

Nutrition for Kids

<u>Do your part for our</u> <u>EARTH...</u>

What can one

person do to help stop global warming? A lot! Our "carbon footprint" is the carbon dioxide released into the atmosphere from our normal daily activities. Carbon dioxide contributes to global warming. Leaving the water running while you brush your teeth, having Mom or Dad drive you to school instead of walking and throwing out a paper cup after one use, are bad for the environment.

Here are a few more things you can do help take better care of our planet:

Recycle more

Think before you throw away trash. Recycle instead. Cut down on

how much you throw in the trash, which ultimately ends up in a landfill. And be sure to take ewaste, like computers, cell phones and hazardous waste to a special recycling facility.



Turn off electronic devices

Simply turning off your TV, DVD player, stereo,

and unplugging your iPod and cell phone charger when not in use, will save you thousands of pounds of CO2 a year.

For more tips on what you can do to help save our earth visit: <u>www.timeforkids.com</u>

April is...

- National Poetry Month
- National Jazz Appreciation Month
- April Foods Day (April 1st)
- Thomas Jefferson's Birthday (April 13th)
- Earth Day (April 22nd)

Brain Buzz?



Q: Is there a difference between white eggs and brown eggs?



A: The short answer is "no". Generally speaking, hens with white feathers (such as White Leghorns) lay white eggs and hens with reddish brown feathers (such as Rhode Island Reds) lay brown eggs. Shell color has little relationship to egg quality, flavor, nutritive value, cooking characteristics or shell strength.

Source: <u>www.egglandsbest.com</u>

Earth Day Bar!

April 2010



Ingredients:

- 1 1/2 cups baking mix (for example: Bisquick)
- 1 1/2 cups instant oats
- 1 cup packed brown sugar
- 1/2 cup softened butter
- 1 egg
- 1/2 teaspoon cinnamon
- 1 cup of raisins

Directions:

- Heat the oven to 350 degrees. In a large mixing bowl, combine the baking mix, oats, brown sugar, butter, egg, and cinnamon.
- Stir the mix with a wooden spoon until you have crumbly dough. Next, fold in 1 cup I of raisins or nuts if you like.
- Press the dough into an ungreased 9by 13-inch pan and bake for 17 minutes or until the center is set and the bars are slightly brown. Allow them to cool for 10 minutes before cutting. Makes 1-1/2 dozen 2- by 3inch bars.

Serves: 1-1/2 dozen

Serving size: 2 by 3 inch bars

www.Familyfun.go.com