

# PATCH Food Program Newsletter



Issue Number 2, July 2017

## Recipe

### Rainbow Pasta

- 8 oz. Dry Whole Wheat Pasta
- 2 Cups Chopped Fresh or Frozen mixed vegetables
- 1 Can (14.5 oz.) Diced tomatoes with Italian Herbs
- 8 Tbs. Shredded Mozzarella Cheese

1. Cook Pasta as directed on package.
2. When pasta is done, add vegetables to the pot. Cook for 2 more minutes for fresh veggies or 1 minutes for frozen.
3. Turn off heat and drain the pasta and veggies.
4. Put pot back on the stove over Medium-Low Heat.
5. Add the can of diced tomatoes, Stir, and Heat for 1-2 minutes.
4. Remove from heat and top with Mozzarella Cheese.

## Physical Activity Corner

**Eat Smart  
to Play Hard**



**Drink milk  
at meals**

Indoor Bowling-  
Line up 10 empty plastic bottles

into a triangle formation. Have the children roll a basketball or kick a small soccer ball to knock over the “pins.” Have the children take turns bowling and fixing the pins.



## Cooking with Your Children

### Apple Fruit “Donuts”

Core and Slice Apple into rings. You can use an apple corer, pastry tip, or knife to make the hole.

Use yogurt as “frosting.” You can mash different fruits into the yogurt to make different colors such as Raspberry for pink, Blueberries for purple, and Mango for orange.

Use bite sized fruit pieces, granola or other Whole Grain cereals to act as “sprinkles.”

## Nutrition Facts

Watermelon: Is both a fruit and a vegetable. It has seeds and is related to the cucumber, squash, and pumpkin families. It is rich in Vitamins A, B6, and C. It is 91%

water and is great for staying hydrated on a hot summer day.

## Local Spotlight

Ho Farms is a local food producer located on the island of O’ahu in Kahuku. For 18 years, Ho Farms has been providing fresh and nutritious produce to our supermarkets. The Ho Farms has been recognized by the Hawai’i Department of Agriculture as a producer whose produce is Hawaii-produced and meets the standards of premium quality. Ho Farms proudly grows eggplant, long beans, long squash, sugar bananas, Japanese cucumber, mini Japanese cucumber, and 9 different varieties of tomatoes. Keep on the lookout for Ho Farms produce in your local supermarket and try adding these local flavors to your next meal. You can find Ho Farms products in your local Foodland, Malama Market, Marukai, Tamuras and more!

## Food for Thought

Is a pizza a Real-Time pie chart of how much pizza is left?

Want to get your engine going?

