



Healthy Hints



Providing Children Healthy Meals for Strong Minds

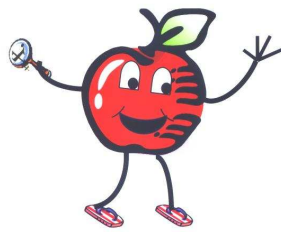
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Volume 3, Issue 5

January 2011

Build Your Body with Protein Power!

Hi, I'm Big Red, your friendly healthy food detective. Won't you join me in helping folks learn how to eat right to build strong minds and bodies?



Our job is mighty big. To be a healthy

Food detective, you need to know how to eat right—which food and how much, and the right amount of fun exercise each day.

In each issue of **Healthy Hints**, we will

talk about a specific issue, have a good time with some fun facts, a fun activity and a fun recipe for you to try at home.

So, let's get started!

Today's subject is protein power.

skin heal cuts and scrapes.

- The healthiest protein foods are those that are low in fat.

Did You Know?

- Protein foods also have a lot of iron. If you do not get enough iron, you may get "anemia" which makes you very tired. Kids with anemia have a hard time learning at school.

- Some of the healthiest protein foods are fish, skinless chicken and turkey, 85% lean ground beef, beef sirloin or chuck, pork loin, eggs, 1% milk, low-fat yogurt and cheese, beans, nuts and seeds.

Fun Facts

- Kids need protein power to grow.
- Just like bricks build a house, protein foods build your body.
- Protein also helps your

Protein Foods Help Your Body

Circle your favorite protein words:



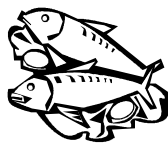
Hamburger



Chicken



Peanuts



Fish



Peanut Butter



Milk



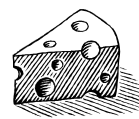
Steak



Beans



Eggs



Cheese

Fun with Food!

Here is a recipe to make peanut butter playdough:

- 1 cup peanut butter
- 2/3 cup—1 cup powdered dry milk
- 2 Tablespoons honey

Mix all ingredients together for a fun, edible playdough. Enjoy!

Puzzlers!

What do these mean? (answers at bottom)

- egg egg egg
over
- gesg
segg
gegs
gges

Answer: 1. eggs over easy. 2. Scrambled eggs.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So,



Caption describing picture or graphic.

when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message



Caption describing picture or graphic.

you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are

also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

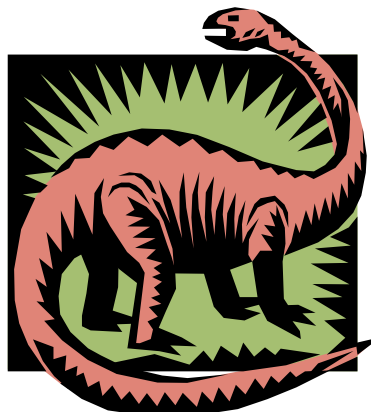


This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story

Headline



Caption describing picture or graphic.