

MOVING MORE, EVERYDAY, EVERYWHERE



Choosing to Move More Throughout the Day

Make active choices during your day...



Take a walk (10 minutes)



Choose the stairs instead of the elevator (5 minutes)



Park farther away and walk (5 minutes)



Dance with your children (10 minutes)

Move More

SOME WAYS TO GET MORE PHYSICAL ACTIVITY ARE TO:

- Go out for a short walk
- Park farther away
- Take the stairs
- Choose active toys for children
- Dance to a good song
- Play outside with children
- Turn off the TV and do something active together as a family
- Work in the garden

Focus on play and enjoyment for you and your family.



EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



OVEN BAKED CHICKEN NUGGETS



Makes 4 servings

Serving Size: 6 nuggets

Hint: Experiment with different spices such as Italian seasoning, garlic lemon pepper, paprika, soy sauce, dry ranch dressing mix, etc....

Ingredients

- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup barbeque sauce, ketchup, or mustard for dipping sauce
- Non-stick cooking spray

Directions

1. Preheat oven to 400° F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with barbeque, ketchup, or mustard dipping sauce.

Nutrition information Per Serving

250 calories
Total Fat 3 g
Saturated Fat 1 g
Protein 30 g

Total Carbohydrate 24 g
Dietary Fiber < 1 g
Sodium 480 mg

 **Good Source of Iron**

Recipe analyzed using ketchup for dipping.



Eat Smart



DON'T WAIT, WALK

When you take your children to an appointment, activities or lessons, use the waiting time to go for a walk or take a stretch break.



Move More