



Cranberries

Their Cran-tastic!



Nutrition Tips to Increase Cranberry Consumption

- Make your own trail mix. Mix dried cranberries, mixed nuts, cereal, pretzel sticks, and marshmallows.
- Add cranberries to your next apple or pear crisp. Since cranberries are tart, they are a good compliment to sweeter fruits or desserts.
- Create a zesty dipping sauce for chicken fingers by mixing cranberry sauce with honey mustard.
- Drizzle cranberry sauce over pancakes, waffles or French toast.

Nutrition Food Activities for Children

- Bring your children to a cranberry bog where they can see the unique way in which cranberries are grown.
- Looking for an exciting activity for your child's next slumber party. Teach a cooking lesson.
 - Consider teaching the children proper table etiquette and table manners.
 - Then allow the children to prepare their own personal pan pizzas. See recipe below.
- Check out the following books at your library.
 - *Cranberry Thanksgiving* by Harry Devlin
 - *The Cranberry who Couldn't Bounce* by Jim Coogan
- Make a cranberry garland by alternating cranberries with other items like popcorn, whole cinnamon sticks, or wooden beads.

Smoked Turkey and Cranberry Gourmet Pizza

(serves 8)

Ingredients:

- 1 (16 oz.) pre-cooked pizza crust
- 1 (14 oz.) can whole berry cranberry sauce
- 1 (8 oz) package shredded, Mozzarella cheese
- ¼ pound deli-turkey, cut into thin strips



Directions:

1. Preheat oven to 375 degrees.
2. Place pizza crust on an ungreased baking pan.
3. Spread cranberry sauce evenly over pizza crust.
4. Sprinkle with cheese and top with turkey.
5. Bake 10 minutes or until heated through and the cheese is melted and slightly golden on top.

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

Cranberry

WORD SEARCH

R A C R E S U O C E A N S P R A Y L
A W B N X U Z R V I T A M I N C B K
K O O L P O C T O B E R U C K N V Z
E W I I O L T Y P R Q X H H L O I B
X K O W O L P S A N D C O D E H N R
K O H A R V E S T L P N S M O A E U
W T H A N K S G I V I N G H E H S N
N B G F I E L L N X L Y U R U O O N
S M H Y N L D E I E E N P U O N B E
W A T E R H I T A U P R I G H T S R
W I N O L W O O N H D E L C O K L S
T N E T O E W O N C N K G T Y I K K
K E Y O W N N N L N I B R Y O L W T
M W C R A N B E R R Y E I X R A W A
B I E O L W L N H H I D M D E Z E R
N L X T I L O H N W E S S Q D E B T
D I S W P N O R T H L A N D M Q U E

WORDS

ACRES
TART
BEDS
RED
VINES

SAND
WATER
VITAMIN-C
PILGRIMS
OCTOBER

RUNNERS
OCEAN SPRAY
UPRIGHT
THANKSGIVING
CRANBERRY

Eat More Fruits and Vegetables!

