



Healthy FUNdamentals

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WELCOME

Welcome to the March issue of the Healthy FUNdamentals Parent Newsletter. This month I wanted to give you some fun ideas to help celebrate Dr. Seuss's Birthday. To complement making the green eggs and playing the cat, cat, hat game you can read any Dr. Seuss books with your family. A great place to borrow books from is the Early Childhood Resource Center at Stanly County Partnership for Children. They have a wide variety of books, toys, games, puzzles and other developmentally appropriate items. It costs \$10.00 per family per year to become a member. Then you can check items out like a library. For more information call 704.985.1418.

GET MOVING...

Cat, Cat, Hat! (also known as Duck, Duck, Goose)

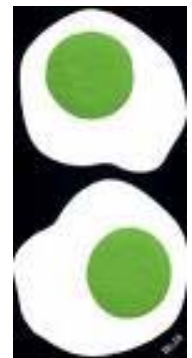
Next time you have several kids at you house. Have all the children sit in a circle. Have a grown-up start the game. Walk around the outside of the circle and pat each child's head saying, "Cat." Then the grown-up should choose a child at random and say, "Hat." This child should get up and try to catch the grown-up before the adult reaches the spot that the child got up from. If the child tags the grown-up, then the grown-up is out. If the adult gets to the seat without being tagged, than the child starts the game over. For older children, you can change the words they use—for example: Doctor, Doctor, Seuss!



Green Eggs

- 2 tsp of olive oil
- 1 lb of fresh baby spinach washed and drained
- 3 tbsp of skim milk
- 4 large eggs
- 2 large egg whites
- pinch of salt

Put 1 tsp of olive oil in a large skillet over medium heat. Place spinach in the skillet and cook until wilted. Transfer cooked spinach to a food processor and puree. In a large bowl, whisk the eggs with the puree and the salt. Coat the same skillet with the remaining tsp of olive oil and set over medium heat. Add egg mixture; reduce the heat to low and cook, stirring occasionally, 2-3 minutes. Serve with whole wheat toast and turkey bacon.



Pop Art by Chris Palin

TIP OF THE MONTH



Read nutrition labels. Most foods in the United States carry a Nutrition Facts label that can help you figure out how they fit into your balanced diet. These labels may be a little confusing at first, but once you learn how to interpret them, they make it much easier to shop and plan your meals. Compare like items and choose the one with less fat and sodium and fewer calories. For example, a food is considered low-sodium if it contains around 5 percent or less of your daily value of sodium per serving.