



September 2009

Welcome to the first edition of *Healthy Carroll Families (HCF)*, provided three times each year. HCF is an electronic media campaign, designed to help you take the next step in your family-based approach to achieving a healthy weight.

HCF packets may be downloaded from our web site, www.HealthyCarroll.org, by individuals, agencies, schools, the news media – any interested party – at no charge. We **encourage you to make copies and distribute** this information to your clients, customers, students, PTA, family, friends....everybody! Each packet includes nutrition and physical activity information AND simple recipes to help us each choose to eat healthier.

The September '09 theme is **Back to School: Fit, Healthy and Ready to Succeed!** Our handouts focus on **Healthy Eating Tips for Families** and **Fun Fitness for Successful Kids**, while our delicious recipe is all about how to **Design a Wrap** – perfect for lunch boxes, as well as breakfast and dinner. Emphasizing **Lifestyle, Education, Activity and Nutrition (L.E.A.N.)**, we first issued the L.E.A.N. Carroll call to action in April 2008. A resource guide for people who want to focus on healthy eating and a more active lifestyle was published earlier this year titled **HEALTHY CARROLL**. With information about weight and activity targets by gender and age, great places around our community to get active, farmers markets and much more, you'll find this useful too. Download **HEALTHY CARROLL** for free from our web site or call 410-871-6373 to obtain a copy.

Good luck and stay tuned for more information.

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Fun Fitness for Successful Kids

Help your children to be healthier and more successful at school. Regular activity - at least 60 minutes a day - helps children grow strong, stay well, and maintain a healthy weight. There is mounting evidence that moderate to vigorous physical activity helps children's brains too! Here are some suggestions to keep the kids active:

Project ACES – Active Children Excel in School Challenge

The 11th annual challenge will be held from October 5 – 18, 2009, and aims to improve health by increasing daily activity. Elementary students, teachers, and staff will track the amount of time spent being active, aiming for a total of at least 60 minutes a day. Parents are encouraged to be active with their children to help them meet their goal. Carroll County elementary schools will participate and earn trophies and cash awards.

Exploratory play

The American Academy of Pediatrics believes active play is so essential for kids that they published a ten-page paper on getting families to play together more. They reported that play helps children mentally, physically, socially, and emotionally. Turn off the TV and go explore the yard, the neighborhood, the playground, or the park. Explore on your feet, on a bike, or in a canoe. Splash in a stream, tumble in the leaves, or do somersaults in the grass.

Organized activities

Active play can be organized - by adults or children. Think about all the “old-fashioned” activities that families enjoyed before everyone was glued to their favorite form of screen entertainment. There are active indoor games such as Simon Says or Twister®. There are dozens of games to play outdoors - from hopscotch, jump rope, and dodge ball to Frisbee®, badminton, and volleyball. You can also organize trips to the bowling alley, skate park or skating rink.

Competitive athletics

Team sports also provide opportunities for physical activity - so long as kids actually get to play sports that they enjoy. Sign your children up for sports that they want to play - rather than the ones you played (or wished you had played) as a child. Different children excel at and enjoy different types of activities; some do not enjoy competitive sports at all. Attend practices regularly to make certain that all children are getting equal chances to play - rather than just sitting on the bench.

Look for opportunities to be more active as a family and everyone will benefit!

The Healthy Carroll resource guide has more ideas about how and where families can be more active. View it at www.HealthyCarroll.org or call 410-871-6373 to receive a copy.

L.E.A.N. Carroll

A family approach to healthy weight

Back to School Basics:

Healthy Eating Tips for Families

Children need the right fuel for growing and learning. When children fill up on the right stuff, they will naturally have less room for the foods with extra fat and sugar (soft drinks, chips, and candy). Here are some ways to serve children choices from every food group:

Whole Grain foods

Choose foods that list whole grains as the first or second ingredient on the label.

Have oatmeal or whole grain cereal for breakfast. Make sandwiches on 100% whole-wheat bread or tortillas, oatmeal bread, or try a kid-friendly “white” whole wheat bread or sandwich bun. Use barley in soups, brown rice in casseroles, or try whole grain pasta with spaghetti sauce. Snack on popcorn or crunchy whole grain crackers.

Fruits and Vegetables

You can't go wrong with produce, especially with fresh items from local farms. All types of fruits and veggies count - fresh, frozen, canned, dried, and 100% juice - and eating more of them matters, for kids and adults. For best value, enjoy fruits and vegetables in season. Serve at least 1 fruit and/or vegetable at every meal.

Low-Fat Dairy foods

Dairy products are especially important to bone health during childhood and adolescence. For heart health, after the age of 2, gradually switch from whole milk, to 2% to 1% or skim. Use small amounts of flavoring in milk if children accept it better. Add string cheese or pudding cups to lunches. Make fruit and yogurt smoothies, yogurt dip for veggies, or top cut up fruit with a flavored yogurt for dessert.

Lean Meat, Poultry, Fish, Eggs, Beans and Nuts

Vary your choices; include fish, nuts and seeds to increase your intake of healthy fats. Trim visible fat before preparing and broil, grill or roast meat instead of frying.

Choose lean turkey, ham, tuna fish or low-fat luncheon meats more often than regular bologna or salami. Try a meatless meal once a week, such as bean burritos, minestrone, meatless chili or veggie burgers.

Visit www.mypyramid.gov for more information and ideas on eating for good health!

www.HealthyCarroll.org

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Design a WRAP

Delicious for breakfast, lunch, or dinner

Directions

- 1) Choose one of the items in the wrap list as the shell. Get ready to load it with delicious, good-for-you foods!
- 2) Next, choose 1 or more condiments and spread on one-half of the grain.
- 3) Decide which protein appeals to you and place it on top of the condiment.
- 4) Choose a cheese, exploring low-fat versions of this calcium-rich treat.
- 5) Now, the fun! Load your wrap with delicious veggies and whatever else sounds good to you.
- 6) Fold your wrap up like a burrito, sit down, relax, and **ENJOY!**

WRAP

- Tortilla (whole wheat, corn, flour, red pepper, or spinach)
- Pita bread (or other soft, flat bread)
- Large lettuce leaf

CONDIMENT

- Low-fat mayonnaise or salad dressing
- Pickle relish
- Low-fat cream cheese
- Hummus
- Jam, jelly, or fruit spread
- Mustard
- Olive oil and vinegar
- Salsa
- Cranberry sauce

PROTEIN

- Turkey or chicken (sliced or salad)
- Tuna or salmon (canned or salad)
- Any leftover meat, poultry, or fish
- Egg (sliced hard boiled or salad)
- Beans or tofu slices
- Peanut butter

CHEESE

- Cheddar, Swiss, Colby, Provolone, Monterrey Jack, or American
- Crumbled feta, blue, or gorgonzola
- Fresh or grated mozzarella
- Grated Parmesan or Romano

VEGGIES (sliced or grated)

- Lettuce, cabbage, spinach, mushrooms, peppers, carrots, celery, tomatoes, onions, avocados, or cucumbers
- Cole slaw or other prepared salads

OTHER

- Pickles, pickled veggies, or jalapeños
- Thinly sliced apples or pears
- Sunflower seeds or crushed nuts
- Sprinkled herbs and spices
- Ground flax seeds