



Move to Healthy Choices Newsletter

March 2011

Be a role model to athletes, coaches, parents and communities about the importance and value of healthy eating.



Morning Menu Ideas

- ✓ Whole Grain Toast and Banana
- ✓ Fruit Parfait made with Yogurt, Frozen Berries and Cereal Topping
- ✓ Cereal and Milk
- ✓ Hot Oatmeal with Berries, Nuts or Peanut Butter
- ✓ Muffin or Loaf Slice with Coffee or Tea
- ✓ Egg Sandwich
- ✓ Hole in One with Fresh Fruit



Quick "Grab and Go Breakfast" Ideas

Fresh Fruit - Banana, Apple, Orange, Pear	Fruit Cups	Apple Sauce	100% Fruit Juice Boxes
Whole Grain Toast	Cold Cereal	Hot Cereal	Muffins
Yogurt Cups	Yogurt Tubes	Cheese Strings	Milk
Peanut Butter	Sunflower Seed Butter	Nuts	Eggs

Nutrition Month 2011



Celebrate food... from field to table!

- Ideas to eat healthier.
- Tips for preparing and cooking food.
- How to celebrate Canadian food.
- How to connect with a dietitian.
- Activities and resources.

Egg Sandwich

1 egg - slice ham - slice cheese - whole grain bagel or English muffin

In a small microwave safe bowl, scramble egg and microwave for 45 seconds. Microwaves vary so test yours first. You can also scramble or fry an egg in a small frying pan or on a grill top in a minute or two. Choose the method that is easiest for you. Combine egg, bread, cheese and meat. Wrap in a foil bag and serve.

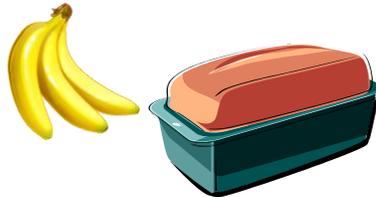
Hole In One with Fresh Fruit

soft margarine - 1 slice whole grain bread - 1 egg - pepper to taste

Heat a skillet or grill to medium. Lightly spread margarine on both sides of the bread. With a small knife, cut a circle about two inches wide from the center of the slice. Drop the bread slice into the skillet. Crack an egg into the hole. Season with pepper, then fry until the bottom side is golden and crispy. With a spatula, flip over and cook until done. Transfer to a serving plate. Serve with fresh orange slices or grapes.

Banana Bread

1/4 cup vegetable oil
3/4 cup sugar
1 egg
3 ripe large bananas
1 1/2 cup flour
1 tsp. baking soda



Mix vegetable oil, sugar and eggs. Mash bananas and add to mixture. Gradually add dry ingredients. Bake 35-40 minutes at 350°.

Questions? Contact us or your local recreation director.

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