



...Ideas to Inspire

For over 15 years, Healthy Kids Challenge® (HKC) has been a leader for creative, effective nutrition education resources. Thanks to great partners like the Home Baking Association and Wheat Food Council, HKC continues to provide new, innovative ideas that inspire creative educators, through

- A website www.healthykidschallenge.com with downloadable activities and tips updated monthly.
- A weekly **WOWS** (Wonderful Opportunities With Schools) newsletter that gives an easy to use activity idea.
- Weekly **blogs** and **Facebook** ideas.
- Interactive Learning Events, appropriate for all ages, they are a great way to connect with kids, parents at health fairs and other community events:
 - ✓ **Explore MyPlate™**
 - ✓ **Ready, Set, Cook and Eat™**
 - ✓ **Dairy Dazzling**
- **Balance My Day™** nutrition education curriculum (Grades K-2, 3-5, 6-8).
- Motivating **workshops** and trainings customized to meet needs, e.g. meeting the Healthier US School Challenge, classroom nutrition education, and wellness policies.
- And more! Visit www.healthykidschallenge.com or call **1-888-259-6287** today.

A great example of inspiration!

When HKC challenged educators to work with students to 1) develop a healthier version of an original recipe (or create a new one) and 2) have each student write an essay of what made the recipe a healthier choice, how it helped to give balance to a meal or snack, and write one healthy goal for better balance with healthy eating and physical activity, Sue O'Brien's creative Family and Consumer Science class exceeded expectations. B.F.A. Fairfax Middle School, Fairfax, VT

The class

- ✓ Because it featured a local product, selected an original muffin recipe to modify,
- ✓ Learned about local products and food incubators.
- ✓ Worked with a staff member of a county-wide incubator for emerging food companies.
- ✓ Identified lower fat and sugar ingredients and tested substitutions.
- ✓ Used incubator knowledge to develop a small business called "Fluently Awesome Creative Snacks (FACA)".
- ✓ Sold their healthier maple muffins and made a profit which they donated to a charity.

Green Mountain Maple Muffins*

| | | |
|--------------------------|---|--------------------------------|
| 1 ½ c. whole wheat flour | ½ c. fat free sour cream or plain low fat yogurt | ¼ c. Grade B Amber maple syrup |
| ½ c. sugar | 2 ½ tsp. baking powder | ¼ tsp. salt |
| 2 T. apple sauce | ¼ tsp. baking soda | 2 T. canola oil |
| ½ c. all purpose flour | ½ c. skim milk | ½ c. chopped nuts |
| 1 egg | | |

Preparation:

Preheat oven to 400. Stir together flour, baking powder, baking soda, salt, sugar. Mix eggs, skim milk, syrup, oil and light sour cream together well. Then add that to dry or paper lined muffin pans. Fill 2/3 full. Bake 20 minutes. Makes 12 muffins.

* HomeBaking.org: With a slight modification of the original healthy recipe, this recipe now meets Smart Snack Guidelines (July 1, 2014)