



# The Right Bite

## Sugar Creek Elementary

December 2010



Welcome to the first edition of the Sugar Creek Elementary health & fitness newsletter, *The Right Bite*. Our goal for this newsletter is to provide you with the information you need for a happy, healthy family. If

you have a feature you would like to see covered in this newsletter or if you would like to contribute content, please contact Stacy Cacciatore, Health & Fitness Committee Chair, at [stacy@stacycacciatore.com](mailto:stacy@stacycacciatore.com). Also, check out the *150 of the Healthiest Foods on Earth Challenge Blog* at [www.stacycacciatore.com](http://www.stacycacciatore.com) for more recipes and healthy eating tips.

Stacy Cacciatore

### Get Rid of That Halloween Candy

By Stacy Cacciatore



I still have a huge bowl of Halloween candy on my counter that is calling my name. After the third day in a row of finding candy wrappers stuffed under my daughter's bed after she snuck candy in her room at night, I decided to be creative in getting rid of it all. Try out these tips to "recycle" your Halloween candy.

- ◆ Donate the heat resistant (not chocolate) candy to the Operation Christmas child or Operation Shoebox for the troops.
- ◆ Visit [www.candyexperiments.com](http://www.candyexperiments.com) for tons of cool science experiment ideas with candy. You can not only teach your children about science, but you can get them to get rid of that candy without a fight.

- ◆ Make a Gingerbread House using recycled Halloween candy. (*Psst - Ghost peeps make excellent snowmen.*)
- ◆ Candy math makes learning fun! Use M&Ms to practice addition and subtraction. Hershey bars are great for visualizing fractions and sorting candy into categories (lollipops, chocolate, etc.) helps kids understand percentages.

### Eating healthy on the go

By Debbi Nagel



A great way to eat healthy during this busy season, or anytime of the year, is to carry healthy snacks with you at all times. Use the *snack size* Ziploc® bag (save the Boxtops) to make your own 100-calorie snack packs. Fill them with peanut butter pretzels, cheese crackers, mixed nuts, dried fruit or healthy whole grain granola. Here are a few more tips for eating healthy on the go:

- ◆ Stock your car (or for ladies, your purse) with healthy snacks for a long day of shopping.
- ◆ Avoid packing sugary sweets and empty calorie foods such as chips.
- ◆ Eat a light snack before you leave the house to curb your appetite and avoid the lure of fast food.

### Stay Healthy this holiday season

By Nikki Pounds



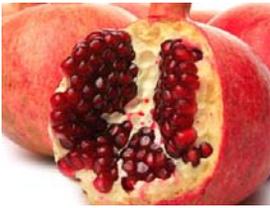
The hustle and bustle of the holiday season can make you feel tired, stressed and run-down. You and your child's immune system can get depressed, and you may end up sick if you don't take the time to take care of

yourself and your child. Children will have long breaks from school during the holidays, but if you remember the following tips, you will stay healthy during the upcoming holiday season:

- ◆ Get adequate sleep. Even though you and your child's routine will be interrupted by guests, travel, and breaks from school, maintain a regular sleep schedule as much as possible.
- ◆ Wash your hands often and remind your child to wash their hands often.
- ◆ Eat healthy, nutritious foods. Pack an apple or banana to avoid getting into the fast-food routine because you're busy.
- ◆ Give your child their vitamins (and take yours too!)
- ◆ It's getting colder, but keep up your exercise program and ensure that your child plays outdoors for at least 1 hour each day.

### Healthy Recipe of the Month

By Stacy Cacciatore



Pomegranate is in season in the fall and winter and is a great choice for introducing a new fruit to kids. Pomegranate is high in fiber, vitamin C and potassium. Pomegranates are also high in polyphenol, which is an

antioxidant that has been linked with reduced risk for heart disease and cancer. Try out this winter fruit salad recipe for a new twist on an old favorite.

### Winter Fruit Salad

- ◆ 4 small, seedless oranges (skin and white pith removed) or 1 can of mandarin oranges
- ◆ 1 can pineapple chunks
- ◆ 1 apple
- ◆ 1 banana
- ◆ 1 pomegranate (cut in half with seeds removed)
- ◆ 1 small container fat-free strawberry yogurt

1. Cut the pomegranate in half and remove the seeds. Save the seeds and discard the skin.
2. Cut all of the fruit into desired size.
3. Combine in a large bowl and refrigerate for at least one hour
4. Drain the juices and mix in the yogurt.

### Plan to Get Active

By Michelle Carr



We often plan for special events, meals and guests, but during this busy time of the year, physical activity often falls off our list. Try out these tips to *plan* physical activity and make it a priority over the holiday break.

- ◆ **Break it up** - The American Council on Exercise recommends 60 minutes of physical activity a day for both children and adults. Don't let that overwhelm you though, plan the time that fits into your schedule. Schedule 30 minutes twice a day or four 15 minute segments.
- ◆ **Be creative** - Ask your children what they enjoy and let them take turns planning the activity for each day. Have a jump rope or hula hoop contest, go on a bike ride, or play a game of freeze dance, tag or simon says.
- ◆ **Take it outside** – Rock Hill's new Riverwalk is now open and is a great place to take the family. The Riverwalk Trail is a 2.25 mile trail along the Catawba River with beautiful scenic views that allow you to enjoy the sights and sounds of nature while biking, walking or running. Take Hwy 21 toward Cherry Road and the trail is located on the left, right after crowing over the river.

### The Most Important Meal of the Day

By Stacy Cacciatore



Breakfast is the most important meal of the day, especially for kids. Research shows that children who eat breakfast have more energy, do better in school and eat healthier throughout the day. Skipping breakfast can make kids feel tired, restless and irritable. It can be tough to make a healthy morning meal each day due to the crunch of the morning rush and complaints of "I'm not hungry," but try out these quick and easy breakfast ideas to keep your kids going all day:

- ◆ Greek yogurt with raspberries and blueberries
- ◆ Whole-grain waffle with peanut butter and sliced banana
- ◆ Hummus on a whole wheat pita
- ◆ English muffin topped with scrambled eggs, Canadian bacon and a slice of 2% cheese.