



Where Do I Get It? Nutrition

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St. John the Baptist Child Development Center Head Start Parents

Cynthia Clifton with the LSU AgCenter conducted 2 parent nutrition workshops focused on Grains in January 2014. The nutrition workshops were conducted at West St. John Elementary and the Child Development Center. Fifteen (15) parents were in attendance at the nutrition workshops.

Let's Eat for the Health of It

The race is on. St. John the Baptist school board employees and teachers enrolled in the Let's Eat for the Health of It program in January 2014. They have reported results already. **YES, KEEP UP THE GREAT WORK GUYS.**

Rising Star Baptist Church has signed up for the program at their church and the Reserve Library is also on board.

ANY OTHER TAKERS OUT THERE?

Nutrition Blog

Caring for your Heart; Eat and Exercise Right

Make a list of the things that you **LOVE** to do and enjoy them. Your list may include:

Riding a bike
Jumping rope
Running a 5 mile dash
Playing hopscotch
Playing tag
Bouncing a ball off the wall
Drawing on the sidewalk with chalk
Walking the dog
Dancing
Playing basketball/football

If these are fun things that you love to do, them try them at least once a week or more if you feel like it. It's good for your heart and you life.

Want to play **HEARTBREAK**?

Draw an outline of a large heart and draw several small hearts inside. Post your large heart on the wall or door and draw a start line to stand behind to throw your darts. Take turns with a couple of friends throwing your darts, hoping that someone is making contact and the darts are sticking to the hearts. When your dart lands on a heart, mark it with your name and after all the hearts are taken, count up the amount that you have collected. If you have the most hearts, you win, but make sure that your darts don't land on another person's heart, because then you lose your turn. This is a fun game for children and adults to play to see how many **HEARTS**

they can **BREAK**.

Statistics: Your heart beats over 100,000 times a day. It beats more when you exercise, get excited or are scared.

Let's eat right so that our heart keeps beating to the **MAX!!!!**

Eat a Healthy Breakfast every day and get a smart start for your heart.

Healthy Recipe

Creamy Baked Chicken Breasts

Ingredients:

8 boneless, skinless chicken breasts (5 ounces each)
8 (1 ounce) slices reduced fat Swiss cheese
1 can 97% fat free cream of chicken soup
¼ cup dry white wine
1 cup herb-seasoned stuffing mix, crushed, such as Pepperidge Farm
¼ cup tub margarine, melted (or spray with butter-flavored vegetable cooking spray)

Instructions:

Arrange chicken in a lightly greased 13x9 inch baking dish. Top with cheese slices. Combine soup and wine; stir well. Spoon evenly over chicken. Sprinkle with stuffing mix. Drizzle margarine over crumbs. Bake at 350 degrees for 45-55 minutes.

Nutritional Info:

Calories: 256; Total Fat: 9g; Cholesterol: 88mg; Dietary Fiber: 1g; Total Carbohydrates: 8g; Sodium: 536mg; Protein: 31g; Servings per recipe: 8

Community Garden

The Family and Consumer Science (FCS) Nutrition Advisory Committee would like to develop a community garden in St. John Parish. Any one interested in participating in this project, please contact Cynthia Clifton at the LSU AgCenter at 985-497-3261 or by email at cclifton@agcenter.lsu.edu.

Nutrition Posters/Bookmark Contest

Calling all Freshman students from East and West St. John High School. A contest between East and West St. John High School Freshman students is in the making. If you are a freshman at one of those schools and you are interested in participating, please contact Patti Rodrigue at East St. John High School Freshman Academy. Further details to follow.

The LSU AgCenter is a statewide campus of the LSU System and provides equal opportunities in programs and employment.