



The Cedar Culinary

News that's good enough to eat!

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Healthy Kids Act Hits Iowa



The Healthy Kids Act was signed into law by Iowa Governor Culver on May 13, 2008. It established nutritional content standards for food and beverages sold or provided on school grounds during the school day. It requires school districts and accredited non-public schools to ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. It also requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12.

The act came into action because the number of youth who are overweight in Iowa now appears to outpace national rates, putting our students at an increased risk for chronic diseases. In addition to preventing overweight and obesity among children, this act was created to:

- Help children develop healthy eating habits.
- Provide students with a solid foundation for a better future.
- Promote active lifestyles.

What you can do to help:

STUDENTS

- Be a role model for your peers
- Be physically active every day
- Select nutritious foods
- Join your school's wellness team
- Start a wellness initiative
- Include wellness in other activities

STAFF

- Choose nutritious foods and be physically active to be a role model
- Involve students in school wellness
- Offer healthy choices to students, in and out of the classroom
- Remind parents to provide healthy treats for students
- Educate students on the Healthy Kids Act as it relates to them

PARENTS

- Eat family meals
- Be active with your kids
- Encourage healthy meals/snacks
- Involve your kids in meal planning
- Support school wellness events

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The Cedar Culinary is a monthly newsletter published by Cedar County Health Dept.

New Happenings!

With rumors flying of what's coming in and what's moving out, we are here to set the record straight!



Pink Pony

What: Ice Cream Shop

Where: Main Street, West Branch—the old photography place next to Reed's Beans Coffee Shop

Martin's Country Store

What: Gluten Free and Amish Goods Grocery Store

Where: Main Street, Tipton—in the old bank building on the NW corner of the stoplight

City Hall Steakhouse

What: BBQ family restaurant

Where: Tipton

Opening When: "When we're done"

Caseys General Store

What: New location and building

Where: Mechanicsville

Opening When: Work is scheduled to be completed this fall



Rumor Has It...



- **Grocery store in Clarence?** Yes, someone has been looking to put a grocery store back in Clarence but currently the funds are not available to do so.
- **Ice cream shop in Tipton?** There was talk of one coming on main street but has fallen through since then.
- **Mexican restaurant coming to Tipton?** Work was being done in the building across from Hardees but nothing has come about from it and it too has fallen through.
- **New pizza place in Durant?** Yes, there is work being done to open a new pizza parlor in Durant but the work is slow going and the opening date is uncertain at this time.

Diabetic Recipe: Fried Catfish

Makes about 4 servings

Ingredients:

- 1/3 cup stone-ground yellow cornmeal
- 1 teaspoon good-quality chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon freshly ground pepper
- 4 catfish fillets, 5 ounces each

Cooking spray

2 teaspoon olive oil

Directions:

1. Preheat oven to 400°F
2. In a shallow bowl, combine cornmeal, chili powder, cumin, coriander, salt (if using), and pepper. Dredge catfish fillets in cornmeal mixture, shaking off any excess.



3. Lightly coat a large ovenproof skillet with cooking spray.
4. Add olive oil and place over medium-high heat. Add the catfish and sauté for about 3 minutes per side, turning once, until catfish starts to brown.
5. Transfer skillet to the oven and bake for another 8 to 10 minutes, until fish flakes when tested with a fork. Serve at once.

Marinades: The Busy Cook's Friend

The verb "marinate" means to steep food in a marinade. A marinade is a savory acidic sauce in which a food is soaked to enrich its flavor or to tenderize it. The acid in marinades causes meat and poultry tissue to break down. This has a tenderizing effect. The breaking down of the tissue also causes meat and poultry to hold more liquid, making it juicier.

Rules for Marinating Safely

What containers to use: For easy cleanup, use food -safe plastic bags during storage, and discard the bags after marinating. You may also use food grade plastic, stainless steel, or glass containers to marinate food.

Where to marinate: Always marinate food in the refrigerator, never on the counter. If you marinate in container, cover the container during storage in the refrigerator.

Reusing marinade: Never reuse marinade used on raw meat or poultry unless you boil it first to destroy any harmful bacteria. If you plan to use some of the marinade as sauce for the cooked food, your best bet

is to reserve a portion of the marinade before putting raw meat and poultry in it.

Storing marinated food: If things get busy and you end up not cooking the chicken, don't worry! You can store marinated poultry in your refrigerator for two days. Beef, veal, pork, and lamb roasts, chops, and steaks may be marinated up to 5 days.



Marinade Suggestions

You can use an oil and vinegar or Italian-style salad dressing, or make up your own marinade. Mix any good cooking oil with an acid, such as vinegar, lemon juice, or wine. Chop up some fresh herbs or add spices from your pantry. For an Asian marinade, mix soy sauce with oil, chopped onions and garlic.

Kids Corner: Homemade Ice Cream

Milk can become homemade ice cream in five minutes by using a bag! This homemade, creamy treat is a summer-time delight for kids and adults alike.



What you'll need:

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag

Ice cubes



How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.

Wipe off the top of the small bag, then open it carefully. Enjoy!

Tips: A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that -- a large amount might be too big for kids to pick-up because the ice itself is heavy.

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