

We're Going Back To School



What are the healthiest foods to pack in our kid's lunches?

A healthy lunchbox is full of:

- Colorful foods
- A variety of foods from all groups (proteins, fruits & vegetables, and whole grains)
- Nutrient-dense
- Delicious

Some lunchbox gems are quinoa, kale chips, hard-boiled eggs, berries, grape tomatoes, trail mix, sliced apples with almond butter (if there is not a nut restriction), sugar snap peas, hummus, and avocado & cucumber sushi rolls.

What foods should we stay away from when packing a healthy lunch?

The big food no-no we want to stay away from foods high in sugar and additives. When kids are in school, they have more restrictions, they need more focus, and they need to be able to sit still. Foods that are highly processed and full of ingredients like dyes and sweeteners are far too over-stimulating for kids' brains and bodies. These foods do not support them in learning, absorbing information, thinking, and having a positive experience in school. To know if the food is a good choice, check the label for the ingredients and sugar content, or better yet, buy foods without labels (veggies, fruits, meats)!

How can we make healthy foods more appealing to our kids so they will want to eat them and be less tempted by the junk foods they see other kids eating?

Cute things up! Get cute with the lunchbox by using crafts supplies, fun toothpicks, cookie cutters, cloth napkin, flowers, a note from you, and stickers to make lunch feel interesting, fun, and full of love. Shapes matter! Add a smile to their day by cutting food into a shape with a cookie cutter. If it makes your little one happy and eat healthy food you have packed with a smile, the extra 20 seconds are worth it.



It doesn't end there though, kids like things their size, so cube things, make them mini or buy the mini.

Examples of cubed fun is:

- rotisserie chicken,
- cheese,
- veggies
- melon.

Finally, don't forget about dips! Kids love to dip foods, so provide that in their lunch. This also means finger foods, which kids love. Some great dips to consider are salsa of all kinds (mango, pineapple, tomato), hummus, nut spreads (if allowed), and salad dressings. When considering adding a dip, take into account their age and eating situation, we want to make sure that the dip is a fun delight, not a stress for them. If you think a dip will be too messy or cumbersome, save it for a snack at home.

<http://www.healthychild.com/packing-a-healthy-lunch-box-for-school/>



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HOW MUCH PHYSICAL ACTIVITY DO YOU REALLY NEED?

For Important Health Benefits

Adults need at least:



2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR



1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR



An equivalent mix of moderate- and vigorous-intensity aerobic activity and



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Need More Help with the Guidelines?

Watch this video:



Windows Media Player, 4:43

[More videos](#)



THREE SIMPLE RULES IN LIFE

1. IF YOU DO NOT GO
AFTER WHAT YOU WANT,
YOU'LL NEVER HAVE IT.

2. IF YOU DO NOT ASK,
THE ANSWER WILL
ALWAYS BE NO.

3. IF YOU DO NOT STEP
FORWARD, YOU
WILL ALWAYS BE IN
THE SAME PLACE.

**DID YOU
KNOW?****General Health**

- ❖ About 8% of the adult population and 5% to 9% of children are affected by serious mental illness
- ❖ Ordinary B-vitamins can enhance human mental performance and even increase happiness
- ❖ Breast-feeding triggers bone loss in areas prone to fractures later in life, such as the hip, wrist, and spine. But this lost bone is completely replaced with fresh, new bone within two years of having a baby.
- ❖ Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy.
- ❖ Bananas works as a natural antacid in the body, so if you suffer from heartburn, try a banana for soothing relief.
- ❖ Nearly one-third of all adults are obese.
- ❖ Studies have shown that eating close to bedtime may enhance the storage of fat and promote weight gain.
- ❖ Long term use of zinc lozenges for treating colds can temporarily suppress the immune system, just the opposite of what you want when fighting off a cold.
- ❖ <http://www.healthassist.net/facts/interesting-facts.shtml>

**HIGH SUMMER TEMPS
TOUGH ON PETS**

Most pet owners don't realize their animals are as sensitive to soaring temperatures as people. Dogs cannot sweat and cool themselves by panting, and therefore more vulnerable to heat.

- * Never leave a pet in a vehicle (even with windows cracked).
A dog can bake from the inside out from the triple-digits
- * Provide a cool water source and shade
- * Walk pets early or late @ nite
- * Never tether a dog outside

Healthy Recipe of the Month

Apricot Lemon Chicken

Ingredients

- 1 Teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 (6 ounce) skinless, boneless chicken breast halves
- Cooking Spray
- 1/3 apricot spread
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 2 teaspoons grated lemon rind

Preparation

1. Combine first 3 ingredients in a small bowl; rub mixture over chicken
2. Place a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 minutes on each side or until done. Remove chicken from pan, and keep warm.
3. Add apricot spread, lemon juice, and 2 tablespoons water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over to chicken; sprinkle with lemon rind.

Ref: Cooking Light Fresh Food Fast, Oxmoor House 2009



Fort Benning
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Community Health Promotion Council

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Check out our Community
Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

