

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### Snack.Right.Now.

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

### **Tasty Topics:**

If you're like most people, you may have made a New Year's resolution to eat healthier. Healthy eating can start by making healthy snack choices. Why snack? Snacking can be a great way to keep your energy up between meals. Plus, snacking on healthy foods can help you meet your nutrient needs throughout the day. For example, if you don't get enough calcium-rich foods or drinks at meals, choose to snack on yogurt or string cheese. Some more healthy snacking ideas include: **Grains** – whole grain crackers, air-popped popcorn, baked tortilla chips; **Vegetables** – celery sticks, broccoli, or baby carrots with dip, salsa; **Fruits** – any fresh fruit, canned fruit cocktail, dried fruit (raisins, raisins, etc); **Milk** – yogurt, low-fat cheeses, low-fat pudding; **Meat & Beans** – peanut butter, nuts, hard-boiled eggs, edamame, bean dips or hummus. For a well-balanced, nutrient-packed snack, you can combine foods from the food groups. For example, try crackers and cheese, apple slices with peanut butter, or hummus with raw veggies. Having these and other healthy snacks on-hand and within reach will make it easy to stay on-track with that New Year's resolution. Healthy snacking will soon become a habit that fits your lifestyle for the whole year and beyond!

### **Laugh Out Loud (LOL)**

**Q:** Why shouldn't you tell an egg a joke?

**A:** Because it might crack up

**Q:** Why did the fisherman put peanut butter into the sea?

**A:** To go with the jellyfish!

**Q:** What is a pretzel's favorite dance?

**A:** The Twist!

### **Monthly Mentions**

- **Live Connections:** *Live Connections* at World Café Live in University City: **Special Bridge Sessions with the Philadelphia Orchestra School Partnership Program. Appropriate for Grades 2-Adult.** For more information, please contact Tamar Lelkes, School and Community Partnership Coordinator, at [tamar.lelkes@gmail.com](mailto:tamar.lelkes@gmail.com) or 267-250-0508.
- **Nutrition Tip:** If you want something sweet, try raisins or other varieties of dried fruits. They are sweet and contain fiber and lots of nutrients.
- **Fruit & Vegetable:** For cauliflower and kiwi recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Apples, Brussels sprouts, dates, grapefruit, kale, oranges, pears, sweet potatoes, tangerines, turnips and winter squash.

### **Nutrition Education in Action**



Students from Mrs. Bommentre's class at Germantown High School prepare Fresh Tangerine Confetti Salsa at a cooking club lesson.

Questions or Comments?  
Email:  
[nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
**EAT.RIGHT.NOW.**  
Nutrition Education Program  
Drexel University  
Or call us at: 215.895.2422

Name .....

Date .....

# A HEALTHY SNACK

Fresh fruit is an important part of a healthy diet. Read the recipe below. Then answer the questions.

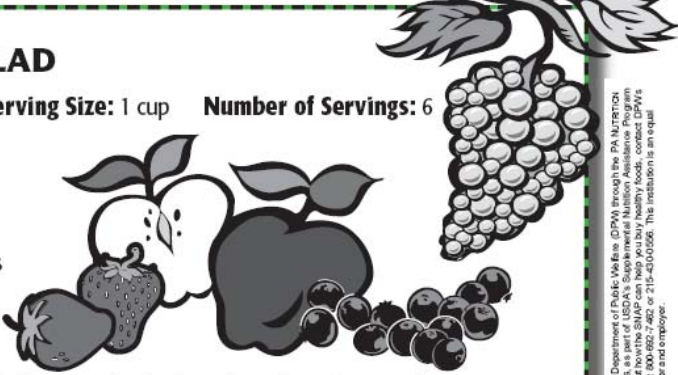
**RAINBOW FRUIT SALAD**

**Preparation Time:** 10 minutes    **Serving Size:** 1 cup    **Number of Servings:** 6


**Ingredients:**

- 1 cup seedless green grapes
- 1 large apple, cut into bite-size chunks
- 1 cup strawberries, cut into slices
- 1 cup blueberries
- Optional: 1 teaspoon lemon juice (sprinkle on apple chunks to keep them from turning brown)

**Directions:** Toss the fruit together in a large bowl. Serve in small bowls and top with yogurt.



Financed by the PA Department of Public Welfare (DPW) through the PA Department of Education, Trexco, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how the SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462 or 215-400-0506. This institution is an equal opportunity provider and employer.



1. How long does it take to make this recipe? \_\_\_\_\_

2. How many people does the recipe serve? \_\_\_\_\_

3. What ingredients must you have to make Rainbow Fruit Salad? \_\_\_\_\_

4. How many servings of Rainbow Fruit Salad can you make if you double the recipe? \_\_\_\_\_

5. You want to make enough fruit salad to serve three people. Rewrite the recipe in the space below.

6. How many apples will you use if you make Rainbow Fruit Salad for 30 people? \_\_\_\_\_