



Dear Parent,

The Kids a Cookin' & Movin' program today explored ways to eat healthier when eating out. In our fast-paced world, eating on the go is common, but that doesn't mean we can't choose to eat healthfully. Whether you pack a lunch or eat out, it's all about making good choices.

We need to eat a variety of foods. But keeping in mind how much of each food we eat is just as important. For example, it's OK to pack chips or order fries to go with your sandwich, but you might consider sharing them with someone else. This splits the portion size of a less healthy food item and allows you more "room" for an apple, a side salad or a low-fat vanilla ice cream cone. When ordering out, we tend to go for the bargain buy. Remember, the true value of food is in the nutrients it provides the body.

Since we live on-the-go lifestyles, we sometimes don't feel that we have time to pack a healthy lunch — let alone exercise. Food and physical activity are both part of healthy living for kids and adults. Find a balance. If you want to eat lunch out, walk there or at least park at the far end of the parking lot so you have to walk a little extra to get there. You can set healthy expectations and encourage balance in your children's lives by finding it first in your own.

Your child participated in making and sampling one of the recipes included in this newsletter. The recipes and activities are all ways to encourage a healthy living!

Sincerely,

For more information about this recipe and other fun recipes: contact your local K-State Research and Extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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# Things to do with your kids:

- The next time you eat out, ask for the Nutrition Information and calculate the number of calories you're getting from the foods you typically order.
- Involve your children in the kitchen: Have them spread the peanut butter and jelly on bread for a brown bag lunch. Let them wash the veggies and put them into "to-go" containers.
- Eat outside or, as a family, pack a picnic for the park. Spend time afterward riding bikes or hiking on a trail.
- Make packing a nutritious lunch fun and easy by assembling most items the night before. A nutritious lunch might include a sandwich, piece of fruit, cut-up veggies and a cookie.
- Keep easy-to-take brown bag lunch items on hand: bread, peanut butter, jelly, apples, carrots, fruit snacks, pretzels, etc.
- BE ACTIVE: Go for a walk after you eat lunch.

## Power Bites

*A backpack snack!*

Makes: 18 bars

Ingredients:

1/2 cup brown sugar  
1/3 cup applesauce  
1 egg  
1 teaspoon vanilla  
3/4 cup grated carrots  
1 cup whole wheat flour  
1 teaspoon baking powder  
1/2 cup oats (quick or old fashioned)  
1/4 cup chopped pecans, optional  
1 teaspoon cinnamon  
1/2 cup raisins

Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees F. and lightly coat 9x9-inch pan with cooking spray.
2. In a large bowl, combine brown sugar, applesauce, egg, vanilla and carrots.
3. Add remaining ingredients and mix well.
4. Pour mixture into prepared pan.
5. Bake 20 to 25 minutes or until golden brown around edges. Let cool and cut into bars.

*Nutrition Facts: One bar provides 90 calories, 2g total fat, 10mg cholesterol, 35mg sodium, 17g total carbohydrate*

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K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM

**Kids a Cookin' & Movin'**

### Chef's Choice

Power Bites  
Fresh apple  
Bottle of water

## Tuna Twists

*Wraps or spirals take a turn!*

Makes: 4 wraps

Ingredients:

1 (6-ounce) can water-packed light tuna  
1/2 cup diced apple  
1 tablespoon lemon juice  
1/4 cup light or fat-free salad dressing  
1/3 cup diced celery  
1/4 cup chopped pecans  
4 lettuce leaves  
4 taco-size (8 1/2-inch) whole wheat tortillas

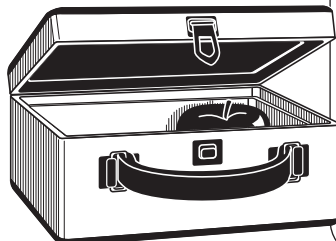
Directions:

Remember to wash your hands!

1. Drain water from canned tuna and place in mixing bowl.
2. Combine apple and lemon juice in small bowl.
3. Add salad dressing, celery, pecans and apples to tuna and combine.
4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces if desired. Wrap and keep in refrigerator until serving time.

*Nutrition Facts: One wrap provides 200 calories, 6g total fat, 15mg cholesterol, 450mg sodium, 26g total carbohydrate*

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### Chef's Choice

Tuna Twists  
Carrot sticks  
Bar cookie  
Low fat milk or 100% juice box