**Activity Ideas – Be Green**

Build a Birdfeeder

Gaze at the stars

Find a natural souvenir during a walk to the park

Wash dishes by hand or never run the dishwasher unless it is full

Go for a walk as a family

Turn off the TV for a week and eat dinner together

Turn off the lights when you leave a room

Walk your errands – walk to the post office, store, or other locations to do your personal business

Build a small garden. Eat your garden’s produce at harvest time or can or freeze it to enjoy later

Walk around the local Farmer’s Market

**Conversation Starters/Comments**

Talk to friends about recycling

Where can we limit the use of paper?

Why should we care about the earth?

Can one person make a difference?

What sustainable foods are found in Wyoming?

For more information on local foods go to:
http://www.wyomingextension.org/eatwyoming/

Source: http://www.safetyathome.com/environmental-safety

For more information call:
Supplemental Nutrition Assistance Program 800-457-3659
Wyoming Department of Education Nutrition Programs 307-777-6263
University of Wyoming Cent$ible Nutrition Program 877-219-4646
Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769
Broccoli Frittata

**Ingredients:**
- 2 cups broccoli florets, chopped
- ½ cup chicken, cooked and diced
- ½ cup tomatoes, chopped
- ¼ cup onions, chopped
- ¼ teaspoon dried tarragon
- 1 tablespoon margarine or spray butter
- 8 egg whites

**Directions:**
Sauté broccoli, chicken, tomato, onion, and tarragon in margarine in a saucepan over medium heat until broccoli is tender-crisp. Pour lightly beaten egg whites evenly over ingredients. Cover and cook 6-8 minutes until firm on bottom and almost set on top. Cut into wedges and serve.

**Per Serving:**
- 110 Calories
- 3.5 g Fat
- 14 g Protein

Shopping and Cooking with Kids

- Let kids wash vegetables for cooking or eating.
- When shopping, let kids select a new vegetable to try.
- Let kids snap the green beans or peas.
- Let kids break the broccoli into florets.
- Play “I Spy” in produce section when shopping.

Nutrition/Tips to Eating more Greens

- Collard greens and spinach are good sources of calcium.
- Greens help balance all the sodium in our diets with potassium.
- Sneak grated zucchini or chopped bell pepper into pasta sauce.
- Top frozen pizza with fresh spinach or green pepper.
- Keep them green-steam a few minutes in a colander over boiling water.
- Toss frozen peas or string beans into soup or mac ‘n cheese.
- Spinach and green veggies promote colon and heart health.
- Spinach is high in fiber, iron, folate, magnesium, and vitamin A.
- Greens are low in calories.
- Spinach and collard greens are high in vitamins A and C.

Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs.

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