

February 1, 2009

Dear Parents,

As the new Healthy FUNDamentals Coordinator I am excited to announce the start of the 2009 Healthy Fundamentals Healthy Menu's Program. To make sure that everyone is on the same page, I have attached the pantry items list. These are items that I want you to keep on hand as they will not be included in the grocery list for the week. I will send the recipes out every month. You can call The Corner Store in Albemarle, NC at (704)982-4228 and they will be glad to bag them up for you. All you have to do is go there, pay, and put them in your car. This program was designed to save parents valuable time while enabling them to prepare healthy foods for their children. The program eliminates the need to plan menus and shop, which will hopefully give parents time for the ten million other things that they have to do each and every day.

I would love to hear your feedback about these recipes so feel free to contact me. Tell me if you loved/hated the recipe, or if you added anything that made it better, or any other way you may have changed it. This type of feedback will help make recipes better, and give other parents a variety of ways to serve them to their youngsters. What worked for your family may work for someone else's. If you have a recipe that you would like to share please email it to me and I will try to include it in an upcoming month. Also, feel free to pass these recipes along and encourage your friends to sign up to receive them. All others need to do is contact me at the information below and I will be happy to add them to my list.

Please note that these recipes are intended for a family of four. You will need to tweak recipes to meet the needs of your family. Also, I have not included any desserts in these recipes. I would like you to think of dessert as an other opportunity to get in a serving of fruit for the day. A great complement to any of these recipes is seasonal fresh fruit; serve plain or with fat free ice cream, fat free vanilla yogurt, or bake the fruit and serve with a little cinnamon.

Visit the link below to find past recipes:

www.stanly.org/StanlyRegionalMedicalCenter-HealthandWellnessCenter-healthyFUNDamentalsProgram.cfm.

Make sure that if you are using past recipes that you consult the old pantry list to make sure that you have all of the items necessary. If you need to be added to my email list or have any questions or concerns please contact me at the information below.

Sincerely,

Mandi Oresick, M.Ed., Healthy FUNDamentals Coordinator

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