

Team - Please find attached your weekly nutrition tip. After meeting with the CYS team today, I was inspired to create by own notes and attach a recipe. The other weekly tips have been coming from ChooseMyPlate.gov. Thank you! Nicole Leth

Healthy Tips for Busy Families

1. Pre-plan meals on Sunday. Make a list based on these recipes and shop once for what is needed.
2. Place items for each meal/recipe on a baking dish or baking sheet in the refrigerator with a copy of the recipe or notes attached - this way other family members can help to prepare the meal and everything that is needed is in one spot.
3. With family members needing meals at different times to accommodate after-school activities like sports or a family member coming home late from work, prepare meals in a crock-pot at the beginning of the day and switch the setting to warm once the meal is cooked. See the yummy recipe for Chicken and Sweet Potato Stew below.
4. Consider preparing and freezing healthy meals so that on a hectic day they can be popped out of the freezer and into the oven. This link has great recipes and a grocery list for healthy freezable meals - http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_freezer_recipes#leaderboard
5. Plan for physical activity - Put in on the calendar like any other activity. Make sure everyone in the family stays physically active. Go for a walk or bike ride after dinner. If there are many activities in the afternoon and evening try to get your physical activity done in the morning before the day begins. If you can get to the gym or get out for a walk or run - great! If not, try an exercise video at home - this link has suggestions for videos - <http://www.womansday.com/health-fitness/workout-routines/10-best-fitness-dvds-104111#slide-1>.

Chicken & Sweet Potato Stew

http://www.eatingwell.com/recipes/chicken_sweet_potato_stew.html

From EatingWell: February/March 2006

Here's a dinnertime warmer with a hint of spring's sweetness, designed for that day when you'd rather be outside raking the leaves from the garden, getting it ready for what's ahead, than slaving over the stove.

6 servings | **Active Time:** 20 minutes | **Total Time:** 5 hours 20 minutes

Ingredients

- 6 bone-in chicken thighs, skin removed, trimmed of fat

- 2 pounds sweet potatoes, peeled and cut into spears
- 1/2 pound white button mushrooms, thinly sliced
- 6 large shallots, peeled and halved
- 4 cloves garlic, peeled
- 1 cup dry white wine
- 2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried rosemary, crushed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 tablespoons white-wine vinegar

Preparation

1. Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

Nutrition

Per serving :285 Calories; 6 g Fat; 2 g Sat; 2 g Mono; 50 mg Cholesterol; 35 g Carbohydrates; 17 g Protein; 5 g Fiber; 519 mg Sodium; 866 mg Potassium

2 Carbohydrate Serving

Exchanges: 2 starch, 2 lean meat

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 1 month.