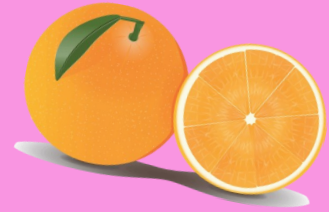


# The SQUEEZE



## WHERE YOU GET THE JUICE!

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### Recipe of the Month *Fundraisers that Promote Healthy Habits*

#### **Kiwi Sorbet with Coconut**

Fun and healthy treat to make as a family!

#### **Ingredients**

- 1 cup sugar
- 1/2 cup lime juice
- 1/2 cup water
- 2 lbs. fresh kiwi
- 1/2 cup coconut milk

#### **Directions**

Add the sugar, lime juice, and water together in a saucepan and heat, mixing well, until the sugar dissolves.

Add the kiwi, plus half the lime syrup and the coconut milk together in a blender. Blend until the kiwi is liquefied. You can run the mix through a strainer to remove the seeds. Test the sorbet for sweetness and add syrup as needed.

Chill in the refrigerator for at least an hour or two.

Pour into a shallow container and freeze. Or use an ice cream maker.

Serve when sorbet is frozen.



Fundraising events and activities that don't involve selling food for immediate consumption provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living. Traditional fundraisers often focus on selling low-nutrition foods, which put student health and performance in jeopardy. Why not promote healthy eating or physical activity and raise money for your school at the same time? Active fundraisers help students get the recommended 60 minutes of physical activity every day, and they can help families develop healthy habits together

**Sample Profits — Healthier Fundraisers: \$1,000:** A school sells 1,440 water bottles with the names/logos of 5 local business sponsors  
**\$4,500:** A walk-a-thon with 100 student, parent and family member walkers each raising \$50 in sponsorships  
**\$9,000:** 110 families buy scratch cards with discounts at local businesses

#### Fundraisers Promoting Healthy Habits

- Cookbook of families' healthy recipes
- Herb starter kits
- Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons

#### Non-Food Fundraising Ideas

- Car washes
- Parents' day/night out! Provide childcare with open gym and activities for kids so parents can holiday shop or have an evening out
- Game night, bingo night
- Auctions (live, silent or online)

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-fi.pdf>

### HARVEST OF THE MONTH *KIWI*

Have you ever wondered what are the health benefits from one kiwi? Here are just a few: vitamin C 85%, vitamin K 31%, copper 10%, fiber 8%, vitamin E 7%, potassium 6%, manganese 4%, folate 4%.

Kiwifruit has fascinated researchers for its ability to protect DNA from oxygen related damage. They are sure that this healing property is not limited to its vitamin C or beta-carotene content and show antioxidant activity.

Kiwi can also help treat asthma, aid digestion with a proteolytic enzyme called actinide that can help break down protein, manage blood pressure, reduce blood clotting!

Did you know that Chinese Gooseberries were re-branded by a fruit exporter from New Zealand? They called them kiwis after the national bird of New Zealand.

**HOTM**



### EAT THIS not THAT *Valentines Day*

**SKIP:** Assorted Truffles 2pc 170Cal, 10g Fat, 16g Sugar

**TRY:** UNREAL Peanut Butter Cups 80Cal, 6g Fat, 6g Sugar

**SKIP:** Sparkling Cider 143Cal 31g Sugar

**TRY:** No Calorie Flavored Sparkling Water with 1oz pomegranate Juice 99Cal 19g Sugar

**GIFT IDEA!** Skip the chocolates this year! Try an herb garden with starters from your local nursery (*Little Red Hen, CSU Grub, Jesus Center Garden*) or a variety basket of your favorite persons favorite healthy things (*pickles, tea, preferred reading material, kitchen gadgets or socks!*)

Brought to you by CUSD Nutrition Services 2455 Carmichael Drive Chico CA 95928