



Stan & Fran's Health Hints



March 2011

Celebrate Food... from Field to Table!

March is **Nutrition Month®** This year's theme is about celebrating the diversity of nutritious food grown and harvested right here in Canada. Do you know where the food on your table comes from? Locally grown food tastes better, is fresher and can be more nutritious than food that has traveled long distances. Buying local food also helps support local farmers, the local economy and is often better for the environment.

For more information about **Nutrition Month®** visit: www.dietitians.ca

For resources about school nutrition visit Interior Health's website:
www.interiorhealth.ca/school_nutrition.aspx

Try some of these activities to explore local eating and help kids learn about where their food comes from:

- ◆ In the grocery store look for foods that are grown or made closer to home. Ask older kids to read the labels on fruit and vegetables to see what countries they come from.
- ◆ Plan to grow a garden this year. If you don't have the yard space, sign up for a community garden. Ask your kids what they would like to grow and help them choose seeds and plan the garden beds.
- ◆ Instead of flowers, fill your pots with tomato plants, pepper plants, and herbs.
- ◆ Visit your local bakery for your next loaf of bread or pull out a cookbook and make a loaf together.
- ◆ Find out when your local farmer's market starts up and plan to make it a regular outing with your family.
- ◆ Book a date to take your kids to a u-pick farm or orchard this spring or summer.

Kids are more likely to eat vegetables and fruit they have helped grow, harvest and prepare.



For more information on farmer's markets in your area and when foods are in season in BC go to:
<http://www.bcfarmersmarket.org/index.htm>

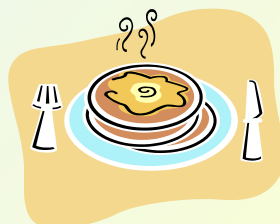


Apple Pancakes

BC apples are available in supermarkets all year. Start your day with these tasty & nutritious apple pancakes.

In a large bowl mix:

- 1 egg
- 1 cup milk
- 1 tablespoon vegetable oil
- 1 BC apple, washed and grated



In a separate bowl combine:

- 1 cup whole wheat flour
- 1 ½ teaspoons baking powder
- ¼ teaspoon baking soda
- 1 teaspoon cinnamon

Add the dry ingredients to the wet and stir well. Melt one teaspoon non-hydrogenated margarine in a frying pan on medium heat. Drop pancake batter into the pan and spread the thick batter with a spoon to the desired pancake size. These pancakes will rise. Cook until brown on both sides. Makes 8-10 small pancakes.