



The Coeur d'Alene Fire
Department

Healthy Choice

Recipe Book

The BEST recipes "fired up" by health JUST for YOU ~
after school or anytime





The Coeur d'Alene Fire Department Firefighters in this recipe book will be visiting your school throughout the year during school lunch so you can meet them first hand! You can earn their Firefighter Player Cards (like baseball cards) for showing them your healthy behaviors, acts of kindness or leadership skills. Try to earn all 12 Firefighter Player Cards this year!

The Coeur d'Alene Fire
Department

Healthy Choice

Snack Recipe Book



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Did you know...

ALL of these recipes have been taste tested by over 200 students in our school district this last summer! Thank you School Plus for allowing us to work with your staff and students. Students rated the recipes and all of them received a **BIG “thumbs up”** by students just like you!

Dear Students,

Please enjoy these recipes! They were hand picked by the Firefighters who serve our Coeur d'Alene community. We love these recipes because they are healthy and because YOU can make them (with a little bit of help from the adults in your life).

Each week, choose a few of these recipes to try at home. Ask the adults in your house to have these ingredients on hand so you can make these recipes after school or anytime.

Our Firefighters are “fired up” to help you choose health and so are we!

Sincerely,

Shelly Johnson
University of Idaho Extension
Professor, Nutrition & Food Safety
Eat Smart Idaho

Ed Ducar
Director of Nutrition Services
Coeur d'Alene Public Schools

All of the recipes found in this booklet are **MyPlate** friendly!

What is **MyPlate**?

MyPlate encourages all of us to choose a variety of foods on our plate for each meal and snack.

MyPlate shows the five food groups that are the building blocks for a healthy diet. Choose fruits, vegetables, whole grains, lean proteins and low fat dairy. Before you eat, think about what goes on your plate or in your cup or bowl.

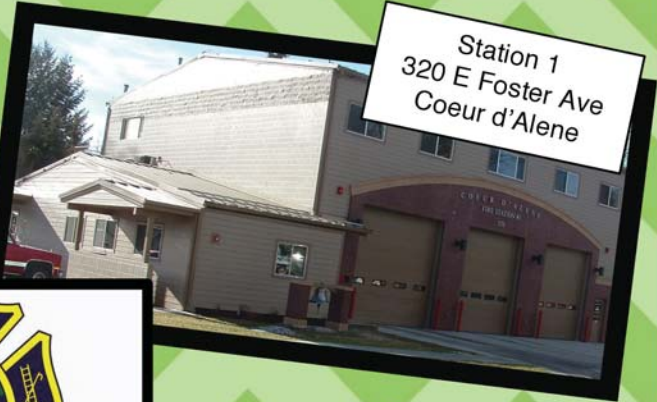


Look for the **MyPlate** icon on each recipe to see what food groups you are eating! If you want to learn more about **MyPlate** visit: www.choosemyplate.gov/kids.

Headquarters
300 Foster Ave
Coeur d'Alene



Station 1
320 E Foster Ave
Coeur d'Alene



Station 3
1500 N 15th St.
Coeur d'Alene



Station 2
3850 N Ramsey
Coeur d'Alene



There are 3 stations and a headquarters serving our Coeur d'Alene community. As Firefighters we need to be available to respond to people who need help 24 hours a day, everyday. To make sure we are there to serve all of you, we have three different shifts of Firefighters that work a "tour" at our fire stations. The three shifts are **Green Shift**, **Blue Shift** and **Red Shift**. We live here at the fire station for two days straight and go home for four days. We work two days "on" and four days "off" throughout the entire year. We all love what we do and love serving our community.

Steve Jones

Birthday: August 25

Shift I Work: Blue Shift

Station I Call Home: Station 2

Number of Years on the Job: 12 years

Favorite Cartoon: Flintstones

Favorite Superhero: Aquaman



Favorite Fitness Activity: I love push-ups!

Favorite Sport: Hockey

My Fitness Motto: Don't wish for it, work for it!

Favorite Healthy Food: Carrots

Why I Love Being a Firefighter: I love solving problems and taking care of people.

My Fire Safety Rule Reminder
You should always
have two safe ways
out of your
bedroom
in case of
a fire.

Peanut Butter & Jelly **Sushi Rolls**

Captain Steve Jones' Recipe

You will need:

- Peanut butter with no added sugars or trans fats
- Low sugar jam or jelly, your choice of flavor
- 1 slice of soft whole wheat bread or white whole wheat bread

What to do: Carefully cut the crust off of the slice of bread using a butter knife or simply tear it away. Use a rolling pin to flatten your piece of bread as thin as you can get it. Cut your slice of bread into strips about 1-inch wide using your butter knife. Lightly spread peanut butter on your 1-inch strips, top with jam. Roll up your strips and voilà...peanut butter and jelly sushi rolls!

Tip for Adults: Look for peanut butter with no added sugars or trans fats in the ingredients list. Consider grinding your own; many grocery stores have that option.

"This is a very fun recipe to make ~ rolling the bread into a sushi roll will make you giggle! My children absolutely love it! Loaded with protein, healthy fats and fiber...this will quickly become one of your family's favorites!"

~ Shelly Johnson, MS
University of Idaho Extension
Professor, Nutrition & Food Safety



Dylan Clark

Birthday: April 10

Shift I Work: Green Shift

Station I Call Home: All stations, I'm a rover!

Number of Years on the Job: 10 years

Favorite Cartoon: Aladdin

Favorite Superhero: He-Man.....
"I have the POWER!"



Favorite Fitness Activity: Olympic lifting, probably the snatch!

Favorite Sport: Football

My Fitness Motto: A little bit of physical pain is nothing more than weakness leaving your body!

Favorite Healthy Food: I love roasted vegetables ... carrots, beets, turnips, I love them all!

Why I Love Being a Firefighter: Spending time with my second family at the firehouse!

My Fire Safety Rule Reminder
If you suspect a fire,
always feel the door
for heat with the back
of your hand before
opening it.

Hummus & Veggies

Firefighter Dylan Clark's Recipe



"This is an excellent after-school snack because it is so easy for kids to grab from the fridge. Hummus is full of flavor! It is made from chickpeas, a legume, and is loaded with protein and fiber."

*~ Shelly Johnson, MS
University of Idaho Extension
Professor, Nutrition & Food Safety*



You will need:

Hummus, store bought or homemade

Variety of your favorite cut vegetables:

- Carrots
- Celery
- Cucumbers
- Bell peppers
- Grape tomatoes

What to do: Have an adult help you cut up some of your favorite fresh vegetables, enough for snack time. Dip your veggies in the delicious hummus! Enjoy!

Tip for Adults: Cut up extra veggies for later in the week and keep them in the fridge. Store them in airtight containers to keep them fresh. Also, look to buy single serve hummus packs, these pack nicely in sack lunches.

Craig Etherton

Birthday: July 31

Shift I Work: Monday - Friday

Station I Call Home: Administration

Number of Years on the Job: 12 years

Favorite Cartoon: Tom and Jerry

Favorite Superhero: Superman



Favorite Fitness Activity: Soccer or swimming

Favorite Sport: Hockey

My Fitness Motto: Success comes in "I can!"

Favorite Healthy Food: Bell peppers!

Why I Love Being a Firefighter: I love being a firefighter because everyone needs help sometime!

My Fire Safety Rule Reminder
Don't play with matches or lighters!

Amazing Fruit Pizza

Firefighter Craig Etherton's Recipe

You will need:

Watermelon

A few of your favorite fruits as toppers, try:
kiwi, blueberries, strawberries, mandarin
oranges, pineapple chunks...

Coconut flakes, optional

"Wow! This is the most refreshing pizza my children have ever tasted! It is absolutely beautiful, too! It offers great sources of vitamins A and C and is loaded with fiber!"

~ Shelly Johnson, MS
University of Idaho Extension
Professor, Nutrition & Food Safety



What to do: Begin by washing all the fruit for this recipe with cool running water. Have an adult cut an entire slice of watermelon. Evenly spread your fruit toppers on top of the watermelon slice. Sprinkle with a little coconut, cut into slices and enjoy!

Tip for Adults: Consider having your children create this masterpiece for dinner, just help with the cutting. (Children who help prepare meals and snacks are more likely to eat those foods.) They will be so proud of themselves and the whole family can enjoy this nutritious recipe!



Colby Ivey

Birthday: November 20

Shift I Work: Green Shift

Station I Call Home: Station 2

Number of Years on the Job: 1 year

Favorite Cartoon: Teenage Mutant
Ninja Turtles

Favorite Superhero: Superman



Favorite Fitness Activity: Jump rope!

Favorite Sport: Adventure Racing

My Fitness Motto: We do not stop exercising because we grow old...we grow old because we stop exercising!

Favorite Healthy Food: Sweet potatoes!

Why I Love Being a Firefighter: Working with a team to help our neighbors in need.

My Fire Safety Rule Reminder
Seatbelts save lives! Always wear one.

Yo-Pop Popsicles

Firefighter Colby Ivey's Recipe

You will need:

Flavored Greek yogurt, look for low-fat and low-sugar varieties
Fresh fruit of your choice, cut into small pieces
Popsicle sticks

What to do: Place your favorite low-fat, low-sugar Greek yogurt in a small plastic cup or Popsicle mold. Fill 3/4 full. Push cut fresh fruit of your choosing into the yogurt. Place wooden popsicle stick halfway into the yogurt. Put cups into the freezer for at least 2 hours. After they are frozen, take your Yo-Pops out of freezer and run cup under warm water to remove them. Enjoy!

Tip for Adults: Read food labels when buying yogurt and avoid added sugars and yogurt that is high in fat. Always compare labels for the healthiest choice!

"Yo-Pops! Powerhouse nutrition on a stick! This recipe is a great source of calcium, protein, fiber and antioxidants. Kids will have a great time preparing and eating this healthy snack!"

~ Ed Ducar

Director of Nutrition Services
Coeur d'Alene Public Schools



Erik Loney

Birthday: March 24

Shift I Work: Blue Shift

Station I Call Home: Station 2

Number of Years on the Job: 3 ½ years

Favorite Cartoon: Calvin and Hobbes

Favorite Superhero: Ironman



Favorite Fitness Activity: Soccer

Favorite Sport: Again...soccer!

My Fitness Motto: Work hard, play hard, have fun and you'll do well!

Favorite Healthy Food: Snap peas!

Why I Love Being a Firefighter: Helping people.

My Fire Safety Rule Reminder
If lightning strikes and
you're on open water,
go to land and
seek shelter
immediately!

No Bake

Energy Oatmeal Cookies

Firefighter Erik Loney's Recipe



"This high fiber, no bake cookie is packed with energy and would make a great pick me up after a long weekend of hiking, skiing or tournament play."

~ Ed Ducar

Director of Nutrition Services
Coeur d'Alene Public Schools



You will need:

- 1 cup oatmeal
- 1 cup toasted coconut flakes
- ½ cup chocolate chips
- ½ cup peanut butter with no added sugar or trans fats
- ½ cup ground flaxseed meal
- 1/3 cup honey
- 1 tsp vanilla

What to do: Combine all ingredients in a medium bowl until thoroughly mixed. Chill in the refrigerator for ½ hour. Once chilled, roll into 1-inch balls. Store in an airtight container in the refrigerator for up to one week. Makes 12-15 balls. Yum!

Tip for Adults: Store flaxseed meal in the refrigerator, it's a great source of fiber and healthy fats. Flaxseed meal can also be sprinkled on salads, over oatmeal, yogurt or added to smoothies.

Greg Thaxton

Birthday: November 16

Shift I Work: Red Shift

Station I Call Home: Station 2

Number of Years on the Job: 15 years

Favorite Cartoon: Anything my daughter is watching.

Favorite Superhero: Mr. Incredible



Favorite Fitness Activity: Mountain Biking

Favorite Sport: Soccer!

My Fitness Motto: Always give 100% and you will never have to second guess yourself.

Favorite Healthy Food: Tomatoes!

Why I Love Being a Firefighter: Helping people and being a part of my community.

My Fire Safety Rule Reminder

**If you smell smoke
in your house,
"Get Out and
Stay Out!"**

Healthy Fruit Smoothie

Firefighter Greg Thaxton's Recipe

You will need:

- 1 cup frozen berries
- 1 banana, peeled and torn into chunks
- ½ cup skim milk
- ½ cup plain low fat yogurt
- ½ cup ice cubes
- 1 tbs soy milk powder (optional)

What to do: With an adult, combine all ingredients into a blender. Blend until smooth, pour into glasses and serve. This makes 2 servings. Enjoy!

Tip for Adults: Try adding washed spinach or kale to this recipe. Kids are always surprised at how amazing greens taste in smoothies, they don't even know they are there!

"Smoothies can be an easy way to meet many of our daily nutrition needs, like this one ~ it includes vitamin C, antioxidants, potassium, fiber and calcium."

*~ Ed Ducar
Director of Nutrition Services
Coeur d'Alene Public Schools*



Justin Wearne

Birthday: November 23

Shift I Work: Blue Shift

Station I Call Home: Station 1

Number of Years on the Job: 8 years

Favorite Cartoon: Tom and Jerry

Favorite Superhero: The Incredible Hulk



Favorite Fitness Activity: Crossfit

Favorite Sport: Baseball!

My Fitness Motto: Take care of your body. It's the only place you have to live.

Favorite Healthy Food: Asparagus

Why I Love Being a Firefighter: I love the variety of calls we deal with every day. We could be helping someone who is very sick one minute and going to fight a structure fire the next.

My Fire Safety Rule Reminder
If a fire starts to grow,
call 911 and let
us know!

Spider Pretzels

Firefighter 's Justin Wearne Recipe

You will need:

Pretzel sticks

Whole grain crackers

Peanut butter or almond butter with no added sugar
or trans fats

Raisins

What to do: Place peanut butter/almond butter onto one side of cracker. Place pretzel sticks where you think the legs should go. Place other cracker on top. Place raisins where eyes should go using a little dab of peanut butter to hold the eyes in place. Enjoy!

Tip for Adults: Peanut butter lasts for 2-3 months in your pantry after it is opened. It will last 6-9 months after it is opened if it is refrigerated. Try looking for other types of nut butters at the store...almond, soy nut and walnut are some of the tasty options.

"Children love making these fun, creative creatures... loaded with protein, healthy fats and the benefits of whole grain...try these on your next after-school play-date!"

~ Shelly Johnson, MS
University of Idaho Extension
Professor, Nutrition & Food Safety



Jake Bieker

Birthday: May 4

Shift I Work: Green Shift

Station I Call Home: Station 2

Number of Years on the Job: 12 years

Favorite Cartoon: GI Joe

Favorite Superhero: Superman



Favorite Fitness Activity: Hiking

Favorite Sport: Football

My Fitness Motto: Staying active! What a great day to spend your day!

Favorite Healthy Food: Brussels sprouts!

Why I Love Being a Firefighter: Helping people! I love it!

My Fire Safety Rule Reminder
**Stop,
Drop,
(Cover your face,)
and
Roll!**

Fruit & Cheese Kabobs

Captain Jake Bieker's Recipe

You will need:

Pineapple chunks, canned in juice or fresh
Strawberries
Grapes, you choose the color
Cheese cubes (have parents pre-cut into cubes)
Kabob sticks or long toothpicks

What to do: Grab your ingredients, wash fresh fruit for 20 seconds and pat dry. Grab a kabob stick! Skewer ingredients one at a time, don't poke yourself. Use your creativity to make different combinations of fruit and cheese on your sticks. Once you've made 2-3 kabobs, enjoy the fruits of your labor! Change it up by using different fruits and keep your taste buds guessing!

Tip for Adults: This can become a very easy and popular snack for your children. Pre-cut cheese and pre-wash fruit and keep it all refrigerated so it is easy for your kids to grab and use in this recipe.

"Loaded with fiber, vitamin C, protein and calcium...this recipe allows kids to be creative while eating a rainbow of flavors! Eating a rainbow of foods is important for good health."

*~ Ed Ducar
Director of Nutrition Services
Coeur d'Alene Public Schools*



Blaine Porter

Birthday: January 27

Shift I Work: Red Shift

Station I Call Home: Station 2

Number of Years on the Job: 18 years

Favorite Cartoon: Bugs Bunny

Favorite Superhero: Batman, is there really any other!



Favorite Fitness Activity: Walking with my family.

Favorite Sport: Swimming

My Fitness Motto: Healthy Snacking = Healthy Energy!

Favorite Healthy Food: Broccoli

Why I Love Being a Firefighter: The ability to help people and really make a difference in somebody's life.

My Fire Safety Rule Reminder
Change batteries in your
fire alarms the same time
you change your clocks
for daylight
savings.

Ants On A Log

Firefighter Blaine Porter's Recipe

You will need:

Celery sticks, washed and cut by an adult

Peanut butter with no added sugar or trans fats

Raisins

What to do: Using a butter knife or spoon, fill each piece of celery with peanut butter. Once you have them filled, sprinkle the raisins on each "log." Eat and enjoy!

Tip for Adults: Dried cranberries can also be used in this recipe to replace the raisins. Look for the low sugar option. A cut apple can also be used to replace the celery. Switch things up for variety.

"This is a classic recipe that kids have a ton of fun making! A great source of protein, healthy fats and vitamin K make this one a winner!"

~ Ed Ducar

Director of Nutrition Services
Coeur d'Alene Public Schools



Matthew Tosi

Birthday: July 2

Shift I Work: Blue Shift

Station I Call Home: Station 2

Number of Years on the Job: 13 years

Favorite Cartoon: Ultimate Spider-Man

Favorite Superhero: The Incredible Hulk because he gets to smash things while helping people. Hey, he sounds like a firefighter!



Favorite Fitness Activity: Push-ups because a person can do them anywhere.

Favorite Sport: To watch: Football and basketball. To play: Pretty much anything, but I really enjoy riding my mountain bike.

My Fitness Motto: An apple a day keeps the doctor away! (That means...be sure to eat your fruits and veggies to stay healthy!)

Favorite Healthy Food: Carrots because they can be a quick snack or part of a meal.

Why I Love Being a Firefighter: Each day presents new challenges and new opportunities to help people.

My Fire Safety Rule Reminder
Practice E.D.I.T.H.
(Exit Drills In The Home)
once per month.

Tasty Yogurt Parfait

Engineer Matthew Tosi's Recipe

You will need:

Plain yogurt, low fat and low in added sugars

Frozen berries or fresh berries

Low-fat granola

What to do: Spoon your yogurt into a bowl. Top with frozen or fresh berries. If you choose fresh berries, be sure to wash them first for 20 seconds under cool running water before eating them. Then add granola. Enjoy!

Tip for Adults: Frozen berries will keep for up to 10 months in the freezer. Try to keep all of these ingredients stocked at home – it will become a go-to snack for your kids because it is so easy to make. Consider this for a quick breakfast too. It is great for hectic mornings because it can be made in seconds!

"Yogurt parfaits are one of my family's go-to recipes. It's a great way to get in calcium, phytonutrients, and fiber. I always spend a bit of extra time reading food labels at the grocery store when buying yogurts and granolas to make sure I buy ones low in fat and added sugars."

~ Shelly Johnson, MS
University of Idaho Extension
Professor, Nutrition & Food Safety



Scott Robinson

Birthday: August 15

Shift I Work: Blue Shift

Station I Call Home: Station 2

Number of Years on the Job: 11 years

Favorite Cartoon: Scooby Doo

Favorite Superhero: Batman!



Favorite Fitness Activity: Circuit training

Favorite Sport: Soccer

My Fitness Motto: If it's green...it will help your body stay lean!

Favorite Healthy Food: Bell peppers!

Why I Love Being a Firefighter: I love helping people in need and being part of a team!

My Fire Safety Rule Reminder
Have an escape plan
and meeting place....
now, practice it as a
family!

Cracker Sandwiches

Firefighter Scott Robinson's Recipe

You will need:

Whole grain cracker

Sliced strawberries

Honey

Peanut butter with no added sugar or trans fats

“Read food labels to choose whole grain at least half of the time when shopping for crackers and all grain foods. Whole grains are high in fiber and other important nutrients. Look for the word “whole” on the ingredient list.”

~ Ed Ducar

Director of Nutrition Services
Coeur d'Alene Public Schools



What to do: Have an adult help you wash and thinly slice your strawberries. Spread peanut butter onto one cracker, drizzle lightly with honey, add a slice of strawberry and top with second cracker or leave it open faced. Enjoy!

Tip for Adults: Try adding sliced mango, bananas or grapes to this recipe. Offer a variety and see which ones your kids enjoy the most!



Josh Sutherland

Birthday: April 4

Shift I Work: Red Shift

Station I Call Home: Station 1

Number of Years on the Job: 12 years

Favorite Cartoon: Teen Titans Go!

Favorite Superhero: Batman



Favorite Fitness Activity: Weight Training

Favorite Sport: Soccer!

My Fitness Motto: Stay healthy, stay happy!

Favorite Healthy Food: Yellow and red bell peppers.

Why I Love Being a Firefighter: I love being the person people call on for help!

My Fire Safety Rule Reminder
Be careful
around open water,
lakes and rivers.



Frozen Yogurt Dots

Firefighter Josh Sutherland's Recipe

You will need:

Cookie sheet with wax paper
Yogurt, low fat and low in added sugars
Plastic baggie
Freezer

What to do: Spoon yogurt into the plastic baggie. Cut a small hole in one corner of the bag. Squeeze little dots onto your cookie sheet covered in wax paper. Freeze for about 1-hour. Peel frozen yogurt dots from the wax paper and enjoy!

Tip for Adults: Make several different varieties of this recipe – change up the yogurt flavor or add mix in's like flaxseeds, chopped nuts or even sprinkles.

"Yogurt has many health benefits because it is loaded with protein, calcium, potassium and magnesium. Make several flavors of this recipe for a "melt in your mouth" treat!"

~ Shelly Johnson, MS
University of Idaho Extension
Professor, Nutrition & Food Safety



What to DRINK?

Choose most of the time:

Water: The best drink! Bring a water bottle everywhere you go! Water has no sugar or fat and is free!

Nonfat or 1% Milk: Choose fat free or low in fat, high in calcium and vitamin D and there are no added sugars (like chocolate milk). Children 4-8 years old need 2 ½ cups each day. Children 9 years and older need 3 cups each day. (Nonfat and 1% Milk is offered at school breakfast and lunch.)

Do not drink:

Sports drinks, fruit drinks, soda pop, sweetened tea or energy drinks: All of these have too much sugar and are not a healthy choice for children. Energy drinks also have caffeine, which may cause other health problems. Even if you play a lot of sports, water is the best drink to choose. The Coeur d'Alene Fire Department Firefighters and professional athletes choose water to drink when being active.

Choose every once in a while:

Juice: Only choose 100% juices if you drink juice, look at the label to find out. Limit to ½ cup to 1 cup each day. Juice is not needed for a healthy diet. Choose the real fruit if you can plus water for better health!





Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



Meet your nutrition professionals....



Ed Ducar

The Coeur d'Alene School District has been offering students healthy options long before the recent changes were required by the Healthy, Hunger-Free Kids Act. Ed Ducar, Director of Food Service, has been at his post since 2006. Ed looks to the "Smarter Lunchroom Movement," a collection of programs and plans that nudge kids toward nutritious foods, and "Eat Smart Idaho," a University of Idaho Extension program, as valuable resources that help make the programs work. He and his staff embrace the scratch cooking movement, minimally processed foods, and foods with cleaner labels. He believes Coeur d'Alene is fortunate to have sufficient staff and good equipment, advantages not found in smaller districts.

Ed invites you to join your child's school lunch to see the Smarter Lunchroom Movement in action. Also, look for our **Harvest of the Month** on the school lunch menu. Your students will be trying different fresh fruits and vegetables all year long from local farmers.

Check out the Smarter Lunchroom Movement at: <http://smarterlunchrooms.org/>

Shelly Johnson is a Professor with University of Idaho Extension Family & Consumer Sciences whose focus is nutrition education. She has overseen the Eat Smart Idaho project since 1999. She works with an amazing staff that teaches nutrition and healthy habits in a variety of settings in our community.

She was very excited to be asked by the Coeur d'Alene Fire Department to help with their Wellness Campaign. She is also proud to be helping the Coeur d'Alene School District launch the Smarter Lunchroom Movement starting this November. "We are very lucky to have Ed and his staff serving our youth. They do an excellent job promoting whole-grain, local fresh fruit and vegetables and minimally processed foods. He has been able to bring several new recipes to our students, all cooked from scratch."

Shelly and her husband join their two children regularly at school lunch. Please come and see all the amazing things happening at your student's school breakfast or lunch!



Shelly Johnson

Check out Eat Smart Idaho at: <http://www.uidaho.edu/extension/eatsmartidaho>

Make Half Your Plate

Fruits & Vegetables



There are so many ways to eat **Fruits & Vegetables** every day.

Brought to you by...



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.

Prepared and designed by Shelly Johnson, Professor, University of Idaho Extension