

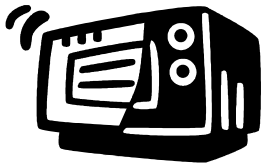
Eat Healthy...Be Active

Jump into Healthy Living

A quarterly newsletter from the Coulee Region Childhood Obesity Coalition

Winter 2007

Welcome to this issue of *Eat Healthy, Be Active*-- the Coulee Region Childhood Obesity Coalition's quarterly newsletter. Through this newsletter we hope to provide you and your family with quick, practical ideas for eating healthy and staying active. We hope you enjoy it, and please...share it with a friend



Microwave Meals in Minutes

Discover uses for your microwave beyond making popcorn, thawing meat or reheating leftovers. Microwave ovens are also a wonderful tool to cook meals and desserts in minutes. For a new adventure, check out a microwave cookbook at the local library. You'll be surprised at how many family favorites can be made with a little microwave magic!

Tips for cooking in your microwave

- Use only microwave safe containers. The container size should match the amount of food.
- Cut food into uniform shapes and sizes for even cooking. If pieces are irregular, place the thicker or denser food toward the outside of the dish.
- Cover foods to hold in moisture and assure even cooking. Use wax paper, parchment paper, white microwave paper towel, or oven cooking bags. Don't allow plastic wraps to touch the food.



Safety Tips

- Food in microwave ovens often has hot spots. Stir to distribute the heat and assure safe cooking. Food continues to cook after being removed from the oven. Let it stand a few minutes before testing for doneness.
- **Do NOT** use the microwave to warm baby bottles or baby food. Part of the liquid may be extremely hot even though the bottle feels cool to the touch.
- When using the microwave to defrost food, plan to cook the food immediately afterwards. Food may begin to cook during defrosting which raises the temperature to a point where bacteria can grow.
- Use a meat thermometer to check doneness of meat (160°) or poultry (180°). Heat leftovers until they are piping hot!
- Use potholders when handling the containers. Be careful of steam when removing covering after cooking.

Did You Know... Microwaving tends to destroy fewer vitamins than conventional cooking methods. To maintain the most nutrients, add as little water as possible (often none is needed when cooking vegetables). Always cover food when microwaving—it reduces cooking time & nutrient loss



Children and Microwaves

Many children get home from school before their parents and use the microwave to make snacks. To avoid burns, spills and splatters, children need to know how to safely use the microwave.

- Only allow children to use a microwave alone when you are confident that they understand and have demonstrated how to use it safely.
- Put the microwave on a sturdy stand that is low enough for the children to use.
- Teach children how to read the basic controls on the microwave oven. If they can't read them, they're too young to operate a microwave alone.
- Teach children to use microwave safe containers and potholders. Have these items available and within their reach.
- Show children how to stir foods to distribute the heat before tasting.
- Demonstrate how to open food containers like popcorn so that the steam escapes away from their face.

Source: Adapted from American Dietetic Association, Microwave Safety for Kids, November, 2006.

Need some ideas to get you started? Try one of the tasty recipes below. With each recipe we've included ideas to round out the meal!

Chicken Nuggets

Makes 4 servings



Ingredients

1 $\frac{1}{2}$ pounds boneless, skinless chicken breast
 1 cup cornflake cereal crumbs
 $\frac{1}{2}$ teaspoon Italian herb seasoning (optional)
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon onion powder
 1 teaspoon paprika

1. Cut chicken breast into bite-sized pieces
2. Place cornflakes into a plastic storage bag and crush with a rolling pin. Children can help by crushing with their hands or using a closed cylinder shaped seasoning container as a "mini rolling pin".
3. Add seasonings to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
5. Lightly grease an 8x12 inch microwave safe baking dish.
6. Place chicken pieces on baking dish so that they are not touching. Cover with waxed paper and cook on high.
7. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes. Serve with mashed potatoes & broccoli. Serve fresh fruit crisp for dessert (recipe follows)

Fresh Fruit Crisp

Makes 9 servings

Ingredients


- 1 cup quick or old-fashioned oats, uncooked
- 2 Tablespoons flour
- $\frac{1}{2}$ cup firmly packed brown sugar
- $\frac{3}{4}$ cup butter or margarine
- 6 cups peeled, sliced apples, pears or peaches



1. Combine all ingredients except for fruit; set aside.
2. Wash, peel and slice the fruit and place into a microwave-safe casserole dish. Top with the oat mixture.
3. Microwave 15 minutes, rotating dish halfway through cooking. Serve warm or cool. Refrigerate leftovers. (180 calories and 6 grams fat for one serving)

15 Ways to Leave Your Sofa











1. Go bowling
2. Challenge the family next door to a snowman making contest
3. Play "snoccer" (soccer in the snow)
4. Take a hike and go bird watching on one of our beautiful local trails (for trail information visit our web site at www.childhoodobesitycoalition.org)
5. Join a dance class—try hip hop, belly dancing or salsa! Or just turn on the radio & dance!!
6.  Rent some cross country skis or snow shoes (Available at Hixon Forest Nature Center or the Out Door Connection at UW-La Crosse)
7. Go skating. The Park & Rec Depts in La Crosse & Onalaska both offer classes for adults & families. Outdoor rinks where families can skate for free can be found in both La Crosse (Hood Park & Copeland Park) & Holmen (Deer Wood Park)
8. Get your feet wet—take a swimming class at the Y
9. Check out the winter programs at the YMCA & Boys & Girls Club. The Y offers a variety of classes for all ages, from toddlers to seniors! Swimming, gymnastics, teen strength training, a teen sampler class where teens can check out a variety of activities in 1 class, dance & even karate!
10. Engage in "action TV"! Be active during commercials—do jumping jacks, jump rope, climb the stairs...
11. "Power shop" at the mall. Do several laps inside the mall before shopping
12. Rent, borrow or buy an activity video that you can do with the whole family. Check out Sesame Street's Happy Healthy Monster video
13. Play a family game of "Twister".
14. No snow on the ground? Bundle up & play at the nearest playground.
15. Walk to the library and get a book





This winter...Don't Hibernate... Participate!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play <i>hopscotch</i> Inside- Use tape Outside-Use food coloring in a spray bottle	Play snow volleyball	Make up your own version of winter golf	Play active games...Twister, Simon Says...	Build a snowman before dinner	Frisbee Friday! Play Frisbee tag, Frisbee golf or make up your own Frisbee fun!	Go on a winter picnic 
Go skating 	Do an activity circuit in your house— living room push ups, den jumping jacks...	Turn off the TV Tuesday! Go outside for a winter treasure hunt	Walking Wednesday Walk a dog	Do a fitness program on TV or video	Organize a family &/or friends bowling night 	Take a 30 minute heart pumping walk
Enjoy a family swim 	Monday Moongazing! Check out the stars on your evening walk	Trekking Tuesday Find a pal or parent & walk to school	Walking Wednesday Walk with your family	Action TV...Do sit ups, jumping jacks, skip rope or climb stairs during the commercials	Play outdoor hockey	Try cross country skiing 
Go for a winter hike in Hixon Forest or an area park	Leave the elevator behind & only take the stairs today 	Turn off the TV Tuesday! Play snow Frisbee or snoccer before dinner	Go sledding 	Sign up for an activity class through the YMCA, Park & Rec or Boys & Girls Club	Dance 	Have a neighborhood or family "snow pitch" game (slow pitch in the snow)

This newsletter is brought to you by the Coulee Region Childhood Obesity Coalition. Our goal is to prevent childhood overweight & obesity. Members include:

Family Resource Center

La Crosse County Health Dept.

School District of La Crosse

University of WI-Extension

Gundersen Lutheran

La Crosse Day Care Centers

School District of Onalaska

UW-La Crosse

Head Start

Viterbo University

Holmen School District

La Crosse & Onalaska YMCA