



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** As a family, sit down for 30 minutes this week and plan healthy meals and snacks.

Just as you would plan for a fun family vacation, take some time this week to plan your family's meals. The USDA has a free meal-planning table to help you get started at <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/Tools/toolstohelpyou.htm>

### WHY PLAN MEALS?

**To help you and your family be healthier.**

When you plan meals, you can make sure to include enough foods from each food group. Pay special attention to serving enough vegetables and fruits in family meals.

**To help you balance meals.** When you are serving a food with a lot of fat or salt, you can plan low-fat or low-salt foods to go with it. For example, ham is high in salt. If you have ham for dinner, you also can serve a salad or a vegetable that doesn't need salt.

**To save money.** If you plan before you go food shopping, you will know what you have on hand and what you need. Also, shopping from a list helps you avoid expensive "impulse" purchases.

**To save time and effort.** When you plan meals, you have foods on hand and make fewer trips to the grocery store. Planning also helps you make good use of leftovers. This can cut your cooking time and food costs.

**Social Studies Connection:** While planning meals for the week, look up on the internet or in a recipe book where the foods and meals originated. For example, where did spaghetti and meatballs originate? Where did tortillas originate?

## Recipe

### Beef-Noodle Casserole

Lean ground beef 1 pound  
Onions, chopped finely ½ cup  
Boiling water 3 quarts  
Noodles, yolk-free, enriched, Uncooked 2 ¾ cups  
Tomato soup, condensed 1 10 ¾ ounce can  
Water 1 ¼ cups  
Pepper ⅛ teaspoon  
Bread crumbs 1 cup

1. Brown beef and onions in hot skillet; drain.
2. Place water in large saucepan; bring to rolling boil. Cook noodles in boiling water for 10 minutes; drain and set aside.
3. Combine soup, water, and pepper. Stir into cooked meat. Add cooked noodles to meat mixture. Stir gently to avoid tearing the noodles.
4. Spoon beef-noodle mixture into 9- by 13-inch baking pan. Sprinkle bread crumbs over beef-noodle mixture.
5. Bake, uncovered, at 300° F, about 30 minutes.

Recipe from USDA

[www.cnpp.usda.gov/Publications/FoodPlans/MiscPublications/FoodPlansRecipeBook.pdf](http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPublications/FoodPlansRecipeBook.pdf)



## Shopping List for Recipe

- \_\_\_\_\_ Onions
- \_\_\_\_\_ Noodles
- \_\_\_\_\_ Tomato soup
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Bread crumbs
- \_\_\_\_\_ Lean ground beef

## Families On The Move

**Family Goal:** As a family, spend an hour this week cleaning your house “the old-fashioned way”.

The more we move, the more calories we burn, and the more muscle we gain. Whether you are working out in a gym, running on a trail, dancing, or cleaning your house, if you are moving, you are burning calories. Spend an hour this week cleaning your house together as a family. Instead of using automated machines, try doing this the “old-fashioned way”. Try using a broom to sweep flat-surfaced floors instead of a vacuum, a sponge and elbow grease to clean your bathtub, and hand-wash your dishes instead of using a dishwasher. Remember to have fun!

**Math Connection:** Keebler® Country Style Oatmeal Cookies with Raisins contain 65 calories per cookie. Let’s say that before you spent one hour cleaning the house, you ate a few cookies. If you clean your house for one hour and burn 195 calories, how many cookies have you burned off? Answer at bottom of page)

## Health and Fitness Resources

### Website

USDA’s Tools to Help You Plan  
<http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/Tools/toolstohelpyou.htm>

### Parent's Book

*Cooking Light the Essential Dinner Tonight Cookbook: Over 350 Delicious, Easy, and Healthy Meals* by the Editors of Cooking Light Magazine, Oxmoor House, 2009

### Children's Book

*Planning and Preparing Healthy Meals and Snacks: A Day-to-Day Guide to a Healthier Diet* by Jennifer Silate, Rosen Publishing Group, 2008

### DVD

*Eat Right for a Long & Healthy Life: What Everybody Needs to Know in 9 Nutritious Lessons*, Iris Media, 2008

## Well-Balanced Lunch Idea

### Lunch Kabobs

Kabob sticks with a variety of meats, fruits, vegetables, and cheeses. Some ideas include:

Cooked chicken or beef chunks, cheese, pickles, sliced peppers, raisins, dried apricots, apples, olives, bread chunks, etc.

8 oz fat-free milk

## Subject of the Week

### Healthy Meal Planning

#### TIPS FOR PLANNING

Build the main part of your meal around rice, noodles, or other grains. Use small amounts of meat, poultry, fish, or eggs.

Add variety to family meals. In addition to cooking family favorites, try new, low-cost recipes or food combinations.

### USDA’s Recipes and Tips for Healthy, Thrifty Meals

<http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook>

### Mayo Clinic Healthy Recipes Center Mayo Clinic Nutrition Center Web site:

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=907FC0B7-8B2C-487E-A9EAF367725890DD>

## Healthful Snacks

1. Apple slices
2. Baby carrots w/ low-fat Ranch dressing
3. Grapefruit

### Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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Math Answer: 3 cookies Social Studies Answer: Italy, Mexico