



Put Your Best Fork Forward!

Eat a Rainbow on Your Plate

- As a family, commit to trying a new fruit or vegetable each week.
- Download “Seasonal and Simple” app from University of Missouri Extension. This app is an excellent guide to help you find, select, store & prepare fresh fruits and vegetables in Missouri. For more information, visit seasonalandsimple.info.
- Create a colorful meal by using vegetables as pizza toppings. Try broccoli, spinach, yellow peppers, tomatoes, mushrooms and zucchini.
- Place colorful fruit where everyone can easily grab something for a snack-on-the run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
- Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on whole grain pancakes or waffles.
- Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or whole grain waffle.
- Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
- For more tips and ideas, visit eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month



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Did You Know?

- ◆ On average there are 200 seeds on the outside of a strawberry.
- ◆ If you plant a strawberry plant it will come back year after year; it's a perennial.
- ◆ An artichoke is an unopened flower bud.
- ◆ It is best to choose artichokes that are tightly closed with clean, green leaves.



In the News:
Every Kid Healthy Week
April 24-28, 2017

This annual observance was created to celebrate school health and wellness achievement. For resources and inspiration on how you can get your whole community involved, visit everykidhealthy-week.org.

Time to be Active— Kylee Bosworth, Weighing In Intern

There are 1,440 minutes in a day and at least 60 of those minutes should be filled with physical activity. Get the whole family involved, motivated and having fun! Break your activity into 15 minute intervals if 60 minutes at once is hard to fit into your schedule.

- ◆ Get the family involved in trying a new sport. Have the kids heard of badminton? On a rainy spring day it can be played indoors with a balloon and paper plate.
- ◆ Create hopscotch with chalk on the sidewalk or with masking tape in the hallway at home. Anytime someone comes to the
- ◆ hopscotch they have to jump through all of the squares.
- ◆ Grab a jump rope or hula hoop and see how long the whole family can keep it going.
- ◆ Challenge family members to a scavenger hunt outdoors. Teams can look for a list of treasures that the family creates together.

Follow our Get Moving Pinterest board for more ideas to get active this spring @12345fittastic



1 HOUR
OR MORE OF
PHYSICAL
ACTIVITY

Vitamin D Detective



Vitamin D & calcium are important for building strong bones and teeth. Vitamin D helps the body use calcium from its diet. Low and nonfat milk and yogurt are great sources of vitamin D. Not all yogurts have vitamin D, so check out the food label to be sure. Where else can you find it? It's in some fish such as tuna, mackerel and salmon. Some grains are fortified with vitamin D. The best way to know for sure is to read the food label.

What's in Season this Spring?

- Asparagus
- Strawberries
- Peas
- Artichokes
- Honeydew
- Limes
- Oranges
- Mango
- Honeydew

To learn more about what's in season, visit fruitsandveggiesmorematters.org

Green Asparagus or White Asparagus?



The skinny, tall stalks of green asparagus are traditionally seen in stores or markets, but there is also a white variety. Although they taste the same, they are grown differently. The white asparagus is covered to avoid direct sunlight, preventing the chlorophyll to form and keeping the asparagus white instead of green. So if you ever see white asparagus at the store, give it a try! Be sure to snap off the dry end before steaming or roasting them.



Recipe Corner- Apple Nachos

Ingredients (for 1 serving):

- 1 small apple
- 3 strawberries
- 1 Tbsp. peanut butter
- 1 Tbsp. vanilla fat-free yogurt

Preparation:

1. Slice apple into 8-12 slices. Arrange apple slices on a serving plate.
2. Cut the tops off the strawberries and chop.
3. Place 1 Tbsp. of peanut butter in a small microwavable bowl. Put in microwave and cook on 100% power (high) for about 20 seconds or until peanut butter is thin, but not bubbly. Remove bowl using hot pads.
4. Drizzle the peanut butter over the apple slices. Sprinkle with 3 strawberries and top with 1 Tbsp. of yogurt.

Nutrition Facts

Serving size	
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 7g	14%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Spring Exploration in KC

Kansas City has lots of free indoor & outdoor options for family fun!

- **Kaleidoscope** (Kansas City, Mo) A magical art studio for kids 5-12 with family art sessions available. Call (816)-274-8300 for details.
- **Loose Park** (Kansas City, Mo) Bring a frisbee or pack a picnic for a fun afternoon at one of the largest parks in the city. Call (816)-513-7500 for details.
- **Nelson-Atkins Museum** (Kansas City, Mo) Explore art



- **Anita B. Gorman Discovery Center** (Kansas City, Mo) Learn about wetlands, wildlife and conservation all in one place. Call (816)-751-1278 for details.
- **Lakeside Nature Center** (Kansas City, Mo) Wildlife education programs for all ages with live animals. Call (816)-513-8960 for details.
- **Martha Lafite Thompson Nature Sanctuary** (Liberty, Mo) Bring the

- whole family to visit the Interpretive Center or to take a hike on one or more of the 13 trails. Hikers can spot wildflowers, butterflies, and a variety of prairie grasses along the trails. Great Blue Heron and frogs are often spotted near the pond. Call (816)-781-8598 for details.
- **Shawnee Mission Park** (Lenexa, Ks) The park offers many free hiking and biking trails. In season, the marina rents kayaks, fishing and pedal boats at the 120 acre lake. Call (913)-888-4713 for details.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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