

Power Edition

Fun Facts



Cheddar Apple Granola Bars

- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup applesauce
- 2 eggs
- 1/4 apple juice concentrate
- 1/4 cup canola oil
- 2 1/2 cups lowfat granola
- 2 cups (8 ounces) shredded Cheddar Cheese



Preheat oven to 350 degrees. Combine flour, baking powder and salt. Set aside. In large bowl, combine applesauce, apple juice concentrate, oil and eggs. Blend with a whisk. Stir in flour mixture, 2 cups granola, and 1 1/2 cups cheese. Spread mixture in a lightly-greased 13 x 9 inch pan. Top bars with remaining cheese and granola. Bake 20 to 24 minutes or until edges are lightly browned. Let stand at least 10 minutes. Cut into bars.

Nutrition Bookshelf - Sports Edition

Your Active Child: How to Boost Physical, Emotional and Cognitive Development Through Age-appropriate Activity
by Rae Pica

Mc Graw Hill Contemporary Books, 2003
ISBN 0071405585

Learn how to instill a genuine love for physical activity in your child's life and find a balance between the super-kid syndrome and the couch potato problem.

Want more book recommendations? Check out the Nutrition Bookshelf at www.nutritionexplorations.org.



A Winning Starting Line-up!

Whether you've got a family of little linebackers or kids lining up in front of the computer, you'll love these fun ideas for incorporating nutrition and activity into your Fall game plan!

Bringing snacks for the team or tailgating on the sidelines? Pack your cooler with power!

- Enjoy flavored milk in portable single-serve containers or bring a jug and some cups.
- Serve string cheese as a great half-time pick-me-up!
- Wrap and roll kids' favorite cheese and lean meat in a tortilla spread with lowfat ranch dressing and cut into bite-size portions
- Veg it up with cherry tomatoes, baby carrots, celery sticks, pea pods and cucumber slices. For dipping, serve lowfat dressing or plain yogurt mixed with salsa, taco seasoning. Spoon into individual cups if needed.
- Go the extra mile and prepare Cheddar Apple Granola Bars Fun Facts recipe, a good source of calcium, protein, vitamin A and iron!

Whether or not your kids participate in organized sports, staying active as a family is critical!

- Toss a football for 10 minutes after dinner a few nights a week. Or go for walks.
- Bring a ball along to your kids' games and throw it around before or after the official "action."
- Keep those bikes rolling. Fall is gorgeous!
- Go retro! Teach your kids the games you played after school. Red rover anyone?
- Encourage spontaneous activity such as running, playing tag and other fun outdoor games and activities at home and at school.
- Limit TV, computer time and video games to no more than 2 hours a day.

Sit & Surf, Then Get Up and Go!

Check out these Web sites for great activity ideas and nutrition tips!

- www.nutritionexplorations.org
- www.kidnetic.com
- www.bam.gov
- www.playfootball.com
- www.eatright.org

