

Healthy School Lunch Tips

Packing nutritious school lunches that kids will eat can be tricky. You want to make sure that all those healthy foods you carefully selected are not traded away for junk food or tossed into the trash.

With childhood obesity a growing problem, many parents are determined to find healthful but tempting school lunches for their kids.

"Just because a bagged lunch is nutritious doesn't mean it shouldn't be fun. Include a variety of foods your kids enjoy and get creative by packing colorful vegetables and fiber-rich fruits.

And since kids love snacks, don't fight it, pick healthy snacks and avoid junky chips and empty calories," says Josh Schroeter, co-founder of Sahale Snacks, a producer of healthy, all-natural snack foods.

*** Make Favorites Even Better:** Choose whole grain bread over white bread when making your child's favorite sandwich. Substitute a whole wheat tortilla or pita pocket and kids won't notice a difference.

Choose lean chicken meats such as turkey or cheddar and low fat cheeses. Use mustard instead of mayonnaise. Home-made bean or yogurt dip with vegetable sticks can be a tasty source of protein and fiber.

*** Go Nuts with Nutrient-Rich Snacks:** Nuts and seeds make ter-

rific protein- and fiber-rich snacks in lunchboxes.

They contain heart-healthy fats and satisfy the craving for crunchy foods. Choose nut mixes with low sodium and no trans-fat or heavily processed sweeteners — and go beyond boring trail mixes.

Live things up with all-natural, kid-friendly glazed nut blends, such as Sahale Snacks' "Almond PB&J" blend of nuts, strawberries, raspberries and ground vanilla beans. "Parenting Magazine" recently recommended this treat as a calcium-rich energy booster. These snacks are available in grocery and health food stores, and won't get traded away in the lunchroom.

*** Make Calories Count:** Avoid packing refined carbohydrates and high fats together in one lunch. S

ubstitution is key. If the main dish runs high in carbs or fats, add a side of veggies or fruit instead of chips or cheesy puffs.

This cuts down on obesity-inducing foods that also might

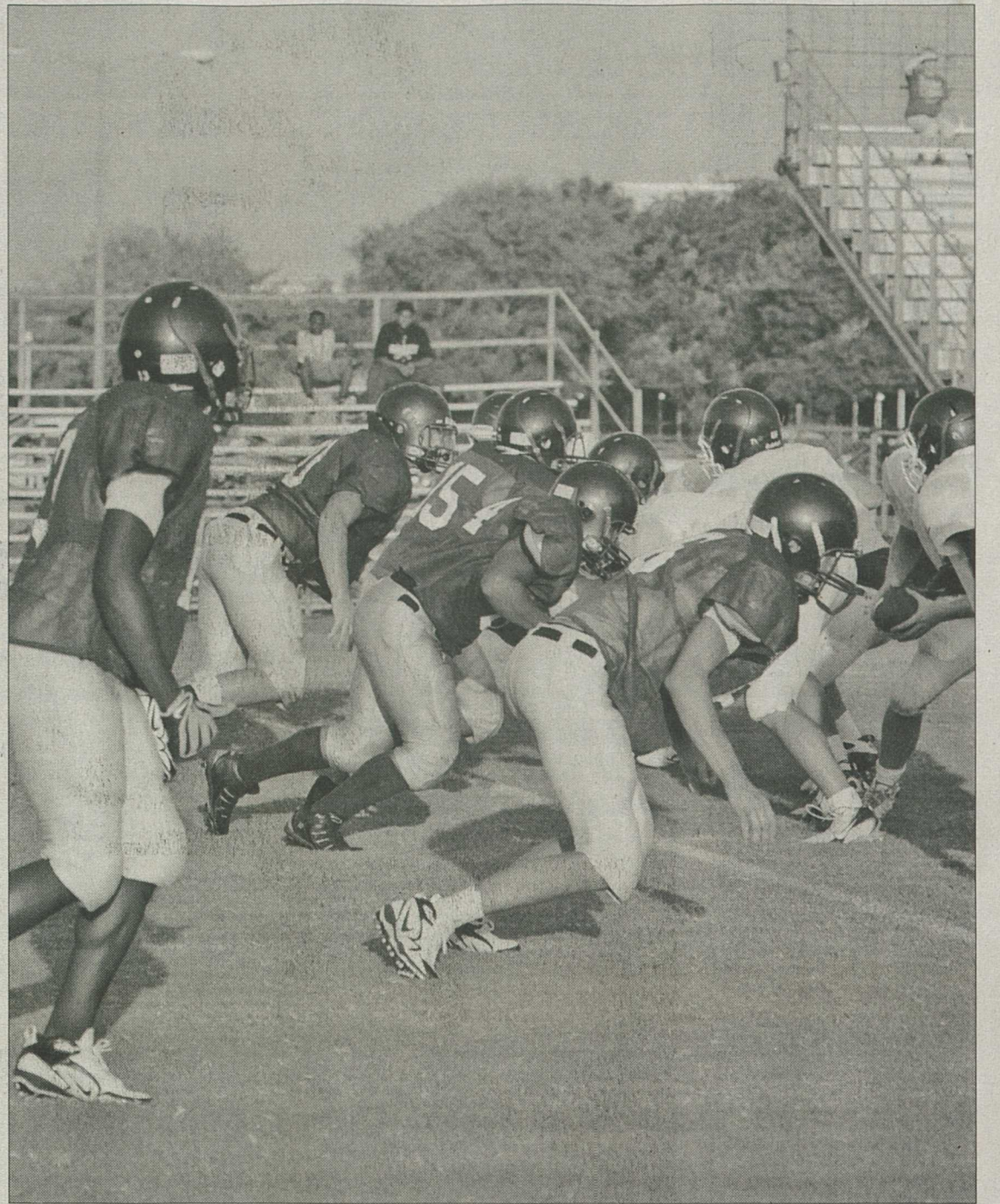
leave your child sluggish for the rest of the day. S

ubstitute water for soda or juice, avoiding empty calories and sugar.

*** Play Dress-Up:** Just because it's made of vegetables, doesn't have to mean boring. Dress-up a salad with nuts and dried fruit to make it more fun by adding crunch and sweetness.

Mix in nuts, dried cranberries or apple slices. Or, opt for a pre-packaged nut blend that combines tree nuts with dried fruit like pomegranate or berries. Just be sure it's not loaded with sugar or high fructose corn syrup. Select one with organic evaporated cane juice or some natural honey instead.

*** Let Kids Choose:** Have children help with the shopping and preparation. Take a visit to the local farmer's market where the kids can taste test and choose their favorite seasonal produce. Cut fruits and veggies into fun shapes, add happy faces with raisins and nuts, and make items bite size for small hands and mouths.



The Raiders line up against Needville during the scrimmage last Saturday. Rice takes on Columbus August 20 and opens the season in Wharton on August 28.

EAGLE LAKE WEATHER REPORT			
Information Courtesy of Texas A&M University System Agricultural Research and Experiment Station, Eagle Lake			
Date	Temp (H/L)	Rainfall(in.)	
Mon. 08-10-09	101/75	0.00	
Tue. 08-11-09	101/74	0.00	
Wed. 08-12-09	102/73	0.96	
Thu. 08-13-09	97/73	1.00	
Fri. 08-14-09	96/73	0.00	
Sat. 08-15-09	97/73	0.00	
Sun. 08-16-09	95/74	0.00	

Council

Continued from front page \$100,000.

Council noted during their discussions that no city utility rate increases have been discussed.

Council member Jane Meldahl said that the money that came to the police department from drug money seized last fall is helping the city with its budgeting process.

She noted that the city is discussing the possibility of giving a 25-cent pay raise to its employees.

She indicated that council wants the city to be competitive with other employers so that employees will stay with the city longer.

Costs associated with hiring and training new employees are high, said Meldahl.

Other things the city will try to work into the budget include: \$10,000 for repairs to the fire station, \$10,000 for a police car, \$6,000 for the contingency fund and \$50,000 for the emergency fund.

The emergency fund is an annual budgeted item and the money for the police car would be for a future purchase.

Meldahl said that the \$6,000 for the contingency fund is something that the city has not been able to do in a number of years.

The city has about \$300,000 in the contingency fund. This money can only be used in case of extreme circumstances such as a natural disaster.

In another action:

Council agreed to waive the minimum water rate for Council member Tony Tyler. This lower rate is standard for other council members, but because Tyler pays a commercial rate, and the ordinance allowing for the lowered bill discusses residential rates, council had to approve the matter. Tyler abstained from voting on the matter.

Agreed to proceed with plan to acquire some land near the airport. The next step in the process is a survey and council approved of having the survey done.

Tax Holiday

Continued from front page

The holiday is fully inclusive-families and individuals do not need to have a child to take advantage of the savings, and will enjoy relief from both the 6.25% state sales tax as well as the additional 2% other entities may impose.

"With the downturn in the economy, so many family's budgets are stretched thin, an unfortunate reality that makes 2009's sales tax holiday all the more welcome," said Senator Hegar.

"I was pleased to join with my colleagues during the 81st Texas Legislature in the passing of the list of items that qualify for exemption from Texas state and local sales and use taxes, and I strongly encourage hardworking Texas families to take advantage of the sales tax holiday."

The sales tax holiday has saved shoppers nearly \$442 million since it began in 1999.

According to the Comptroller, Texas families are expected to save an estimated \$65.7 million in state and local sales taxes this year.

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<p>Wrangler Cowboy Cut JEANS</p> <p>★ HOT PRICE ★ \$16.99 6 Hrs. Only!</p>	<p>We Have Your Size!</p> <p>★ HOT PRICE ★ \$16.99 6 Hrs. Only!</p> <p>Rigid Denim 13MWZ 936DEN 31MWZDN Big and tall slightly higher.</p>	<p>Ladies Cruel Girl Jeans First Quality Monroe • Relaxed and Slim Fit Reg. 39.95 While supplies last.</p> <p>★ HOT PRICE ★ \$14.99 6 Hrs. Only!</p>	<p>Doorbuster prices not available online.</p>	

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<p>Mens & Ladies</p> <p>Justin Chukkas</p> <p>\$49.99 Reg. \$67.95</p>	<p>Entire Stock Kids Boots</p> <p>20% Off Baskins Price</p> <p>Reg. \$39.95 - \$69.95</p>	<p>Ladies Tank Tops</p> <p>Assorted Colors</p> <p>2 For \$10.00 Reg. \$6.95 Style #RT1002</p>
<p>Entire Stock Girls and Ladies</p> <p>Cruel Girl Jeans</p> <p>20% Off Baskins Price Not including Doorbusters Girls Reg. \$21.95 - \$26.95 Ladies Reg. \$49.95 - \$69.95</p>		

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