

UPCOMING CLASSES:

- Great Grains
- Flavorful Fruits
- Vegetable Varieties
- Powerful Protein and Dairy Delights
- Healthy Snacks and Breakfast

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Kids Up Front

JULY 13, 2010

Nutrition classes at the DOT Organization

Dear Parents,

Food demonstration and nutrition classes will be held every Tuesday until August 8th as part of the summer curriculum.

The Food Bank of South Jersey has partnered with the DOT Organization and Operation Frontline to provide these fun and interactive lessons. Each class includes a hands-on creation of a healthy recipe,

an interactive nutrition education program and food safety tips. Last Tuesday we reviewed the food guide pyramid and learned the importance of each food group. Our food safety lesson focused on hand washing and safe food handling. The class also made and enjoyed low fat turkey tacos. The recipe can be found on the back page. We encourage these recipes

to be created at home as well. After all, you now have an expert in the kitchen that can assist in mixing measuring and chopping! The class made a unanimous vote to make banana pancakes for our next session in which we will discuss the role of grains in maintaining good health.

By Becky Adams,
Nutritionist

Notes from Chef Diana

Wash your hands before, during and after cooking. Yucky bacteria can get on your hands and make you sick, which is why it is important to wash your hands

with warm water and soap for at least 20 seconds before and after handling food, touching your hair or face, and of course after using the bathroom or touching

pets.

Check out the Scrub Club to learn more about staying healthy at the following link: www.scrubclub.org





Turkey Tacos (Serves 4)

- 1/2 pound lean ground turkey
- 1/3 cup water
- 1/2 cup chopped onion
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoons ground cumin
- 1/2 clove chopped garlic
- 1/2 cup shredded lettuce
- 1/2 cup shredded reduced fat Cheddar Cheese
- 1/2 cup chopped tomatoes
- 4 6 inch flour tortillas (whole wheat recommended)

1. Brown turkey in skillet over medium-high heat; drain off fat.
2. Add water, 1/2 cup chopped onion, chili powder, salt, cumin, and garlic. Bring to a boil, reduce heat and simmer for 10 minutes, stirring constantly.
3. Top each tortilla with meat, lettuce, cheese, onion, and tomatoes. Roll or fold in half to eat.

	Calories	Fat	Carbohydrates	Protein
Amount/ serving	308	14 grams	25 grams	22 grams
% Daily Value	15%	20%	8%	

Turkey Tacos Recipe Tips

- ◆ Be generous with healthy lettuce greens
- ◆ Stir in some chopped fresh parsley to the meat mixture just before serving
- ◆ If you are using 'HOT' chili powder, add less than one tablespoon!
- ◆ Think lower sodium! Keep a premade blend of salt and ground black pepper for your cooking convenience
- ◆ Use 1/4 teaspoon salt and pepper mix instead of 1/2 teaspoon salt
- ◆ Add one tablespoon vegetable oil to your skillet and sauté the chopped onion before adding the water; add the seasonings, cooked meat, and stir. Then add the water along with one tablespoon of homemade taco sauce, for added flavor

Kids Gardening

Can you pick out the Turkey Taco ingredients that can be grown in a Garden?

Answer: onion, garlic, lettuce, cumin (ground from dried seed of the herb *Cuminum cyminum*), tomatoes, and chili peppers (Chili powder is made from dried hot chilies, *Capsicum annuum*)

By Diana Wind, Chef