

Eat Green Foods in March for National Nutrition Month

Green fruits and vegetables contain many health promoting phytochemicals, including lutein and indoles. They help protect against cancers and help maintain vision health and strong bones and teeth.

Try these green snacks:

Presto! Pasta with Pesto

The combination of Parmesan cheese, pasta and punchy ingredients in pesto makes it a sure hit with kids. You'll love it, too!

Recipe Ingredients:

- 1 1/2 cups of tightly packed, washed and dried basil leaves
 - 1/2 cup of walnuts
 - 2 chopped garlic cloves
 - 2/3 cup of olive oil
 - 2/3 cup of grated Parmesan cheese
 - 1/4 teaspoon of salt
 - 1/4 teaspoon of black pepper
 - 1 pound of spinach linguine or fettuccine
 - Parmesan cheese to top dish
1. Chop the basil leaves in a food processor or blender.
 2. Add the walnuts and chopped garlic cloves.
 3. Process until finely ground.
 4. With the machine running, slowly add the olive oil.
 5. Next, pour in grated Parmesan cheese, salt, and black pepper.
 6. Mix and set aside.
 7. Cook pasta according to package instructions.
 8. Drain and toss with the pesto in a serving bowl.
 9. Top with more Parmesan cheese.

Shamrock Toasties

Celebrate St. Patrick's Day with this easy after-school snack.

Recipe Ingredients:

- Green pepper
- English muffin
- Cheddar cheese



1. To make one, slice a green pepper cross-wise near the pointed end to get a small, three-lobed shamrock shape. (If your pepper has four lobes, you've got a lucky clover instead.) Cut a small slice for a stem.
2. Toast half an English muffin, then top it with a slice of Cheddar and the pepper shamrock. Place the muffin on a tray, then broil it in a toaster oven until the cheese is melted.

Activity Ideas:

Snow Days

“Look, Mom! It’s snowing out!”

When your child wakes up to snowflakes falling outside his window, add to the excitement with these ideas. They’ll have a great time too!

- See who can jump the farthest forward, backward, and sideways in the snow. Mound snow into hurdles and jump over them.
- Build snow castles. Using sand buckets and shovels, your youngster can make a frozen version of their summer sand castles.
- Have snow races. Help your child scoop out snow into a racetrack down a small hill. They can time how long it takes toy cars or balls to make it to the bottom.
- Tie a hula hoop to a tree as a target. Make snowballs, stand back, and try to throw them through the hoop.
- Roll a huge snowball. Your youngster can start with a little bit of snow and roll and roll and roll until it’s gigantic!



Note: When there isn't snow, try variations like jumping over hurdles (upside-down buckets, crates, and small trash cans) or racing toy cars down a grassy hill.

Stretch Time

Stretching before and after sports or activity play will help keep your child flexible and injury free. Have them warm up by jogging in place and then doing 10-15 minute stretches like these:



- Stand facing a wall. With your right hand against the wall, bend your left knee behind you, grab your foot with your left hand, and pull your knee up as far as you can. Switch legs.
- Hold your right elbow with your left hand and pull your right arm up over your left shoulder. Repeat on the other side.
- Do windmills. Touch your right foot with your left hand while raising your right arm high in the air. Alternate sides.
- Sit cross-legged on the floor, and slide your knees out until your feet are touching. Lean forward and bring your nose toward your toes.

This information is provided by Lakeview Hospital and Stillwater Medical Group in coordination with Stillwater Area Schools Community Education.

Source: <http://familyfun.go.com>, www.saintcolumbanschool.org, www.brentwood.k12.ny.us