

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS



Ideas For Eating Better For Less

October is CHILD HEALTH MONTH

Healthy Moves For Healthy Kids

- ☺ **Provide your children with healthful food choices.** Let your child help plan and prepare meals. As a family, plan to spend time together at meals, playtime or shopping.
- ☺ **Keep your home a safe place for children to live.** October has National Childhood Lead Poisoning Prevention Week. If you have questions or concerns contact the Illinois Dept. of Public Health at 1-800-782-7860 or your local health department.
- ☺ **Kids need to be physically active.** Encourage your children to be more active and spend less time watching television and using the computer.
- ☺ **Parents and caregivers need to be good role models.** Eat healthful foods and be active every day.



On-the-Go Dreamsicle Pops* Makes 12 pops.

- | | |
|---------------------------------------|--------------------------------------|
| 1 cup low fat vanilla or lemon yogurt | 12 Small paper cups |
| 6-oz. can orange juice concentrate | 12 Popsicle sticks or plastic spoons |
| 2 1/2 cups skim milk | |
| 1 tsp. vanilla | |



1. Blend together yogurt, orange juice, milk and vanilla. Use a blender, hand beater or whisk.
2. Pour into small paper cups and add a wooden popsicle stick or plastic spoon for the handle.
3. Freeze until firm.

* Adapted from *Jump 'N Jive*, Wisconsin Nutrition Education Network & USDA Food and Nutrition Service.
NUTRITION FACTS (per pop) - Calories 60 - fat 0 g - calories from fat 0 - sodium 40 mg - total carbohydrate 13 g - fiber 0 g

Almost-Instant Apple Oatmeal* Serves 2.

1 medium apple, peeled, diced 2/3 cup quick cooking oats
1 1/3 cup skim milk 2 Tbsp. brown sugar
1/4 tsp. cinnamon

Stovetop/Range

1. Stir apple, milk and cinnamon together in a small pan.
2. Bring to a boil. Stir in oats and cook one minute.
3. Cover and let stand 2 minutes before serving. Add brown sugar and serve.



Microwave

1. Combine all ingredients and cook for 1-2 minutes.

* Adapted from *Jump 'N Jive*, Wisconsin Nutrition Education Network & USDA Food and Nutrition Service.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 3 g ~ calories from fat 20 ~ sodium 300 mg
~ total carbohydrate 48 g ~ fiber 4 g

Walk To School Day

“Walk to School Day” is celebrated every October to promote safe walking and bicycling throughout the year to enhance the health of our school children.

- ◆ Obesity rates among children have more than doubled in the past 20 years.
- ◆ For children who live within a mile of their school, only 25% are regular walkers.
- ◆ Walking or cycling to and from school is an ideal way for children to be active.
- ◆ Parents/caregivers can be good role models by walking to school with their children.
- ◆ For more information check <http://www.walktoschool-usa.org/>



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FAMILY NUTRITION PROGRAM
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* Local Extension Councils Cooperating**

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