



Food Matters

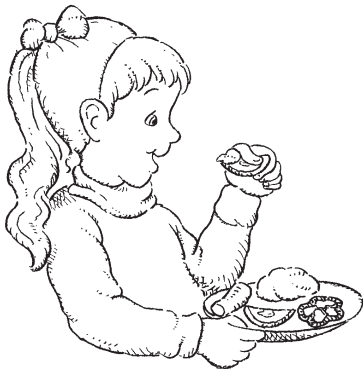


Family Newsletter

SNACK ATTACKS— THE CHEF COMBO WAY

Bananas don't grow in Boston and oranges don't grow in Ohio. We all depend on planes, trains, trucks, and vans to transport a wide variety of food to our local grocery store. And Chef Combo has been talking to your child about where the food we eat comes from.

At times, getting your child to eat healthy snacks may seem impossible. But don't worry. Your child will go for the nutritious snack ideas in this newsletter.



FASCINATING FOOD FACT

Children watch an average of 2½ hours of television per day. TV commercials often feature low-nutrient snacks. How can parents compete with TV? Keep lots of healthy snacks handy for snack attacks!

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FEATURED RECIPE

This snack is so easy your child can help make it!

Nacho Cheese Tortillas

1 tortilla (flour or corn)
2 tablespoons cheese spread
Salsa (optional)

Spread the cheese over the tortilla. Roll up the tortilla. Microwave on high for 1 minute or heat in the oven until the cheese bubbles. Serve with salsa if desired.

NIFTY NUTRITION NUGGETS: ONE-MINUTE HEALTHY SNACKS THAT KIDS LOVE!

- A banana idea with appeal. Spread peanut butter on banana slices. Raisins on top are optional.
- Say cheese! Nab a cube of cheese with a pretzel stick and serve.
- Start your own zoo. Stock up on animal crackers.
- Chill out. Refrigerate canned pineapple and peach slices for fast snacks.
- This one wins the "sounds-funny-but-tastes-fabulous" award. Sprinkle cinnamon and sugar over cold rice. Top with milk. Try it; you'll like it!
- An ice cold glass of white or chocolate milk can really take the edge off the "hungries."



ASK CHEF COMBO

Question:

My children snack from the minute they get home from school until dinner. When the meal is finally ready, they're full. How can I preserve their appetites (and my nerves) during the dinner rush hour?

Answer:

Children who are hungry just can't wait, So offer healthy snacks—they're great. Snacks before dinner are appetite-teasers, Offer cheese, fruit, or crackers—All guaranteed pleasers. Instead of lots of salty chips Try fresh veggies with yogurt dip. Children craving the sweet taste of candy? Buy oranges and apples and keep them handy. Instead of soft drinks (a nutrient-zero), Serve ice cold milk (a nutrient-hero). Most important, keep serving sizes small, That'll help keep dinner appetites tall.