

PATCH Food Program Newsletter



Issue Number 4, September 2017

Recipe

Mini Chicken Pot Pies

- 1 Crescent Dough Sheet- Store Bought or Homemade
- 1 Cup Cooked Chicken Breast, Cubed
- $\frac{3}{4}$ Cup Canned Cream of Chicken
- 1 Cup Thawed Mixed Vegetables

1. Preheat oven to 400F

2. In a bowl, mix chicken, cream of chicken, and mixed vegetables.

3. Using a cup or cookie cutter, carve out circles in the crescent dough.

4. Grease muffin tin with cooking spray and place dough in each circle.

5. Add chicken and vegetable mixture into each circle.

6. You can make strips with the left over dough to add a design on top the pie.

7. Bake for 15-20 minutes.

**Eat Smart
to Play Hard**



**Drink milk
at meals**



Physical Activity

Hula Hoop: Have a contest on who can last the longest Hula Hooping. Try using it as a jump rump or to make an obstacle course. Get creative and have fun!

Cooking with Your Children

Fruity Pizza: To make the "pizza pie" shape, cut a watermelon into round slices. Have children apply the "sauce" by using yogurt. For the toppings, you can use different chopped fruits such as kiwi, various berries, starfruit and mangoes. Granola or other whole grain cereals can also be used as toppings. Cut the "pizza" into triangular slices and serve.

Did You Know?

Unsaturated Fats are liquid at room temperature and are mostly found in plants, nuts, seeds, and vegetable oils. This fat is considered to be "good" because of its health benefits towards improving blood cholesterol levels and lowering the risk of heart

disease. You can often find this fat in foods such as olive oil, avocados, almonds, canola oil, and fish.

Saturated Fats are usually solid at room temperature and are found in some plant but mostly animal products. Eating large amount of this fat is linked to increasing heart disease and high cholesterol. Saturated fats are often found in food such as butter, ice cream, deep fried foods, and bacon.

Trans Fats are usually solid at room temperature and are often found in packaged foods. This fat can increase "bad" cholesterol (LDL) and increase the risk of heart disease. This fat can be found in margarine, shortening, and oils used to fry fast food. It is important to lower ones intake of Trans Fats to maintain a healthy lifestyle.

<https://www.hsph.harvard.edu/nutritionsource/types-of-fat/>

<https://www.eatforhealth.gov.au/food-essentials/fat-salt-sugars-and-alcohol/fat>

Food for Thought

Are grapes just tiny juice balloons?

Want to get your engine going?



Eat Fruits and Veggies!