Real Food, Not Junk Food

We consume a lot of calories at home. Unfortunately, home has become the place for fast food and snack food convenience. Home is where we grab the candy bar or bag of chips and sit in front of the television. It’s where we sit down to eat after stopping at the drive-thru. But this doesn’t have to be the case.

Healthy foods can be easy snacking options. We grab for chips or cookies because chips and cookies are there. If fruit is sitting in a bowl on the counter, we would grab for that instead.

Real foods can also be easy meal options. This takes planning. We often stop at the drive-thru for a quick dinner instead of going to the grocery store to pick up food to prepare. Make your trips to the grocery store last for the week. Plan the meals you will eat every night, so the quick fast food stop is not even a temptation.

Tomato Pasta Salad
Makes 6 servings

Ingredients:
4 cups cooked rotini noodles*
2 cups chopped tomatoes
1 cup chopped broccoli
1/4 cup sliced black olives
2 teaspoons grated parmesan cheese
8 ounces low fat Italian dressing

Directions:
1. Combine noodles, tomatoes broccoli and olives together in a large bowl.
2. Add cheese and salad dressing.
3. Stir together and refrigerate.

Nutrition info: 194 calories, 3 grams fat, 712 mg sodium and 2 grams fiber.

Source: Alliance for a Healthier Generation
Source: Nutrition Matters— Farmers Market Cookbook

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**Simple Snacks**

- **Rinse** fresh blueberries, raspberries or strawberries and eat!
- **Dip** baby carrots, cucumber spears, broccoli, snap peas and cherry tomatoes in hummus or low fat dill dip.
- **Make fruit kabobs** placing strawberries, melon chunks and peach slices on short skewers or pretzel sticks. Dip in flavored yogurt.
- **Munch** on bell pepper strips or sweet mini peppers.

Source: Nutrition Matters—Farmers Market Cookbook

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**Indoor Horseshoe Game**

Make your own game of horseshoes that’s safe to play in the house!

**All you need is:**
- Cardboard paper towel tube
- 4-5 paper plates
- Tape
- Paint
- Scissors

**Instructions:**
1. Place one paper plate flat on the floor. Stand the paper towel tube on top of the paper plate. Use the tape to attach the paper towel tube to the plate.
2. Carefully use your scissors to cut a large circle out of the middle of each of your remaining paper plates. Be sure you don’t cut the outside edge of the plate.
3. Paint the outside circle of the plates to create your horseshoes.
4. When dry, you’re ready to play!
5. Stand back six steps and give your circle a toss and see if you can get it to land over the tube. If you did, take another step back and try again. Have Fun!

Source: Nutrition Matters—Farmers Market Cookbook

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**Move More!**

Get your family moving. Try one of these tips each week:

- Ride bikes after dinner.
- Take the dog for a walk.
- Park farther away from the store and walk.
- Use the stairs instead of the elevator.
- Dance with your children.
- Walk your kids to school or walk to work.
- Ask your kids to help with active chores around the house, like vacuuming or raking leaves.
- Sign your kids up for community sports or lessons.
- Walk along the sidelines at your kids’ sports events.
- Play ball at the park.
- Choose video games that get your kids moving, like dancing or fitness games.

Source: www.nhlbi.nih.gov

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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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