



5-3-1 Family Style!

◆5-9 servings fruits & veggies ◆3 servings lowfat dairy
◆1 hour physical activity



Tips for Getting Kids to Eat More Fruits and Vegetables

Trying is believing.

Sometimes a child will love a new fruit or vegetable the first time he tries it. Other times, it may take two, three or even ten tries before a child gets used to the taste of a new item. Ask kids to try one bite. If they don't like it, that's fine. Allowing them to stop at one bite makes trying new foods less scary. Forcing a child to eat something he truly does not like will only create a bad association with that food. However, it's important to keep offering new fruits and vegetables. Despite repeated refusals, a child may suddenly decide to try a new food.

Offer choices.

When it comes to serving fruits and vegetables, offering kids two to three fruit or vegetable choices is a smart idea. Choosing between baby carrots or celery sticks for lunch lets kids know their opinions matter. Also, asking kids to pick the fruits and vegetables for a meal allows them choose their favorites or suggest new ones to try.

Make it easy.

When kids come racing home hungry for a snack, chances are they'll grab the most convenient item. Make fruits and vegetables convenient by placing them in spots where kids will see them first. Fill a large basket or bowl with fresh fruit and place it on the kitchen counter or table. Have "grab and go snacks" in small plastic bags (cut up raw vegetables, peeled and seedless grapes, etc.) ready and waiting in your refrigerator.



Light Cheddar and Macaroni by Chef Jon Ashton

3/4 pound elbow macaroni

Crispy topping:

2 tbsp. unsalted butter
2 cups panko breadcrumbs
1 cup coarsely grated 50% Cabot cheddar
1 tsp. fresh thyme

Cheese sauce:

3 tbsp. unsalted butter
3 tbsp. King Arthur all-purpose flour
2 3/4 cups low fat milk
1 cup chicken stock
2 cups coarsely grated 50% Cabot Cheddar
2 cups coarsely grated 50% Cabot Jalapeno Cheddar
2 tsp Dijon mustard
1 tablespoon fresh thyme
1 1/2 tsp. salt
1/4 tsp freshly ground black pepper

Preheat oven to 400°F. and butter a 3-quart shallow baking dish. Fill a large pot three-fourths full with water and add a good pinch of salt. Cook macaroni until al dente.

Melt butter in a sauté pan and in add panko breadcrumbs. Season with salt and pepper. Keep stirring on a medium heat until golden brown. Let cool and then add cheddar until combined. This can actually be made 1 day in advance, just remember to seal and refrigerate.

In a large saucepan melt butter over low to medium heat and stir in flour. Cook roux (flour and butter), stirring 3 minutes and whisk in milk. Bring sauce to a boil whisking constantly and simmer. Whisk occasionally, 3 minutes. Stir in milk, cheddar, mustard, thyme, salt, and pepper. Remove pan from heat.

In a large bowl stir together macaroni, chicken stock, and sauce. Transfer mixture to baking dish.

Sprinkle breadcrumbs and cheese mixture evenly OVER macaroni and bake in middle of oven for 20 to 25 minutes, or until golden and bubbling.



Making Fitness Time "Together Time"

Staying physically active improves overall fitness, relieves stress, builds children's self-esteem and capacity for learning and helps maintain healthy bones. Try these tips for active family fun:

Build Fitness Into Your Family Routine

- ◆ Schedule walks after dinner—a little bit every day adds up!
- ◆ Limit children's TV, computer and video game time to no more than 2 hours a day.
- ◆ Have children help with the chores, such as vacuuming, working in the yard, walking the dog and washing the car.

Make it Fun

- ◆ Keep activities fun rather than competitive. Choose activities that everyone can do. Bike, play tag or catch, toss around a Frisbee or inline skate.
- ◆ Schedule family "adventures". Hike, explore state parks or visit local tourist attractions.
- ◆ Purchase inexpensive pedometers and have everyone keep track of daily steps.—build up to 10,000 steps per day!

