

Rachael Ray Yum-o! Meals at YOUR School!

Yum-o! and Rachael have teamed up with our partners at the Alliance for a Healthier Generation to provide nutritious and delicious recipes that will be cooked and served in school cafeterias nationwide! In this month's Road Map, we're sharing one of our faves that you can try in your own kitchen, along with tips to help you start talking about healthy food choices and physical activity at school. Want to see this recipe on your school lunch menu? Visit www.healthiergeneration.org to learn how!



BBQ Turkey Sloppy Joes (Serves 4)

This recipe was tested by thousands of students from across the country. Originally created to be served in schools, we've adapted the recipe here for you to cook at home. Top these Sloppy Joes with Jalapeño Relish and serve with Pineapple Slaw alongside — visit www.yum-o.org for the recipes!

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| 1 tablespoon extra virgin olive oil (EVOO) | 3 tablespoons red wine vinegar |
| 2 pounds ground all-white-meat turkey breast | 3 tablespoons dark brown sugar |
| Salt and pepper | 1 tablespoon Worcestershire sauce |
| 1 tablespoon grill seasoning, such as McCormick brand Montreal Steak Seasoning | 1 can tomato sauce (14 ounces) |
| 1 medium red onion, chopped | 1 tablespoon hot sauce |
| 1 small red bell pepper, seeded and chopped | 8 crusty whole grain rolls, split and toasted |

Heat the EVOO, one turn of the pan, in a large nonstick skillet over medium-high heat. Add the ground turkey and use the back of a wooden spoon or spatula to break up the turkey into crumbles so that it can brown evenly. Season with salt and pepper and stir in the grill seasoning. Once the turkey begins to brown, 3-4 minutes, add the onion and bell pepper and cook for 5-6 minutes, until the vegetables begin to soften.

In a bowl, combine the vinegar, brown sugar, Worcestershire sauce, tomato sauce and hot sauce. Stir the barbecue sauce into the turkey mixture. Reduce the heat to a simmer and let the mixture bubble for another 5 minutes. Using a large spoon or ice cream scoop, pile the sloppy turkey onto the toasted bun bottoms.

Photo by: Burcu Avsar

Recipe courtesy of Rachael Ray and Yum-o!



TIPS FROM OUR FRIENDS AT THE ALLIANCE FOR A HEALTHIER GENERATION

September is National Childhood Obesity Awareness Month. Since students consume up to half of their daily calories while on campus, schools are an essential setting for establishing healthy eating habits. These topics will help you start a discussion with staff and administrators to ensure that nutritious food choices and regular physical activity are a priority at school.

KIDS IN MOTION! Ask about formal physical education (PE), minutes of recess and physical activity breaks throughout the day. There should be at least 20 minutes of recess every day and 60 minutes of PE per week for elementary school students and at least 90 minutes of PE each week for middle school. More is even better.

WHAT'S ON THE MENU? Check the school vending machines to see if healthy options such as water, prepackaged fruit and whole grain snacks are available. Ask if fruits and vegetables are served as part of meals and snacks. Find out if school fundraisers rely on sales of unhealthy snacks and suggest healthy alternatives like walk-a-thons.

PITCH IN! Is there a school wellness council or committee that you and/or your child can join? Students and parents can also visit www.healthiergeneration.org to find resources and tools to help create a healthier environment at school.

Don't forget to check back at www.yum-o.org for the next edition of the Yum-o! Kitchen Road Map and to subscribe to our monthly e-newsletter!

Recipes courtesy of Rachael Ray and Yum-o! may not align with the nutritional guidelines of the American Heart Association.



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