

Too Much Screen Time?

Spending too much time in front of a screen (TV, video games, computer or phone) can be bad for your health.

Hours in front of a screen may mean that you are not getting enough physical activity which could lead to weight gain, weaker muscles and bones, trouble sleeping and feelings of depression.

Screen time can turn into snack time. It is easy to overeat if your attention is on the screen and not what you are putting in your mouth. If you are going to snack during screen time choose healthy snacks such as fruits, vegetables, fat-free yogurt or whole grain crackers.

One or two hours of screen time a day should be your limit. Too much screen time can take away important social time with family and friends. Take that time you are not in front of a screen to be active and have fun. Play basketball, skateboard or rollerblade (don't forget your helmet), turn on your favorite music and have a dance party, play Frisbee. The important thing is to get away from the screen, be active and have fun!



Source: Journeyworks

Spinach Snacks

1 10 oz. package frozen, chopped spinach
1/2 cup chopped onion
1 1/2 cups bread crumbs
2 tablespoons of margarine
1 egg
Vegetable oil or spray

Preheat oven to 350 degrees.

1. Defrost the spinach and squeeze to remove excess water.
2. Mix all ingredients in a large bowl.
3. Shape into 20 one-inch balls.
4. Bake on lightly greased or sprayed cookie sheet for 10-15 minutes until light brown.

Makes 5 servings of 4 pieces each.

Per serving: 191 calories, 7g fat, 6g protein, 25g carbohydrates, 1g dietary fiber, 42mg cholesterol, 352mg sodium.



Source: Eating Right is Basic

Eggs-citing Ideas



The Easter egg hunt is over but the hard-boiled eggs remain. Refrigeration is important if you want to eat the eggs later. It is best to not peel the eggs until you are ready to eat or use them in recipes. Hard-cooked eggs in the shell can be refrigerated up to one (1) week. Peeled hard-boiled eggs can be stored in the refrigerator in a sealed container for 1 week.

Eggs can be used in a variety of ways. One of the easiest is to peel them and eat. Another idea is to make egg salad or deviled eggs. Egg salad can be used on a sandwich or added to a salad. Chopped eggs are great toppers for green salads or cooked vegetables. Eggs can also be added to potato salads or cooked rice dishes. Hide a hard-boiled egg in the middle of your meatloaf when preparing—a nice surprise at serving time.

Eggs are great source of high quality protein, providing 6 grams in a medium egg. They also provide important vitamins and minerals to your diet. People used to avoid eggs due to the cholesterol in the egg yolk but recent dietary guidelines no longer set a limit on egg consumption. The best part is that eggs are an inexpensive healthy addition to your diet.

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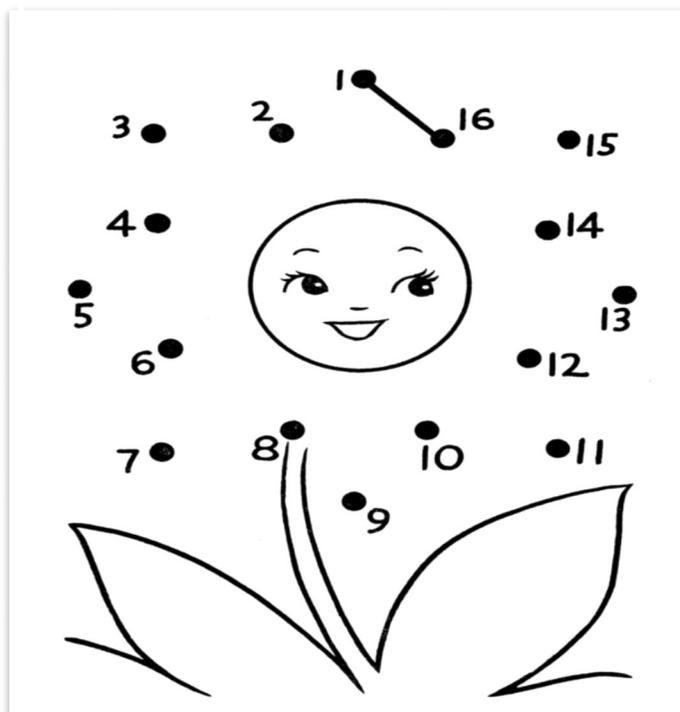
Gardening Corner

Spring is here and it's time to get your garden growing! Even if you don't have much space to work with, you can grow fruits and vegetables in pots placed in a sunny location. You can grow just about anything in a container as long as it is large enough for the plant that you want to grow and it has drainage holes. For best results, you will need to fill your pots with a "soilless" potting mix which consists mostly of peat moss and perlite. I like to grow carrots in window boxes. Choose a smaller variety, a nantes type for example, and plant each seed one inch apart from each other. You can also grow lettuces, radishes, pak choi, and herbs in window boxes. Medium sized plants like peppers need at least 2 gallons of soil per plant. For large plants, like tomatoes, you need a container about the size of a 5 gallon bucket for one plant. You can even grow raspberries, blackberries and blueberries in 5 gallon pots! The key to growing fruits and vegetables in pots is to make sure that you keep them well watered and fed. Pots will likely dry out daily. You should also fertilize your plants with a liquid fertilizer, something like Miracle Gro, once every two weeks or so. Always follow the directions on the label when using fertilizers. So what are you waiting for? Get out there and get growing!

*Sherry Frick,
Master Gardener Coordinator*



April showers, bring May flowers!
See if you can connect the dots!



Newsletter prepared by:
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The Expanded Food and Nutrition Education Program (EFNEP) helps families. **Eat better. Feel better, and Cut food costs.** To find out more about EFNEP contact:

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