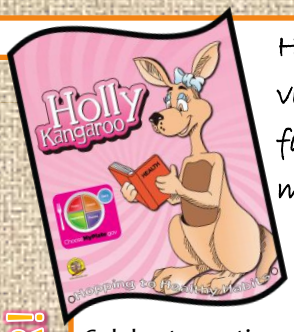
For more information please visit www.SFELLC.org

October 2011

SFE Newsletter

PUTTING CHILD NUTRITION FIRST



Hello students! It's Holly Kangaroo encouraging you to eat plenty of fruits, vegetables and whole grains. In this month's newsletter, learn about one of my favorite whole grain snacks, popcorn! Also, read about the benefits of sharing mealtimes with your family.

EAT BETTER TOGETHER!

Celebrate eating better together this month by meals eating together as a family. Eating together gives everyone a chance to talk about what happened in their day. You can share about what you are learning in school and upcoming events. Fun ways to engage together are to shop at the store together, take turns picking out vegetables for the meals, helping to prepare the meals, and taking turns making simple, low-fat desserts.

October Word Search

Can you find these words?

APPLES	AUTUMN	BOO
CARVE	COSTUMES	CRANBERRY
EXCITEMENT	FALL	FAMILY
FRIENDS	FUN	HALLOWEEN
HAYRIDE	PARTY	POPCORN
PUMPKINS	SCARECROW	SPOOKY
SWEETS	TREAT	TRICK

H	X	N	S	T	E	E	W	S	T	O	A	L	E	S
L	A	F	R	Y	C	R	A	N	B	E	R	R	Y	C
K	U	L	T	O	S	S	E	M	U	T	S	O	C	A
N	C	R	L	P	C	M	X	E	N	A	U	J	Z	R
F	A	I	O	O	E	P	D	A	U	T	U	M	N	E
P	A	O	R	T	W	I	O	K	T	N	U	H	T	C
E	K	L	I	T	R	E	H	P	N	H	P	S	A	R
Y	A	C	L	Y	Y	S	E	J	Q	U	F	D	E	O
K	X	P	A	G	E	Z	D	N	M	R	A	N	R	W
E	C	H	P	B	C	W	S	P	X	R	M	E	T	B
P	Z	J	J	L	V	D	K	M	J	Y	I	I	X	F
D	Y	E	V	L	E	I	X	W	F	E	L	R	L	F
P	B	B	R	W	N	S	S	R	J	S	Y	F	W	M
G	O	L	R	S	C	A	R	V	E	K	U	W	N	Q
Y	O	C	X	J	K	F	N	C	X	Z	T	C	X	Z

SFE Snack Time

Fall Mini Popcorn Ball Recipe

INGREDIENTS- Makes about 16 balls

10 cups freshly popped popcorn
1 (1-pound) bag miniature marshmallows
1/4 cup (1/2 stick) butter or margarine

DIRECTIONS-

1. Heat marshmallows and butter in a large saucepan over low heat, until all are melted and smooth appearance.
2. Stir in several drops of food coloring.
3. Pour over fresh popped popcorn and gently toss coating popcorn evenly.
4. Let cool for 5 minutes.
5. Grease hands and form into 3-inch balls

Poppin' POPCORN

"National Popcorn Month"

This October enjoy high fiber, low fat popcorn as a snack and share some of these "corny" facts with your friends.

1. Americans consume some 16 billion quarts (52 quarts per person) of popcorn per year.

2. If a trail of popcorn was made from New York City to Los Angeles, more than 352,028,160 popped kernels would be used.

3. Homemade, air-popped popcorn has only 31 calories per cup and oil-popped has 55 calories per cup.

4. Most popcorn makes two basic shapes when it's popped: snowflake and mushroom. The snowflake shaped popcorn is used in movie theaters and ballparks because it looks and pops bigger.

5. In February 2009, volunteers in Sac City, Iowa made the World's Largest Popcorn Ball. It weighed 5,000 lbs., stood over 8 ft. tall, and measured 28.8 ft. in circumference.

For more information visit:
www.popcorn.org