

Shopping for Frozen Fruit and Vegetables



During winter months when many fruits and vegetables aren't at their peak, most turn to the freezer aisle to stock up. Remember these tips when shopping for frozen fruits and vegetables this winter:

- To control fat and calories, choose frozen plain vegetables or those made with low-fat sauces.
- Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label.
- To help frozen fruit keep its shape, serve while it's still partially frozen.
- Frozen fruit bars make a nutritious snack. Read the label to learn if they're made with real fruit juice or flavored water.
- Buy fruit and vegetables in loose-pack plastic bags, use what you need and freeze the rest.

Don't let the fact that fruit and vegetables are out of season be an excuse for not getting your fill.

Action For Healthy Kids- Why join this organization??

Action For Healthy Kids is the nation's leading non-profit and largest volunteer network fighting childhood obesity and undernourishment by partnering with schools to improve the nutrition and physical activity to help our kids learn to eat right, be active every day, and be ready to learn. AFHK provides expertise, volunteers, programs and resources nationwide through a unique collaboration of more than 11,000 members – professionals, parents, educators, community volunteers, business leaders and students – in partnership with professional associations, government agencies and corporations.

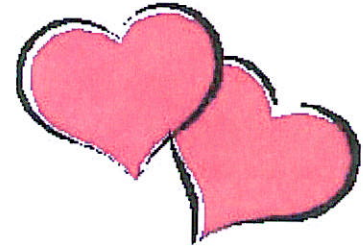
Some of the membership benefits include:

- ❖ Free and low cost conferences
- ❖ Free Newsletters
- ❖ Networking opportunities
- ❖ Recognition opportunities
- ❖ Grant opportunities and funding alerts
- ❖ Free materials and publicity

If you are interested in joining Action For Healthy Kids simply go to: www.actionforhealthykids.org

Fun Family Valentine's recipe

Love Potion Smoothie



Ingredients:

1/2 cup frozen strawberries
1/2 cup frozen raspberries
1 small carton of yogurt
1/2 Cup ice cubes
1 cup apple juice

Instructions:

Place strawberries, raspberries and juice in blender. Blend several seconds. If you would like a thicker smoothie add more fruit or for a drinkable smoothie add 1/4 Cup more juice. This is one of those Valentine recipes that can be used year round.