

New National Beverage Guidelines in Schools

America's leading beverage companies and the Alliance for a Healthier Generation—a joint initiative of the American Heart Association and the William J. Clinton Foundation—are bringing the national School Beverage Guidelines to schools across America.

They are providing students with a range of lower-calorie, smaller-portion beverage options. Full-calorie sodas are being removed from all schools. It's part of a broader effort to teach children the importance of a balanced diet and exercise.

The guidelines focus on reducing the number of calories children consume through beverages, with the understanding that balancing calories consumed with calories burned is the best way to achieve a healthy lifestyle.

The guidelines provide a broad range of lower-calorie and smaller-portion beverage choices: 100% juice, low-fat milk and bottled water in elementary and middle schools, with the addition of diet sodas, sports drinks and low-calorie teas in high schools. The guidelines remove full-calorie soft drinks from all schools.

For more information, visit → www.schoolbeverages.org

A Healthier Halloween



If you are in search of some Halloween treat alternatives, try the non-food route. Recent research shows that, given a choice between treats and toys, kids will often prefer the toys.

Here's a list of Halloween toy ideas:

Temporary tattoos
Stickers
Small plastic spider rings
Super balls
Plastic or wax fangs
Bracelets and rings
Hair accessories like barrettes, hair ties and bows
Spinning tops
Plastic animals and characters
Colored shoelaces
Coloring books
Key rings
Marbles
Party favors like slide puzzles
Magnets
Whistles
Bubbles
Noisemakers like kazoos
Jacks
Yo-yos

Family Friendly Recipes



Pasta & Vegetable Stew

A great fall recipe

Ingredients:

- 9oz cheese tortellini, prepared according to package directions
- 15oz marinara sauce
- 1 ¾ cup water
- 1 tsp reduced sodium chicken flavor instant bouillon
- 1 pkg (16oz) mixed vegetables

Instructions:

- Combine sauce, water and bouillon in large saucepan. Bring to a boil over medium-high heat. Add vegetables; return to a boil. Reduce heat to low; cover.
- **COOK** for 10 to 12 minutes or until vegetables are tender. Stir in prepared pasta; heat through.

Servings: 4