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## WEBSITE LAUNCHES TO PROMOTE HEALTHY FAMILIES

A new website link launches this month to help families make informed decisions about healthy eating and physical activity. The Families, Food, and Fitness (FFF) Community of Practice at eXtension provides education and skills using evidence based research information and interactive learning. The website link is [http://www.extension.org/families\\_food\\_fitness](http://www.extension.org/families_food_fitness)

The site is organized around three goals - improve diets, increase physical activity, and maintain body weight in a healthy range and avoid excess weight gain. The purpose of the site is to encourage behavior changes which are associated with healthy body weight:

- 1) Move more everyday
- 2) Tame the tube
- 3) Right size your portions
- 4) Enjoy more fruits and vegetables
- 5) Prepare and eat more meals at home
- 6) Re-think your drink

Special features of the site are a recipe section, a picture spice guide for suggested foods with each spice, and an interactive "Fast Food Menu," to size up selections from popular fast food restaurants.

eXtension is unlike any other search engine or information-based website. It's a space where the smartest land-grant university minds across America can gather and produce timely resources to help the public solve real-life problems. The site provides credible expertise, reliable answers based upon sound research, and creative solutions to today's complex challenges. The eXtension Foundation is a non-profit entity that exists to support the work of extension programs throughout the country.

Enjoy these delicious recipes from the site using local Frederick County produce.

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## **Southwestern Cantaloupe Salad**

1/2 cup cantaloupe, thinly sliced  
1/2 cup jicama, peeled and thinly sliced  
1/4 cup red bell pepper, roasted, sliced  
1/4 cup yellow bell pepper, roasted, sliced  
1 Tablespoon fresh basil, chopped  
2 Tablespoon fat-free Italian salad dressing

In a medium bowl, combine cantaloupe, jicama, red and yellow bell peppers, and basil. Add salad dressing. Mix well. Makes 4 one-half cup servings.

## **Garden Vegetable Pasta Salad**

3 cups whole-wheat rotini, cooked  
1 cup broccoli florets  
1 cup cherry tomatoes, quartered  
1/2 cup sliced carrot  
1/2 cup sliced red onion  
1/4 cup grated Parmesan cheese  
2 Tablespoon fresh basil, chopped (or 2 teaspoon dried basil)  
2 Tablespoon fresh parsley, chopped (or 2 teaspoon dried parsley flakes)  
1/4 cup nonfat plain yogurt  
1/4 cup low-fat (1%) buttermilk  
1/4 cup low-fat ranch dressing

Combine first eight ingredients in a large bowl. Combine yogurt, buttermilk, and ranch dressing in a small bowl. Stir well. Pour mixture over salad, toss to coat. Makes 7 one cup servings.

## **Watermelon Blueberry Banana Split**

2 bananas  
8 watermelon “scoops”, a watermelon ball created with an ice cream scoop  
2 cups blueberries  
1/2 cup low-fat vanilla yogurt  
1/4 cup low-fat granola

Peel bananas and cut in half crosswise. Cut each piece in half lengthwise. Lay 2 banana pieces against the sides of a shallow dish. Place a watermelon “scoop” at each end of the dish. Fill the center space with blueberries. Spoon yogurt over watermelon “scoops” and sprinkle with granola. Makes 4 servings.

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