

PARENT HEALTH BULLETIN



Heart of Largo—Eat Smart, Play Hard



What is Moving Largo?

Moving Largo is a mobility campaign designed by the City of Largo to promote the various transportation initiatives that are upcoming or currently underway. Through innovative programs and planning efforts, the City is working to expand transportation options for members of the community and encourage walking, biking, and other forms of transit. This work is intended to move Largo towards a safer, healthier, and more sustainable future.

The City of Largo has made a commitment to put a greater emphasis on other ways to get around the community. In particular, we hope to create walkable spaces that are safe and comfortable. The City of Largo through its Community Redevelopment Districts has an opportunity to encourage a community that hosts a balance of diverse uses where families can live, work, shop, and play. And all along the way, we want you to help us. We are moving toward a community that is less reliant on the automobile, and embraces walking, biking, and other types of transit. Your comments and suggestions are vital to developing a plan.

The first opportunity to give us your comments is through the survey on our website. We need your help in identifying a list of crosswalks, sidewalks, bike lanes, bike trails, transit service, and transit facilities that could help balance how Largo invests in its transportation system, reducing the dependence on the automobile. Your help will identify where improvements are most needed and what types of improvements we should focus on first.

Please visit www.largo.com/mmttd to complete the survey



Kohl's Cooks for Kids and All Children's Hospital present... Family Cooking Classes for 2010

Session 1: January 14th
Session 2: February 25th



Join us for a fun and interactive **5-week series** and help your kids gain valuable culinary skills and learn more about nutrition and preparing healthy recipes.

The classes are **free** and open to children ages 8-years old and up. For more information and to register for these classes, please contact All Children's Hospital 727-767-7623.

Space is limited so please call today to reserve your spot!

January Vegetable of the Month: Tubers

Root vegetables are a commonly neglected bunch, but have recently taken some spotlight with increased emergence of international cuisine. Each root has its own unique taste and nutritional value, so be daring and expand your taste buds!



Yuca Root

Yuca is a white, starchy tropical vegetable that widely grown and consumed in Africa, Asia, Latin America, and the Caribbean. In many countries, yuca is a dietary staple usually eaten boiled, steamed, and in flour form as thickeners or additional ingredients for noodles, cakes, and pastries.

Yuca root has made a home growing in Florida since the late 1800s. The white interior of yuca is firmer than potatoes and has high starch content. Fresh yuca has thick, dark brown skin that resembles a tree's bark, and is available year round. Look for firm blemish free tubers. Store whole yuca as you would potatoes, in a cool, dark, dry place for up to one week.

Yuca can easily be substituted for potatoes in soups and stews and it contains a high amount of vitamin C and carbohydrates. It is also a good source of dietary fiber and contains approximately 120 calories per 1 cup serving.



Jicama

Jicama is a relative of the potato family. It is a popular dietary staple in Latin America and widely grown in Mexico and Central America.

Jicama looks similar to a turnip or a large radish, and it can be used as an alternative to the water chestnut. Its skin is thin and can be gray, tan, or brown in color. Additionally, it has a short root and contains white flesh. The skin is typically peeled before eating it raw. Raw jicama tastes similar to a pear or apple. It also does not discolor when exposed to the open air for awhile. Because of this, raw jicama is often used as an accompaniment to raw vegetable platters. When jicama is used in cooking it tends to take on the flavors of the ingredients that it is being combined with. Therefore, jicama is a nice complement to various stir-fry dishes because it blends well with many vegetables and seasonings.

Jicama is a very versatile vegetable that contains a high amount of vitamin C, is low in sodium, and has no fat. One adult serving of jicama, which is equal to approximately 1 cup of cubed jicama, contains only 45 calories.

Jicama is available year-round. When purchasing jicama, select tubers that are firm and have dry roots. Make sure that the jicama has an unblemished skin and that is not bruised.

<http://www.fruitsandveggiesmatter.gov>

Save-the-Date



Largo Central Park

Saturday, March 6
10am – 2pm

Taco Popcorn

Prep time: 15 minutes

Ingredients:

7½ cups air-popped popcorn
butter-flavored cooking spray
1½ tsp. cumin
1½ tsp. garlic powder
1½ tsp. onion powder
1½ tsp. Worcestershire sauce
cayenne pepper (optional)

Utensils:

oven (you'll need help from your adult assistant)
large baking pan
measuring cups
measuring spoons

Directions:

Preheat oven to 300° Fahrenheit (148° Celsius).
Put popcorn in a large mixing bowl.
Lightly coat popcorn with cooking spray.
Toss and coat again.
Combine cumin, garlic powder, onion powder, and cayenne pepper (optional).
Sprinkle spices over popcorn and toss to coat evenly.
Drizzle Worcestershire sauce over popcorn and toss again.
Spread popcorn evenly in large baking pan.
Bake for 10 minutes, tossing once.
Serves: 6
Serving size: 1½ cups
Calories: 45

<http://kidshealth.org/kid/recipes/>