



Healthy Hints



Providing Children Healthy Meals for Strong Minds

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Volume 4, Issue 1

September 2010

Eat Plenty of Calci-YUM!

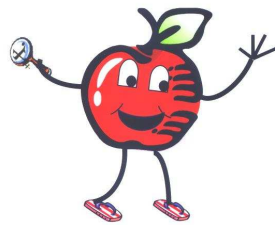
Hi, I'm Big Red, your friendly healthy food detective. Won't you join me in helping folks learn how to eat right to build strong minds and bodies?

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 **calcium**.



Fun Facts

- Calcium is a mineral that makes our bones and teeth strong.
- That's why it's so im-

portant for you to eat enough calcium every day, starting as a kid.

- The foods with the most calcium are milk, yogurt and cheese.

Did You Know?

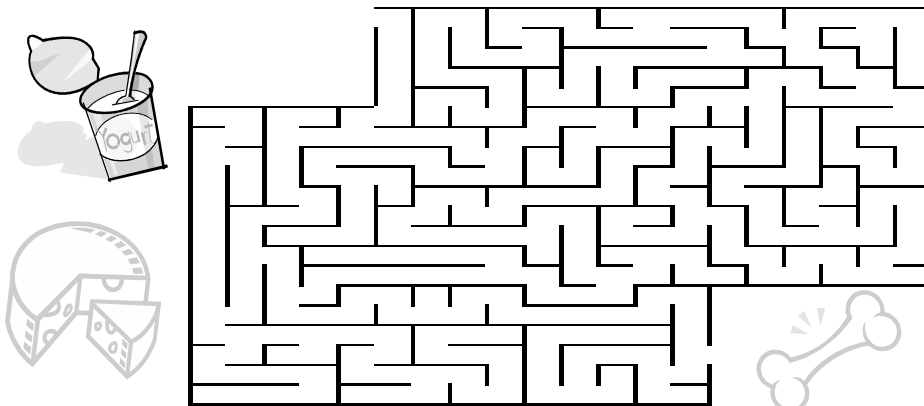
- Chocolate milk and strawberry milk have just as much calcium as regular milk? *But, flavored milk has a lot of added sugar. Too much sugar is not healthy and can cause cavities in your teeth. So, it's okay for kids to enjoy flavored milk as a "sometimes" treat. Just be sure to brush your teeth!*

Five Fun Calcium Snacks

1. Dip chopped pear or apple slices in yogurt.
2. Fruit and cheese kabobs: Stick toothpicks through cheese chunks and fruit slices. How many variations can you make?
3. Fruit in a cloud: Put cottage cheese or yogurt in a bowl and top with canned peaches or other fruit.
4. "Pudding soup": Mix prepared pudding with half cup milk. Stir in nuts too if you like.
5. Cheese wrap: Put a slice of cheese between two big pieces of lettuce. Roll up and eat.



Take the Milk Maze Challenge!



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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Business Name

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.



Organization

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

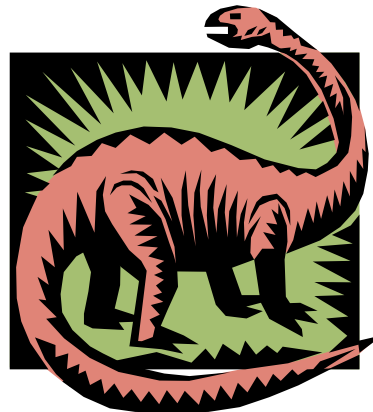
employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a bi-annual charity auction.

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.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.