



Stan & Fran's Health Hints



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Literacy

Literacy is **THE** essential skill needed for full participation in today's society; but in BC, 40% of adults do not have the literacy skills to function and thrive in the modern economy (from *Literacy BC* press release, July 29/09)



Did you Know? Low literacy:

- affects people's access to jobs and adequate incomes
- limits people's control over their lives and their ability to make informed choices
- can affect people's overall health

Basic literacy skills are developed in childhood and continue to improve over one's lifetime. Children acquire literacy skills naturally at home and in structured programs. They do better when parents and caregivers are involved.

What can you do to support literacy?



- read with your children
- promote reading and learning as valued family activities
- attend the Public Library and its programs
- offer young children developmentally appropriate programs - preschool, StrongStart, Head Start
- promote and support lifelong learning



Contact www.literacybc.ca for more information



More Veggies Please!

Packing veggies and fruit in school lunches is a good way to help kids get the recommended 5-8 daily servings. What does a serving size look like? It is equal to 1 cup of leafy vegetables or $\frac{1}{2}$ cup of other chopped vegetables or fruits.

Kids are often accepting of fruits but veggies can be a tough sell in a packed lunch.

If veggie sticks often come home uneaten, try these vegetable based meal ideas instead:

- * Puree veggies into a soup for a delicious and nutritious hot meal, - try squash, carrot, broccoli and cheddar, or tomato soup.
 - * Send leftover pasta loaded with vegetables, or give homemade vegetarian pizza, baked yam or potato wedges a try.
 - * Try stuffing a pita pocket with left over chicken and a favorite salad such as Greek, Caesar or coleslaw.
 - * Add grated carrots, diced celery and red pepper to tuna or egg salad sandwich filling.
- Don't forget about baking with veggies. Muffins with zucchini, carrot or pumpkin make a nutritious snack!

