

January 21, 2013

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*“If you don’t take care of your body, where are you going to live?”  
— Unknown*

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# Parent Page



## A Healthier You...

Eating healthy can be a daunting task in today’s fast-paced world. Family dinnertime has become a thing of the past in far too many American households.



How do you make healthier food choices in this land of fast-food chains and convenience stores? Substitution, a little at a time, can get you on your way to healthier living. Combined with regular exercise, healthy eating can help you to lower high blood pressure and cholesterol, eliminate diabetes, lose weight and improve the overall daily perform-

ance of your body’s organs and systems.

Here are some tips from [FamilyDoctor.org](http://FamilyDoctor.org) about making healthier food choices.

\*Eat whole-grain breads and avoid rich bakery foods such as doughnuts, sweet rolls and muffins

\*Eat plenty of fresh fruits

\*Choose low-sugar options for (hot) instant and granola cereals

\*Avoid fried snacks such as potato or tortilla chips; Try low-fat or baked versions instead

\*Try raw, steamed, broiled or baked vegetables to retain nutrients; Opt for baked potatoes over French fries or hash browns

\*Baking, broiling and roasting are the healthiest ways to prepare meat; Choose lean cuts and trim excess fat before cooking

## Literacy is Key

According to the National Center for Education Statistics(2001), students who report having four types of reading materials (books, magazines, newspapers, encyclopedias) in their home scored, on average, higher than those who report having fewer reading materials.

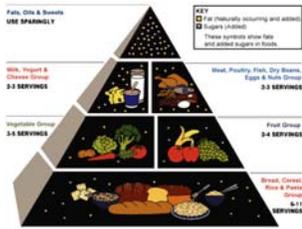
**Suggestion:** Keep a wide

range of reading materials available in your home. Give your children options and set aside time each day to read and discuss reading materials as a family. Also, take time to ask your children what type of reading material they enjoy and make it readily available for them. To find ideas for young adult literature, visit the

GoodReads Teen Book Lists:



[www.goodreads.com/list/tag/teen](http://www.goodreads.com/list/tag/teen)



<http://b4tea.com/food-health/how-to-pick-healthy-foods-healthy-diet-tips/>

Visit

[www.diabetes.org](http://www.diabetes.org)  
to find out more  
information about  
healthful food  
choices.

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## Making Healthy Food Choices

The following information was gathered from the American Diabetes Association website.

Here are a few tips on making healthful food choices for you and your entire family:

\*Eat lots of fruits and vegetables. Try picking from the rainbow of colors available to maximize variety.

\*Eat non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.

\*Choose whole grain foods over processed grain prod-

ucts. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.

\*Include dried beans (like kidney or pinto beans) and lentils into your meals.

\*Include fish in your meals 2-3 times a week.

\*Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin or sirloin. Remove the skin from chicken and turkey.

\*Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.

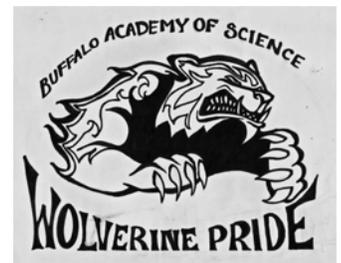
\*Choose water, unsweetened tea, coffee and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.

Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats. Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fats.

\*Cut back on high calorie snack foods and desserts like chips, cookies, cakes and full-fat ice cream.



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## Parent Resources

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research-based knowledge to work.

Try this recipe for a healthier food choice...

### **BETTER BUFFALO WINGS**

- 1 Tbsp paprika
- 1 Tbsp chili powder
- 1 Tsp cayenne pepper
- 1 Tsp hot sauce
- 2 Tsp olive oil
- 3 (4 oz.) skinless chicken breasts
- 1/2 c Bleu Cheese Dressing

### Instructions:

Combine paprika, chili powder, cayenne pepper, hot sauce and olive oil. Add chicken and toss well to coat. Marinate chicken in refrigerator. Heat broiler. Arrange chicken on broiler pan and cook five minutes, or until chicken is cooked through. Serve with dressing for dipping.