

August

Fun Facts



Make It Milk with Lunch

August is Family Meals Month. While lunch at school is not an official “family meal,” weigh in as if it were and remind your children to drink milk at lunch. Milk is served with School Lunch every day and also available on the a la carte line for children who bring lunch from home.

- Besides being nutritious and delicious, research shows that children who drink milk at lunch have higher intake of several critical nutrients, including calcium, zinc and vitamin-A than children who don't.
- Let kids choose low-fat flavored milk if they prefer it. They get the same nine essential nutrients as in low-fat white milk. Studies show that flavored milk drinkers do not consume more added sugars or total fat than kids who don't drink flavored milk, and they have higher calcium intakes.

Learn All About Milk at
www.NutritionExplorations.org > Parents

Make Milk with Meals the Rule at Home, Too

As you gather around the table, fill everyone's glass with milk and make “milk with meals” a standard practice at home. It helps ensure the entire family gets the 3-A-Day™ of Dairy recommended by the 2005 *Dietary Guidelines for Americans*. It's also easier for children to make healthy food choices when they know the family's nutrition “rules of the road,” and they see their parents making healthful choices.



Salad on a Stick with Honey Mustard-Yogurt Dressing



Eating vegetables is fun when you serve them with cheese cubes on a skewer and dressing for dipping.

Salad

For each serving use:

- 1/2 cup fresh vegetables cut into 1-inch chunks, such as bell peppers, cucumbers, zucchini, tomatoes, celery, radishes and mushrooms
- 2 - 3 leaf lettuce, baby romaine or spinach leaves
- 1 1/2 ounces, low-fat Cheddar cheese cut into cubes
- 1 wooden skewer

Honey Mustard-Yogurt Dressing

1 cup plain, fat-free or low-fat yogurt
3 tablespoons sweet honey, deli-style mustard
2 teaspoons honey
1 teaspoon salt
1 teaspoon sugar

1. Wash hands.
2. Wash vegetables, pat dry with a clean paper towel and cut into 1-inch chunks.
3. Prepare dressing by mixing all ingredients in a bowl. Store in the refrigerator until ready to use.
4. Ribbon lettuce or spinach around the vegetables and cheese cubes and alternate them on the skewer.
5. Dip and enjoy!

Makes 8 servings

Nutrition Bookshelf



The Mom's Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!
by Janice Newell Bissex, MS, RD, Liz Weiss, MS, RD and Laura Coyle (Illustrator)

Feeding your family is easy with the Meal Makeover Moms at your side. A 5-step meal makeover plan, guidelines for stocking a healthy pantry with anytime staples, and 120 reworked recipes for family favorites, such as Fast-as-Boxed Macaroni & Cheese, make life in the kitchen easier for time-crunched moms.

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