

# PATCH Food Program Newsletter



Issue Number 7, December 2017

## Recipe

### Fruit and Veggie Cookies

- 1 Cup Whole Wheat Flour
- 1 Cup Quick Oats
- 1 tsp Baking Powder
- ½ tsp Baking Soda
- 1 tsp Cinnamon
- ½ Cup Mashed Banana
- ½ Cup Mashed Avocado
- 1 Cup Unsweetened Applesauce

1. Preheat Oven to 350F. Lightly Grease baking sheet or use foil.
2. Combine all ingredients.
3. Scoop batter (about a Tablespoon) onto the baking sheet and flatten. Evenly space the cookies about 1 inch apart.
4. Bake for 12-14 minutes.

## Physical Activity Corner

### Knock Over the Snowmen

To make the snowmen, use white cups for the body, black construction paper to make the eyes and mouth and orange construction paper to make the nose.

Attach the eyes, nose, and mouth



to the cups using clear tape or a glue stick. You will need 6 snowmen. To make the snowball, tightly roll a large sock into a ball. Stack the cups onto each other to make a pyramid. 3 cups on the bottom, 2 in the middle, and one on top. The objective is to knock over all the snowmen.



## Cooking with Your Children

### Healthy "Candy Cane"

To make the white stripes of the "candy cane," slice Bananas into ½ inch circles. To make the red stripes, slice strawberries into ½ inch pieces. You can also use raspberries, watermelon, or any other red fruit.

Align fruit into a straight line while alternating the red and white colors. You can use a blunt skewer or Popsicle stick to keep the fruit pieces together. Allow children to get creative in making different patterns with the fruit.

You can also try to make a savory "Candy Cane" using string cheese and Red bell peppers or beets.

## Healthy Bones

You can help your child build healthy bones by having good sources of:

Calcium: Found in milk, yogurt, broccoli, kale, and fortified cereals and juices.

Vitamin D: Found in tuna, egg yolks, and fortified cereals and juices and you can produce it with sun exposure.

Magnesium: Found in peanut butter, black beans, and avocado.

Vitamin K: Found in spinach, broccoli, and peas.

Weight-bearing exercise such as soccer and dancing can also help strengthen bones.

Find more information at:

<http://www.eatright.org/resource/health/wellness/preventing-illness/now-is-the-time-to-build-your-childs-bone-bank-account>

## Food For Thought

If a gingerbread man has a sore knee, does he try icing it?

Want to get your engine going?

