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HEALTHY KATE

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The Big Three!

The right foods at the right time

Eating the right foods at the right time of day can make all the difference in your kids energy levels and can even help them focus better at school!

Taking Command

A basic grasp of food facts will give you what you need to help your kids eat, learn and feel better at school and at home. Foods chemically react in the body at certain times of the day, if the body has what it needs at the right time you'll see positive results such as:

- Protection of the immune system
- Fighting infections
- Focus
- Balanced energy and behavior
- Preventing obesity

The 3 food groups - Carbohydrates, Fats, and Protein and how they fit in your kids day.

Breakfast = Carbohydrates

Start a brave new day with a base of carbs every morning. What do carbs do? They give energy to all the cells in your body. They produce glucose for quick energy, but your body cells can't use heaps of it all at once so it saves some in your liver and muscles. That's called glycogen.

It's a bit like having two tanks of gas; the one your car is using and a reserve tank in case you run out of fuel.

A good base of morning carbs come from foods like oatmeal, bread and cereals, They produce energy slowly so it lasts longer and they have heaps of the vitamins and minerals a growing body needs.

Lunch = Fats

The afternoons means *Fats for Focus*. **Fat is good** and good for kids! it's the way we all store energy for later.

There are two types of fat that we eat: **Saturated fats** from animal and dairy foods and **Unsaturated fats** that come from plants, fish and most plant oils.

Not all fat is bad

Fat has a bad rap, but it helps our bodies stay warm in cold weather, protects our organs and acts as the body's reserve tank of energy, it helps

hormones to keep blood pressure steady and helps keep skin and hair healthy. Fat gives some vitamins a place to stay and helps them get in the blood to where the body needs them.

Where does bad fat come from?

Fast foods, chips, cakes and many of the 'sometimes' foods contain the kinds of fat your kids really don't need.

Dinner = Protein

What does protein do?

It's a very important nutrient because it builds up and repairs muscles, organs and glands. Protein makes hemoglobin, which carries oxygen around the body in your blood and it makes antibodies to fight diseases and help cuts and grazes heal up.

Where do you get protein?

If you eat meat, chicken, fish, eggs, nuts, dairy products and legumes, then you've got it! Protein from animal foods has all the essential amino acids you need. By feeding children primarily proteins at night, their systems will calm down helping allowing the system to get a good night's rest.

See the next page for a wonderful and easy recipe!

FUN RECIPES

Healthy No-Bake Brownie Pops

These no-bake power pops are dynamite and the kid's just love them! They look like big chocolate lollipops on a colorful stick.



They're crunchy and chewy at the same time. But, make no mistake, the chocolate is really only a diversion, inside is where the power lives. Raisins (you can also make these with dried apricots, dates or figs), chopped almonds, and 2 different types of grains-puffed brown rice, and rolled oats-provide a rich combination of fiber, healthy oils and protein with a great blend of flavors. These power pops are a perfect treat for a quick boost of energy after a particularly exhausting soccer practice.

Ingredients:

- 1 cup raisins (or dried apricots, dates, or figs)
- 2 oz bittersweet chocolate
- 3 tbsp low fat milk
- 1-1/2 cups low fat granola
- 3/4 cup rolled oats
- 3 cups crispy rice cereal
- 1/3 cup chopped almonds
- 1/3 cup honey
- 1/3 cup peanut butter

Place raisins, hempseeds, nutty granola and 2 cups of the crispy rice cereal in a food processor. Grind until all the raisins are broken down into tiny pieces.

Place honey and peanut butter in a small pan and heat for 3- 5 minutes. Take off the stove - stir until smooth. Add honey/peanut butter to the raisin-cereal mixture and grind again until sticky dough forms. Transfer the "dough" to larger bowl & stir in remaining cup of crispy brown rice cereal, until well mixed.

Scoop out small amounts (about 1 tbsp) of the paste with a melon ball scooper or just with your fingers, squeeze it then roll it in the palm of your hand into little balls and place on a baking sheet or large platter.

Meanwhile, heat milk in a pan until it boils. Turn off the stove. Break up bittersweet chocolate into pieces and stir in the hot milk until smooth. Cool off for a few minutes so you won't burn your fingers when you dip the balls in the chocolate.

Mix oats and chopped almonds in a bowl and sprinkle over an 8x12 pan lined with wax paper.

Dip and roll each ball in the melted chocolate, evenly coat, and place on top of the oats/almond mixture.

Plant a colorful wood craft stick in each ball and place the pan in the freezer for at least 15 minutes so that the chocolate can harden.

Wrap the pops individually in a little cellophane bag and close with a colorful ribbon, or store together in a large plastic bag and freeze so they are ready for a pop-on-the-spot!

TIPS & TRICKS



It doesn't get much easier than Orderlunches.com, but every now and again we get some questions. Here's a couple of tips to help make your orderlunches.com experience even easier!

I forgot my username information?

Your username is the full email address that you registered with.

How do I get credit for a missed lunch?

Refer to your parent instructions for your school's policy on missed lunches.

Can I change or cancel my order?

Yes - you can cancel your order during the open ordering period or lockout date set by your school. Here's how:

1. Login to your account
2. Go to the date you want to cancel
3. Select "no lunch choice" for the lunch choice and uncheck the side/drink if applicable
4. Click the "save and close" button

Repeat process for additional days or for each child that you want to cancel.

Proceed to check out and be sure to click the "confirm order" button.