



January



Building Healthy Schools & Communities

Healthy Living Begins In The Aisle!

Supermarket Smarts. Try these healthy tips on your next trip to the grocery store.



- ◆ **Eat a Rainbow** - Pick fruits and veggies that are rich in color. They have the most nutrition and help fight disease.
- ◆ **Head for the Border** - Focus your shopping along the outside aisles. This is where produce (both fresh and frozen), lean meats and seafood, low-fat dairy foods and whole grains are located. These are the foods that should make up the main part of your diet.
- ◆ **Choose Milk for Calcium** - Instead of buying soda, check the dairy case for low-fat regular, chocolate and other flavored milks. Non-dairy foods that are high in calcium are almonds, navy beans, oatmeal, collard greens, spinach, figs and calcium-fortified soy or rice milk.
- ◆ **Whole Fruit is Best** - Though whole fruit has the most nutrition, there are other choices. Look for "100% fruit juice" on the label. Limit 100% fruit juice to 6 ounces a day. Buy canned fruit packed in its own juice or in water.
- ◆ **Go for the Whole Grains** - Whole grains provide more fiber, vitamins and minerals than white "refined" breads. Look for whole-wheat flour, graham flour, oatmeal brown rice, whole oats, or barley as the first ingredient on the label.

For more information, visit:

www.nutritionexplorations.org/parents/shop-smart.asp

http://kidshealth.org/parent/food/general/food_shopping.html



Plan Ahead! Put an hour aside each week to sit down and plan a weekly menu for your family. Menu planning helps to make sure healthy foods are on hand throughout the week, can decrease stress later in the week when your schedule is busy, and can help your family to eat out less, ultimately saving you money! Get the kids involved in helping to plan out meal ideas for the week.

Don't forget to build in time for physical activity! Did you know your child should get at least 1 hour of physical activity each day? When doing your menu planning for the week, don't forget to include time for physical activity. Help build physical activity into your child's day by planning family activities together at least 2-3 times each week. Find fun activities the whole family can enjoy - for example, instead of being a couch potato have a jump rope, jumping jacks or dance competition during the commercial breaks of your family's favorite TV show, take a Saturday morning walk or bike ride together, head outside and build snowmen on those cold, winter days, or go skiing or sledding.