



WINTER 2011

Southwest Foodservice Excellence

WINTER LINK

Putting Child Nutrition First!

Happy Holidays!

As the holiday season draws near, we at Southwest Foodservice Excellence, want to share some tips to ensure you and your family have a happy, healthy holiday season. This time of year, maintaining healthy habits can seem downright daunting. Between shopping, family obligations, and lack of sleep, many people throw up their hands and give in to all kinds of indulgences. By striking a balance between healthy eating, exercise and indulgences during this holiday season, your family will head into the New Year with healthy momentum. *Best Wishes from all of us at Southwest Foodservice Excellence!*

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Let It Snow!

Top 5 Outside Winter Activities

1. **Make a snow angel.** Have fun by adding eyes, a mouth, maybe even a hat to your snow angel.
2. **Tour of lights.** Bundle up the family one evening for a walking tour of the holiday lights in the neighborhood.
3. **Sledding.** If it snows, do you know where the best sledding hill is?
4. **Beach ball toss.** There's no sand, but you can still take a beach ball outside for a fun game with your friends.
5. **Snowball throwing contest.** See which one of your friends can through a snowball the farthest. No snow? Play with tennis balls instead!

LINK CORNER

Kid's LINK

Winter Jokes

Nutrition LINK

Breakfast Gets an A+

Chef Manny
Panda's LINK
Potato & Kale Soup





Joke Answers- A: Frosted Flakes; A: A cookie sheet; A: They wear snow caps

Joke Time!

Can you stump your friends with these jokes?

Q: What does a snowman eat for breakfast?

Q: What did the Gingerbread Man put on his bed?

Q: Why don't mountains get cold in the winter?

School Breakfasts get an A+!

Kids benefit from starting the day with a healthy breakfast. Research shows that kids who eat breakfast regularly tend to be more alert in school, and are therefore able to learn better. They are also less likely to be overweight than kids who skip breakfast. However, according to the American Dietetic Association, even with hard evidence showing advantages to eating breakfast, between 42% and 59% of American children do not eat breakfast every day!

Why do some kids skip out on breakfast? In some cases, getting kids up and ready on time takes all the energy Mom or Dad can muster at that hour of the day. Perhaps others may have financial issues that make obtaining nutritious food a challenge. And there may be kids who just find it difficult to eat first thing in the morning.

The good news: A balanced breakfast, providing 1/4 of a child's daily need for protein, calcium, iron, vitamins A and C, and calories, is served daily at your child's school. Yogurt parfaits, whole grain muffins and fresh fruit are amongst the offerings at breakfast. A child may improve his or her grades, attitude and energy by eating breakfast every day.

Nutrition LINK

KALE- Kale is the super star of vegetables: It contains healthy antioxidants, blood builders such as iron and Vitamin K, and bone builders such as calcium and magnesium



Chef Manny Panda's LINK

Cooking tip...

Leave skins on potatoes to add 1 gram more fiber than peeling them.

Potato & Kale Soup

Makes: 10, 1 cup servings

INGREDIENTS:

- 2 TBSP olive oil
- 1 large onion, chopped
- 3 carrots, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 1 TBSP whole fennel seeds
- Salt & pepper to taste
- 1 can (15 ounce) white beans, rinsed
- 6 cups cubed (1 inch pieces) potatoes
- 4 cups chopped kale (about 1 bunch)
- 4 cups low-sodium vegetable broth
- 4 cups water
- Toppings: 6 oz. low-fat Greek yogurt & ½ cup chopped fresh chives

INSTRUCTIONS:

1. Sauté oil, onions, carrots, celery, garlic, fennel seeds, salt and pepper for 8 minutes over medium heat.
2. In blender or food processor, puree beans until smooth and stir into veggie mixture. .
3. Add in potatoes, kale, broth and water.
4. Bring to a boil, cover and simmer for 20-30 minutes, until potatoes are tender.
5. With hand blender, puree until 50 percent of the soup is smooth.
6. Top each serving with a dollop of yogurt and chopped chives.

Each 1 cup serving provides:

170 calories, 3.5 grams fat, 31 grams carbohydrate, 6 grams fiber, & 5 grams protein

Recipe adapted from: www.eatright.org