



Where Do I Get It? Nutrition

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Let's Eat for the Health of It

The Let's Eat for the Health of It program in conjunction with the Smart Portions program will be offered at the St. John the Baptist Media Center for teachers and staff members. The program will be held for 8 weeks on a Monday from 4:15 – 5:15 p.m. If you are interested in learning how to eat right and feel healthy about yourself, we would love to have you join the class. If interested in registering for the class, please contact Cynthia Clifton at the LSU AgCenter in Edgard at (985) 497-3261. The cost is free. The dates of the classes are: January 6, 13 and 27; February 3, 10, 17 and 24; and March 10, 2014.

Nutrition Poster Contest

January 6 – 31, 2014, West St. John High School and East St. John High Freshman classes will compete in a Nutrition Poster Contest. The two schools will have the month of January to draw, construct or cut out their best nutrition art work for the prize of a pizza party for their class. The judging of the Nutrition Poster Contest will be held on Friday, February 7, 2014. The time and location of the judging will be forthcoming in the next newsletter. Okay, freshman's, show me what your got!!!!!!

Good Luck and may the best school/freshman class WIN!!!!

Nutrition Blog

Happy Thanksgiving

Gobble! Gobble! Thanksgiving is a time that brings families and love ones together to feast, share and kick off the season of eating good food. Using MyPlate you can make your family a healthy and delicious turkey dinner. Several tips that can be used this Thanksgiving to create your delicious MyPlate Thanksgiving dinner.

- Bright colored vegetables would make a great side dish
- Turkey stuffing to include whole grain bread
- Cheese with ingredients of low-fat milk or fat-free milk
- Serve desserts that are made with fresh fruits

Healthy Recipe

Whole Grain Stuffing with Nuts, Seeds and Dried Fruit

Ingredients:

6 Tbsp. butter
1 medium onion, diced
1/3 cup celery, diced
1 apple, peeled and diced
1/2 cup almonds, slivered
1/4 cup sunflower seeds
1/2 cup dried cranberries
4 cups vegetable or chicken broth
2 eggs
1/2 cup fresh parsley, chopped
16 cups stale whole grain bread cubes
Salt and pepper

Directions:

Preheat oven to 375°F. Spray the bottom and sides of a 3-quart baking dish with non-stick cooking spray. In a large skillet melt butter over medium heat. Add onions, celery and apples, season with salt and pepper and cook until onions are soft, about 3 minutes. Add the almonds, sunflower seeds, and dried cranberries. Add broth and bring to a simmer.

In a large bowl, whisk the eggs and parsley. Add the bread cubes, then pour the broth mixture and toss to coat the bread cubes evenly.

Transfer the stuffing into the baking dish. Cover with aluminum foil and bake 30 minutes, then uncover and bake until golden brown, about 30 more minutes.

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