- ◆ 1/4 cup milk
- ◆ 1/4 teaspoon salt
- ◆ Ground pepper, to taste
- ◆ 1 cup shredded cheese
- ◆ 4 strips bacon, cooked until crispy, and crumbled
- ◆ Sour cream and chopped chives for serving

Instructions:

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper. Pierce each sweet potato a few times and bake for 40-50 minutes or until soft. Allow the potatoes to cool slightly. Slice potatoes in half lengthwise.

Reduce oven temperature to 375 degrees. Scoop out sweet potato flesh, leaving a thin layer of sweet potato inside, and add flesh to a medium bowl. Place skins back on the baking sheet face up, drizzle with olive oil and bake for 10 minutes.

Mash the sweet potato flesh with milk, salt, and pepper until smooth and creamy. After 10 minutes, remove the skins from the oven. Fill each with an equal amount of mashed sweet potato and top each with cheese. Bake for 15 minutes until the cheese is melted. Remove from the oven and top with bacon. Serve with sour cream and chopped chives, if desired.

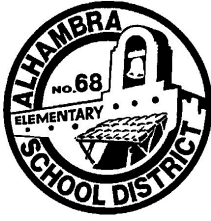
Skins are best enjoyed immediately. Cover leftovers tightly and store in the refrigerator for up to 3 days.



Healthy Holiday Ideas

With the holidays coming up, consider the following ideas to make the season healthier.

- 🍷 Try to lighten up the dishes you normally serve. For example, try whole wheat bread for your stuffing. Serve more vegetables and fruit rather than bread and potatoes. Consider roasting or baking the sweet potatoes instead of serving “Candied Sweet Potatoes”.
- 🍷 After the big meal, divide up the leftovers into smaller portions and send them home with everyone.
- 🍷 Make a leftover salad, heap salad greens in a large bowl and top with the leftover turkey, vegetables, and a spoon of the cranberry sauce.
- 🍷 Add a fun activity to your family tradition such as a charity run or walk. Perhaps play some back yard football. After eating, gather the family and take a brisk walk around the neighborhood.



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Come Join Us for a Holiday Meal:

Our cafeterias will be serving a special holiday meal on November 21st! We welcome parents to enjoy this meal with their children. Cost of an adult meal is \$3.55

We will be serving:

- Sliced Turkey with Gravy
- Mashed Potatoes
- Whole Wheat Roll
- Green Beans
- Mixed Fruit Ambrosia
- Cranberry Sauce
- Pumpkin Pie
- Milk

