

Food for Thought

July 2018

Popsicles: Healthy & Homemade

Summer is a beautiful time of year, but it can be hot. As the heat rises this summer why not stay cool with a healthy and homemade popsicle? Traditionally popsicles aren't known as the healthiest of snacks. Many frozen popsicles have large amounts of added sugar, and not a lot of vitamins and minerals. Some do add some vitamin C, but not much else.

An easy way to get around this is to make your own. By making your own you can include your favorite flavors, and include things that pack a nutrition punch such as:

- ☀ **Fresh Berries**
- ☀ **Melon**
- ☀ **Bananas**
- ☀ **Low-fat Yogurt**
- ☀ **100% Fruit Juice**
- ☀ **Carrots - pureed**
- ☀ **Spinach**
- ☀ **Freeze your favorite smoothie recipe**
- ☀ **Really the options are endless**



By including your favorite foods in your popsicle recipe you are turning a food choice from something that should be eaten in moderation into a nice healthy snack choice for your family. Not only will you increase your intake of vitamin C, vitamin A, potassium, fiber, and calcium, you will be increasing your intake of fruits, vegetables, and low-fat dairy foods.

You don't need any special molds. You can simply use a small paper cup, or plastic reusable cup, and plastic spoon or wooden stick. No worries if you don't have a blender either, just stir the fruit and yogurt together and pour into the mold you are using – the color and texture will be different, but the flavor will still be great.

Berry Banana Popsicles

1 cup strawberries, diced
1 medium banana, diced
2 cups nonfat vanilla yogurt



1. Stir all ingredients together in a medium bowl.
2. Pour mixture into popsicle molds.
3. Freeze for at least 6 hours.
4. Run molds under hot running water until popsicle can pull out easily to serve.

July 2018

Eat Smart Idaho Nutrition Activity Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 <u>Choosing More Fruits & Veggies @ Potlatch City Hall</u> – 190 6th St. – Potlatch – 10:00 to 11:30</p> <p><u>Nutrition Demo: Healthier Foods Fast @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 12:00 to 2:00</p>	<p>4</p> 	<p>5</p>	<p>6 <u>Shop: Get the Best for Less @ Moscow Hope Center</u> – 1212 W. Pullman Rd – CDA – 4:10 to 5:00</p>	<p>7</p>
<p>10 <u>Fix it Safe @ Potlatch City Hall</u> – 190 6th St. – Potlatch – 10:00 to 11:30</p> <p><u>Nutrition Demo: Think Your Drink @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 12:00 to 2:00</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>17 <u>Plan: Know What’s for Dinner @ Potlatch City Hall</u> – 190 6th St. – Potlatch – 10:00 to 11:30</p> <p><u>Nutrition Demo: Physical Activity @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 12:00 to 2:00</p> <p><u>Nutrition Demo: Fruits & Veggies @ CAP Food Bank</u> – 124 New 6th St – Lewiston – 1:00 to 3:00</p> <p><u>Choosing to Move More Throughout the Day @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 4:00 to 5:00</p>	<p>18</p>	<p>19 <u>Nutrition Demo: Fruits & Veggies @ Moscow Food Bank</u> – 110 N. Polk St – Moscow – 2:00 to 4:00</p>	<p>20</p>	<p>21 <u>Power of Produce Activity Station @ Moscow Farmers Market</u> – Friendship Square – Moscow – 10:00 to 12:00</p>
<p>24 <u>Shop: Get the Best for Less @ Potlatch City Hall</u> – 190 6th St. – Potlatch – 10:00 to 11:30</p> <p><u>Nutrition Demo: Fruits & Veggies @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 12:00 to 2:00</p> <p><u>Choosing More Fruits & Veggies @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 4:00 to 5:00</p>	<p>25</p>	<p>26 <u>Nutrition Demo: Fruits & Veggies @ Potlatch Food Bank</u> – 510 N. Pine St – Potlatch – 10:00 to 12:00</p>	<p>27</p>	<p>28</p>
<p>31 <u>Nutrition Demo: Whole Grains @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 12:00 to 2:00</p> <p><u>Fix it Safe @ Post Falls Food Bank</u> – 415 E. 3rd Ave – Post Falls – 4:00 to 5:00</p>	<p>Eat Smart Idaho can help you learn how to eat well for less.</p> <p>Sources: https://blogs.extension.iastate.edu/spendsmart/tag/popsicles/; http://msue.anr.msu.edu/news/child_tested_and_approved_healthy_popsicles; http://healthyeating.sfgate.com/popsicles-kids-2823.html; https://spendsmart.extension.iastate.edu/recipe/berry-banana-popsicles/ retrieved 06/28/18</p>			

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Panhandle Counties (Benewah, Bonner, Boundary, Kootenai & Shoshone)
 Latah
 Clearwater or Nez Perce
 Idaho or Lewis

446-1680
 883-2267
 799-3096
 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD Phone: 446-1680
 E-mail – kaliq@uidaho.edu Website: www.eatsmartidaho.org

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