



# Move to Healthy Choices Newsletter

June 2011



## Fun Summer Foods for Day Camps and Summer Events

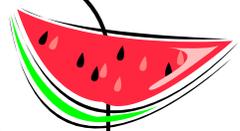
### Drinks

Offer water most often. You can make ice cubes with different colors and flavors of 100% fruit juice and put the colored cubes into water bottles and cups for a fun touch.

### Snacks and Sides

- garden vegetables and dip
- corn on the cob
- baked new garden potatoes
- fresh fruit kabobs, chilled or frozen
- frozen fruit pops
- slushies made with 100% fruit
- mini muffins
- cereal snack mix
- frozen yogurt
- flavored milks
- cheese sticks

### Watermelon Slushies



- 3 cups seedless watermelon, cubed
- 1 cup frozen strawberries
- 1/2 cup lemon sorbet
- 1/4 cup pineapple juice, chilled
- 2 tablespoon lime juice

In blender, combine watermelon, strawberries, sorbet, pineapple juice, and lime juice and blend until mixture is smooth. Makes 8 small servings.

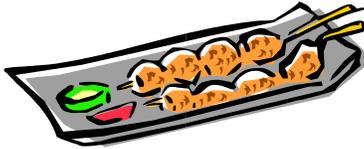
### Kids In the Kitchen

Check the Dairy Farmers of Manitoba website  
<http://www.milk.mb.ca>  
 this summer for the newest version of the  
 Kids In the Kitchen - it's expected out soon!



## Ideas for Cooking Clubs and Summer Canteens

pitae  
wraps  
sandwiches  
pasta salad  
kabobs  
beef or pork on a bun



**Select lean meat and alternatives prepared with little or no added fat or salt.**

Trim the visible fat from meats.  
Remove the skin on poultry.  
Use cooking methods such as roasting, baking or poaching that require little or no added fat.  
If you serve luncheon meats, sausages or pre-packaged meats, choose those lower in salt (sodium) and fat.

### Meal in a Muffin

Use a basic cornbread muffin batter to create a meal in a muffin. Perfect for little hands at lunch or for a meal at a ball game. Add about 1-2 cups of any of the following combinations to a cornbread muffin batter (12 muffins). If you like corndogs you will enjoy this nutritious option!

- diced cooked chicken with 1 cup of frozen chopped broccoli
- chopped mushrooms, pepperoni, mozzarella cheese, and 2Tbsp. pizza sauce
- sautéed ground beef and cheddar
- taco seasoned ground beef and cheese
- roast beef, cheese of your choice, and a couple of Tbsp of gravy
- ham and swiss cheese

Bake at 450° until done. These freeze well.

### Questions? Contact us or your local recreation director.

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