



Family Health

March 2010

Newsletter

Keep Your Kids Safe Online

Staying safe online can be a difficult job, especially for a child. Keep your kids safe by following the tips below.

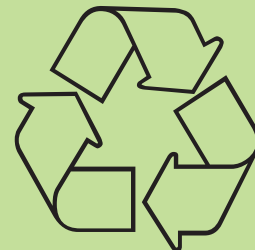
- Create a list of rules for Web usage, and post it near your computer.
- Keep your home computer in an open area of your home, not behind the closed door of your child's bedroom.
- Set parental restrictions in your Web browser.
- Know which sites your kids visit. Check your browser's history once a week to make sure your kid's aren't visiting any unsafe or inappropriate sites.
- Help your kids create their screen names and passwords. Make sure the screen names are nondescript and don't identify your kids as young children. Explain the importance of keeping passwords private.
- If your children visit social networking sites, monitor their profiles and contacts list for inappropriate material.
- Speak to your kids about what is not acceptable to post, including personal information like your phone number or address or their location.
- Don't allow your child to set up a face-to-face meeting with an online friend.
- Let your kids know that if they come across anything that makes them feel uncomfortable—whether it's objectionable material or a social situation where they feel bullied—to immediately tell you.
- If your kids have an email address, don't allow them to give it to Web sites, online contests, or people they don't personally know.

What does it mean to "go green?"

Green is more than just a color. It also means taking special steps to protect the environment, the water, the land, and the air we breathe.

Every day, people make choices that affect the amount of trash and pollution that gets produced in our world. What can you do? Here's are five tips to help you go green:

1. Reduce the amount of stuff you purchase, use, and throw away.
2. Reuse when you can. Save sandwich bags, grocery bags, wrapping paper, gift bags, etc.
3. Recycle cans, bottles, paper, books, and even toys. Give unwanted items that are still in good condition to charity.
4. Enjoy the Earth-go hiking in the mountains, plant a tree or garden, play at a park, or eat a piece of fruit.
5. Walk or bike to school and carpool with friends/family members.



Prevention Corner

March is National Nutrition Month!

National Nutrition month is a nutrition education and information campaign sponsored by the American Dietetic Association. This campaign provides consumers with practical tools and tips they can use to make healthier food choices. This year's theme "**Nutrition from the Ground Up**," encourages families to get back to the basics by preparing simple and healthy meals at home and relying on whole instead of processed foods. For more information visit the American Dietetic Association's website:

www.eatright.org/NNM/content.aspx?id=5342

Kids Corner:



Coffee Filter Shamrock

Instructions for making a picture out of a coffee filter that looks like a shamrock. A fun St. Patrick's Day craft for the kids.

Materials Needed:

- Coffee Filters
- Food Coloring-yellow and blue
- Eye Droppers or Straws
- Scissors-make sure kids are supervised

Instructions:

1. Cut a shamrock shape out of a coffee filter. Mix together approximately 2 tablespoons of water and 5 - 10 drops of yellow food coloring. Add in the same amount of blue food coloring.
2. Use an eyedropper or a straw to drip colors randomly on the coffee filter shape. The colors will run together to make green.
3. Let the coffee filter dry.
4. You may want to put down newspapers just to be safe.



FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Serves: 4

Pasta Primavera

- 1 tablespoon olive oil
- 3 cloves minced garlic
- 1 red bell pepper, cleaned, seeded and cut into strips
- 1/2 pound thin asparagus, trimmed and cut into 2-inch pieces
- 1 cup sliced button mushrooms
- 1 cup grape or cherry tomatoes, sliced in 1/2
- 1 cup low-sodium chicken stock

- 1/2 cup 1 percent milk
- 1 tablespoon all-purpose flour, dissolved in 3 tablespoons water
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 large carrot peeled and sliced into strips with a peeler (about 2 cups carrot ribbons)
- 3/4 lb. whole-wheat linguine
- 1/2 cup grated Parmesan
- 2 tablespoons chopped parsley leaves
- 1/4 cup shredded basil leaves



Directions

1. Heat the oil in a large saute pan over medium-high heat. Cook garlic until soft, about 1 minute. Add peppers and cook until they begin to soften, about 3 minutes. Add mushrooms, asparagus and tomatoes and cook until softened, an additional 5 minutes. Stir in flour and cook for 1 minute more. Add chicken stock, milk, salt and pepper and bring to a boil; reduce to a simmer and cook until liquid has thickened slightly, about 5 minutes. Stir in carrot strips.
2. Meanwhile, cook pasta according to package directions; drain, reserving 1/2 cup pasta water. Toss pasta with vegetables and sauce. Add pasta water, if necessary, to loosen mixture. Serve garnished with Parmesan, parsley and basil.

Serving Size, 2 cups pasta plus 2 tablespoons cheese, plus parsley and basil

Calories 480; Total Fat 11 g; (Sat Fat 3 g, Mono Fat 3 g, Poly Fat 0.5 g) ; Protein 22 g; Carb 76 g; Fiber 10 g; Cholesterol 10 mg; Sodium 610 mg

Source: Ellie Krieger, Food Network

Kids Corner Health



Let's Move!

Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity. Let's Move! has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation united through this campaign, Americans will support parents, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.



For more information visit: www.letsmove.gov