



March

SNAC News

Wyoming Nutrition Action Coalition

Going Green

Broccoli Frittata

Ingredients:

2 cups broccoli florets, chopped
1/2 cup chicken, cooked and diced
1/2 cup tomatoes, chopped
1/4 cup onions, chopped
1/4 teaspoon dried tarragon
1 tablespoon margarine or spray butter
8 egg whites

Directions:

Sauté broccoli, chicken, tomato, onion, and tarragon in margarine in a saucepan over medium heat until broccoli is tender-crisp. Pour lightly beaten egg whites evenly over ingredients. Cover and cook 6-8 minutes until firm on bottom and almost set on top. Cut into wedges and serve.

Per Serving:

110 Calories
3.5 g Fat
14 g Protein

Shopping and Cooking with Kids

Let kids wash vegetables for cooking or eating.

When shopping, let kids select a new vegetable to try.

Let kids snap the green beans or peas.

Let kids break the broccoli into florets .

Play “I Spy” in produce section when shopping.

Nutrition/Tips to Eating more Greens

Collard greens and spinach are good sources of calcium.

Greens help balance all the sodium in our diets with potassium.

Sneak grated zucchini or chopped bell pepper into pasta sauce.

Top frozen pizza with fresh spinach or green pepper.

Keep them green-steam a few minutes in a colander over boiling water.

Toss frozen peas or string beans into soup or mac ‘n cheese.

Spinach and green veggies promote colon and heart health.

Spinach is high in fiber, iron, folate, magnesium, and vitamin A.

Greens are low in calories.

Spinach and collard greens are high in vitamins A and C.

Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent\$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs. 2012

Activity Ideas – Be Green

Build a Birdfeeder

Gaze at the stars

Find a natural souvenir during a walk to the park

Wash dishes by hand or never run the dishwasher unless it is full

Go for a walk as a family

Turn off the TV for a week and eat dinner together

Turn off the lights when you leave a room

Walk your errands – walk to the post office, store, or other locations to do your personal business

Build a small garden. Eat your garden's produce at harvest time or can or freeze it to enjoy later

Walk around the local Farmer's Market

Conversation Starters/Comments

Talk to friends about recycling

Where can we limit the use of paper?

Why should we care about the earth?

Can one person make a difference?

What sustainable foods are found in Wyoming?

For more information on local foods go to:
<http://www.wyomingextension.org/eatwyoming/>

Source: <http://www.safetvathome.com/environmental-safetv>

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769