

# Nutrition Notes *TO GO*

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## Munch a Better Lunch!

**L**unch gives us a midday boost in energy to work and learn throughout the afternoon. Make lunch count by following these tips:

- Have at least one fruit and one vegetable with your lunch every day. Eating more fruits and vegetables is one of the best things you can do for your health!
- Plan ahead when you shop – think about what foods you will need for lunches.
- Use leftovers. Make a sandwich with leftover chicken or use leftover chicken, broth, vegetables, and pasta to make a quick soup.
- Resist the urge to buy sweets or chips for children's lunches. Instead, pack carrot sticks or other raw vegetables and fresh fruit. Send 100% juice or water in a plastic drink container or thermos instead of buying costly drink boxes.
- Be sure to apply for free or reduced price school meals for your children. The school sends an application home at the beginning of every school year and it can help your children get nutrients they need each day.

## What's in Season...

**S**ave money and enjoy the best flavors of the season! Best buys for fresh fruits and vegetables in September are:

### Vegetables:

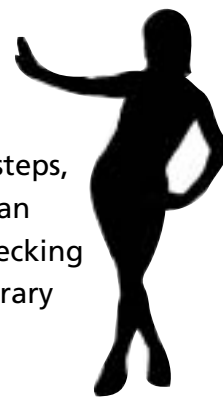
Broccoli	Green beans	Apples
Cabbage	Green peppers	Grapes
Carrots	Winter squash	Peaches
Cauliflower	Tomatoes	Pears
Greens (bok choy, collards, kale, spinach)		Plums
		Watermelon

### Fruits:



## Keep Moving

**P**ut on your favorite music and dance, dance, dance! You don't have to know any steps, just move to the music. You can learn a few new moves by checking out dance videos from the library and dancing along.



## Apple Cake

2 eggs  
3/4 teaspoon vanilla  
3/4 cup applesauce  
4 cups sliced and cored apples, washed  
2 cups sugar  
2 cups flour  
1 1/2 teaspoons baking soda  
2 teaspoons cinnamon or apple spice seasoning mix

### TIPS:

- Keep the peel on the apple for added fiber.
- A low-fat delicious dessert.
- Enjoy at breakfast, too.

**Nutrition Facts:** Serving size: 1/12 of cake; Calories: 240; Fruits and Vegetables: 1/2; Fat: 0 g; Fiber: 2 g

Serves 12

1. Preheat oven to 300°.
2. Wash, core and slice apples.
3. Mix together eggs, vanilla, and applesauce (wet ingredients).
4. In a separate large bowl, mix apples, sugar, flour, baking soda, and cinnamon, (dry ingredients).
5. Add wet ingredients to dry ingredients and stir until blended.
6. Pour mixture into a 9"x12" pan and bake for 50 minutes or until a knife or toothpick inserted into the center of the cake comes out clean.

