



The Grove Homeowners Association
www.TheGroveHOA.com

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February - April 2019

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**DATE CHANGE TO
MEETINGS!**

***February TBA**

April 11

6:30pm@ The Clubhouse
(2nd Thurs bi-monthly)

HOA Election Results

A quorum was reached at the last HOA Annual meeting on November 8th, and the Board of Directors Election was conducted. Two Board

positions were up for consideration. RESULTS: Joshua Farmer and John Romano were elected to serve two year terms as Secretary and Treasurer respectively.

Change to Dates of the Annual HOA Meeting and Board Election

A change to dates of future Grove Annual Meetings and Board Elections was also voted in via homeowner proxies and ballots at November 8th's meeting. Having reached a quorum, the majority of homeowners voting approved the change to Article II, Section C of the Bylaws, moving the date of the Annual Meeting from the fourth quarter TO THE SECOND QUARTER of each year. **Starting in 2019, the Annual Meeting and Board Election will now be held on the second Thursday of June.** This coincides with the pool opening, and thus pool pass dates, making it easier for residents to turn in their proxies and ballots at pool validation dates. This will help secure establishing quorum requirements for annual meetings. In order

to accommodate collection of homeowner proxies and ballots in time for the JUNE HOA meeting, bi-monthly HOA meetings will now take place at 6:30 pm at The Clubhouse as follows: the second Thursday of *February, April, June, August, October and December. *NOTE: as of press deadline February's meeting date has not been determined, so watch for announcements about the meeting on Facebook and sandwich boards.

At the next Board Election this June, 3 seats are up for election. Ready to serve? Contact community manager Jo Mendoza at jmendoza@communitygroup.com or Gerry Mancuso at president@thegrovehoa.com. Postcards requesting candidates should be mailed in the Spring but you do not have to wait for the postcard to volunteer.

HOA Assessments OVERDUE!

Payment of the annual Grove HOA assessment of \$440.00 for 2019 should have been received no later than January 30, 2019.

Any unpaid amounts are subject to late penalties, which accrue until all fees are paid in full. Homeowners in **Krim Point**, **Ridgemoor**, and **Scotter Hills** must remit

assessments to their individual HOA as well as dues to The Grove.

If you missed the January 30th assessment deadline, please immediately contact our Community Manager Jo Mendoza at Community Group by phone 804-270-1800 or by email jmendoza@communitygroup.com to arrange payment.

PRE PAYMENT for 2020 HOA ASSESSMENTS Now Available!

Stay ahead of paying your HOA dues for 2020 and beyond by using the **free** KliknPay service available on communitygroup.com. Have your bank checking routing number and account number on hand to sign up. Click on the Recurring Payments button to schedule monthly pre-payments for 2020 assessments. Your HOA assessments must be up to date to take advantage of this budget friendly option to satisfy current dues. Also check out TownSq p.3.

The Grove 2019 Board of Directors

boardofdirectors@thegrovehoa.com

Gerry Mancuso, 804-897-0853
president@thegrovehoa.com

Earl Nunnally, 804-379-4493
vicepresident@thegrovehoa.com

Joshua Farmer
secretary@thegrovehoa.com

John Romano, 804-379-1238
treasurer@thegrovehoa.com

Matt Chafin
director@thegrovehoa.com

The Grove's Full Service Community Manager is **COMMUNITY GROUP**

(Covering Biggin Pond, Coalbrook, Gravity Hill, Hawkins Woods, Kingham, Krim Point, Mitford)

Jo Mendoza, COMMUNITY GROUP,
3901 Westerre Pkwy, # 100,
Henrico, VA 23233
804-270-1800

email@communitygroup.com
www.communitygroup.com

For neighborhood violations, repairs,
assessments, architectural modifications,
vendor management, etc.

Scotter Hills/Ridgemoor Full Service Community Manager

Tracey Talbert, 804-273-1333
Stellar Community Management, LLC.
stellartalbert@comcast.net

Board of Directors: See Page 4

Grove Contacts

Architectural Modifications

Jo Mendoza, 804-270-1800
ownerservices@communitygroup.com

Clubhouse (see page 4)

Leslie Elliott
clubhouse@thegrovehoa.com

Newsletter

Cathy Allen, Editor
newsletter@thegrovehoa.com

Pool OPEN

Grounds

Susan Kiger, 804-794-3954
kiger2obx@verizon.net

Social

OPEN, socials@thegrovehoa.com
Grove Social Club Facebook Page

Neighborhood Watch

OPEN, president@thegrovehoa.com

HOA Connection

Architectural Review Rules

Before installing those outdoor patios or extending your deck, any changes or additions to your home or landscaping need prior ARC approval.

Major additions must be staked for visual reference to assess impact to adjoining properties. Scotter Hills and Ridgemoor residents must apply to their board for approval PRIOR to submitting to The Grove ARC. No applications will be considered without the Scotter Hills/Ridgemoor board consent. *The HOA has 30 days to review submissions to ARC.* For complete details see www.thegrovehoa.com Covenants & Bylaws tab.

Homeowners whose property backs up to the walking paths should periodically check their shrubbery and trees for overhanging branches inhibiting people's progress on the paths.

COMMUNITY GROUP NORMAL BUSINESS HOURS COVERAGE: CONTACT OWNER SERVICES AT 804-270-1800 EXT. 1 or ownerservices@communitygroup.com.

COMMUNITY GROUP AFTER HOURS COVERAGE

To report urgent or life threatening issues after normal business hours (after 5 p.m. and before 9:00 a.m.), **please contact Community Group, 804-270-1800 and follow the prompts for the 24 hour On Call Manager.** Please DO NOT call Board members or leave messages on the regular Community Group inbox – those calls are not returned until the following business day. **The On Call Manager can handle any urgent request immediately.** Items needing immediate attention are: Irrigation zones running for extended periods of time, broken irrigation heads, fire or damage to the Clubhouse or common areas, etc.

Home Sales in The Grove Require Disclosure Packages

ALL Grove home SELLERS must provide a current Grove HOA disclosure package to Buyers during the contract period. New homeowners can cancel a contract without an updated package. Purchase online at www.communitygroup.com by clicking "Selling & Refinancing" tab, then "Place Order Here" tab. Sellers of properties in Krim Point, Ridgemoor, and Scotter Hills must purchase a disclosure package from their neighborhood HOA in addition to The Grove disclosure package. For questions or help contact Owner Services 804-270-1800 or ownerservices@communitygroup.com.

THE GHOA, THE GROVE MINER AND EDITOR ARE NOT RESPONSIBLE FOR ANY TYPOS OR OMISSIONS, NOR DO WE NECESSARILY ENDORSE THE PRODUCTS, PEOPLE, ISSUES AND/OR SERVICES OFFERED IN THE NEWSLETTER OR WEBSITE THROUGH ARTICLES, PAID ADS OR FREE CLASSIFIEDS.

Ads and submissions for the
May - July issue are due April 15th

Submit all ads and articles to:
Cathy Allen, Editor
newsletter@thegrovehoa.com
or call 804-379-1862

Make checks to: Grove HOA and mail to:
13436 Mitford Dr., Midlothian, VA 23114
(Note: This address is for newsletter only.)



The Grove Miner is a quarterly
publication of The Grove
Homeowners Association
of Midlothian, VA, Inc.

RATES FOR 2019

Bus. Card size - \$45

Quarter page - \$82

Half page - \$112

Full page - \$202

Back cover - \$207 (sold out)

Advertiser provided insert
\$105 (780 copies needed)

Ad design: \$40/hr. See website
for details: thegrovehoa.com

You Dump It, You Drink It - No Waste Here!

Boy Scout Troop 178 Eagle Service Project

By Matt Chafin

On October 14th, members of Boy Scout Troop 178 visited the Grove to place over 240 “No Dumping” placards on storm drains throughout the neighborhood. Led by Eagle Scout candidate, Gabriel Sparks, the team set out to raise awareness around the impacts of dumping waste in our yards and storm drains.

Gabriel explained “this project is important to the troop and the community, because it helps develop a positive attitude toward the community and offers an opportunity to educate the public about the link between the storm drains and water quality.”

In researching a project to lead for his troop, Gabriel worked with Chesterfield County Environmental Outreach Coordinator, Lorne Field. The Grove was identified as a neighborhood that could benefit from having placards placed on our storm drains. Gabriel’s troop seized the opportunity to serve and raise awareness of this important topic.

With the completion of the project, Gabriel, a 14 year old scout, earned his Eagle Rank, an accomplishment requiring hard work, discipline, commitment, and leadership. Boy Scout Troop 178 was founded in 1960 and is sponsored by Ivey Memorial United Methodist Church. Meetings are every Tuesday from 7pm to 8:30pm.

This project is a reminder to not dump chemical waste of any type, including pesticides, cleaning products, automobile fluids, excess fertilizer, paint etc. in our yards, storm drains, and/or wetland areas. If you have waste of this type please contact Chesterfield County Waste & Resource Recovery Division at 804 -748-1297. Also, the Chesterfield County Convenience Center at 3200 Warbro Rd., has a designated area for chemical waste disposal of environmentally harmful products including: Acids and Aerosol Cans, Auto Batteries and Paints, Pesticides and Solvents, Motor Oil and Oil Filters, and Anti-freeze.



Gabriel Sparks installing placard on neighborhood storm drain



Members of Troop 178

Back row (left to right) Mr. Rusty Spain, Mr. John Turner, Steven Lower, Joshua Kim, Walter Banning, Gabriel Sparks, Matthew Leeds, and Mr. James Mullin.

Middle row (left to right) Dakota Mitchell, Michael Vogler, and Aaron Vogler.

Front row (left to right) Jonah Scheffler and Mrs. Crystal Mullin.

Other helpers: Charles Sparks, Olga Sparks , Carol Sparks.

TownSq For HOA Payments

TownSq is a website developed by Associa for use in the neighborhoods they manage, and is now available to The Grove. TownSq does not replace our current website www.thegrovehoa.com, but will be useful for paying HOA assessments online and participating in chat forums. You will continue to book events at the Clubhouse and find HOA documents and forms (By Laws & Covenants, ARC

applications, pool applications, etc.) using our website www.thegrovehoa.com. To access TownSq, log onto www.townsq.io (using any browser except Internet Explorer) OR download the FREE mobile app (search for "TownSq") with your account number and Community zip code. Your account number is found in the middle of your assessment bill from Associa/Community Group. You will need this to register, then you can log in.

GET SOCIAL!

The Social Committee has done a phenomenal job in 2018 and is gearing up for 2019! But they need a Chair or Co-Chairs to act as a liaison between the Social Committee and The Grove HOA Board. The Committee also needs more residents to help plan and volunteer at events. Let’s all get social and keep this party going!

WOOD Sign Painting Night Details should be posted on Facebook. Anticipated event date is February 28th.

Keep watching Facebook and the newsletter for other Grove Social events!



Mailbox Improvement

Freshen up your home's exterior starting with your mailbox! If the post and wooden paper box is in good condition, apply a new coat of paint, but if deteriorated, replace it. Approved dark hunter green boxes (item #E1600G00) can be purchased

in-store through Pleasants Hardware/Midlothian Station Shopping Center, or ordered online (not in stores) at www.homedepot.com. If your mailbox numbers need replacement visit Pleasant Hardware/MidlothianThe mailbox numbers as seen in the photo may be purchased only at Pleasants. Mailbox can be repainted using dark hunter green matte spray paint.

Many home repair companies offer mailbox refurbishing services, but make sure they adhere to bylaw standards. Grove resident John Romano provides repairs and replacements to mailboxes and posts (see page 11).



News from Scotter Hills/Ridgemoor

By Kathy Morris

During this winter season we will be pretreating the roads prior to snow storms as we did before the previous 13 inch snow storm, and the snow plows will come through our neighborhood when there is an accumulation of three inches or more. Please be careful driving. If you need to drive, have water, snacks, flashlight, First Aid kit, blanket,

and shovel in your car for emergencies.

Parking continues to be a problem in Scotter Hills/Ridgemoor. Please do not park where the yellow lines are painted. We will monitor our streets and have cars towed that are parked illegally. This winter cars have been parked too close to the mailboxes and the mailmen have refused to deliver mail to some of our homes. Please be careful where you park and have a safe winter season.

2019 Board

President: Kathy Morris
Vice President: Bertina Lee
Secretary: Sandy Sneade
Treasurer: Sylvia Warner
Member at Large: Natalie Turner



Grove Clubhouse INFO

Planning a Holiday Party or Special Celebration? The Clubhouse books up quickly, so reserve your spot now! Rates are only \$75 for 3 hours, or \$125 for 6 hours and only \$10 for any additional hour(s). A \$150 refundable security deposit for damages is required at time of booking plus a \$75.00 refundable cleaning deposit. For the latest rates and rules regarding the Clubhouse, visit thegrovehoa.com on the Clubhouse link.

NOTE: YOU MUST RENT The Clubhouse to use its amenities including those located outside the clubhouse building.

Rental of the Clubhouse includes the following inventory but does NOT include pool usage:

8 7' Folding Tables, 3 Folding Bar Height Tables, 50 Folding Chairs, TV with access to 15 local channels via a digital converter box, A Full service kitchen complete with stove, oven, microwave and refrigerator, and Walkout patio use and picnic tables.

Go to the Clubhouse tab on thegrovehoa.com, click on the "Clubhouse Pricing and Reservations" link, then select the "Reserve Now" link.

Complete the required information and submit the form, which will go to our Clubhouse Coordinator Leslie Elliott.

Clubhouse@thegrovehoa.com is the email to contact Leslie Elliott. Typical response time is 48 hours.

Goose Deterrent

The Grove is looking to install a short wire fence along the perimeter of the pond to be used as a possible goose deterrent. To volunteer contact president@thegrovehoa.com.

Street Light & Road Repair

The Grove does not maintain its own streets or street lights. If a bulb is out or a light is not functioning properly (blinking, etc.), please call Chesterfield County 804-751-4178. (Please have the number from the light and address or cross streets) If Chesterfield says it is in the system, you can then call Dominion at 888-667-3000 to report it and all subsequent

issues. If it is a street sign issue, the contact email is BelcherJ@Chesterfield.gov.

If it is a road issue, go to: <https://my.vdot.virginia.gov>. Use this link to report road repairs directly to VDOT. If you create an account, they will email you with updates on the progress of your request.

Keep Your Pool Passes!

Summer will soon be here so don't throw away those pool passes! Pool IDs are issued and/or re-validated annually during pool registration days. If you have lost your passes you will need to pay \$2.00 per pass to replace them. (checks payable to GHOA, no cash).



Little Library at The Clubhouse

"Take a book, leave a book" at this book exchange in The Grove!

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(Photo By Gerry Mancuso)



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Grove Yard Sale

Saturday, March 16, 2019

(Rain date March 23)

8 am to 12 pm

The HOA will advertise the sale in the newspaper and post signage at entrances. Please remove your signs promptly after the sale.

Spring Forward Alert Sunday March 10 at 2 AM!



Turn your clocks 1 hour forward before you go to bed on Saturday March 9th. Also, this is a good time to schedule essential maintenance items such as replacing smoke alarm batteries and checking carbon monoxide monitors.

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Spring Lawn Care

Ah, Spring! Time to bring out the rake, the fertilizer, and weed eater! Spring lawn care is much less time intensive than fall lawn care. If you prepared your lawn properly in the late fall, there should be very little for you to do once the weather begins to warm up.

Don't rush! Make sure that the lawn has plenty of opportunity to gently come back to life during the early spring months. If you do it right, the sun and soil will do most of the work for you.

The best time to prepare your lawn is in the late fall just before it goes dormant for the winter. If you treated your grass properly during the fall, it has had all winter to germinate and prepare itself to grow heartily as soon as the temperatures begin to rise. If you didn't take proper care of your lawn in the fall, however, you will have more work to do once spring arrives. Sometimes you don't have any control over how the lawn was treated the previous fall, in which case your best bet is to treat the lawn as if it received no winter preparation at all.

Don't Start Too Early: It can be tempting to get out the lawn tools and attack your yard

just as soon as it is warm enough to go outside without a coat on. Be patient, though, and let your lawn wake itself up gradually. If you spend too much time on your lawn before it is fully green, you run the risk of compacting the grass or killing new shoots before they have a chance to mature. Wait until your lawn has turned mostly green before you begin mowing or aerating in the spring.

Begin with Raking: Give your yard a thorough, deep raking before you begin to mow or treat the grass. Raking allows you to pull up any thatch that may have accumulated over the winter when the grass was less springy. It also gives you a chance to find any dead spots or compacted areas that need special attention. When a lawn becomes compacted, you need to use an aerator to loosen the soil and allow the grass to grow more easily once more.

Test for Soil Acidity: Most home improvement stores and garden centers sell do it yourself soil pH tests. Harsh, long winters can cause the pH levels in your soil to become very acidic, which makes it difficult for most grasses to thrive. If you find that your soil has a high acid level, you can spread a thin layer of lime over your lawn. The lime neutralizes the acid and makes the soil better able to support new grass growth.

Fertilizing in the Spring: If you fertilized your lawn in the fall, there is probably no need to apply another layer of fertilizer in the spring. Cool season grasses in particular are good at holding on to fertilizer from the fall and using it all winter. There is a good chance that your cool season grass is still utilizing the fertilizer from the fall throughout the spring and into the summer. Warm season grasses may need a fresh layer of fertilizer during the spring because they begin to soak up the nutrients as soon as the weather gets warmer.

Dealing with Weeds: If your lawn is prone to weeds, early spring can be a good time to apply herbicides to prevent the weeds from developing. Get rid of persistent weeds before they have a chance to form so that than to deal with them once they have fully matured, and is most effective if it is done in the fall. A light application of pre-emergent weed killer in the spring should take care of any of the weeds that survived your fall treatment. Don't overdo the spring weed killer, however, or you may damage the new grass that is starting to grow.

(<http://lawncare.org>)



Irrigation Backflow Prevention Tests Mandated

To ensure public water remains potable, the State of Virginia Health Department and Building Codes require annual inspections of all irrigation system backflow

prevention units. The yearly inspection and test must be performed within thirty days of irrigation system start-up. Homeowners who do not comply with the mandate can be fined.

Before hiring a backflow inspector, confirm they are a certified "Backflow Prevention Device Worker."

For more details, go to www.chesterfield.gov. On the left side of the Utilities page, click on "Cross Connection Control and Backflow-Prevention Program."

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804.794.0794 | 804.379.2858 - fax

Brandermill Office
6031 Harbour Park Dr. | Midlothian, VA 23112
804.608.3200 | 804.608.3201 - Fax

Sports Safety

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for kids. But injuries can, and do, occur. More than 2.6 million children 0-19 years old are treated in the emergency department each year for sports and recreation-related injuries.

Thankfully, there are steps that parents can take to help make sure kids stay safe on the field, the court, or wherever they play or participate in sports and recreation activities. (continued on page 10)



we've outgrown
our name

we are now

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Tuscan Bean Soup

Calories 100 Per 1 Cup Serving/Serves 6

Protein 7g Per Serving/Fiber 4 g Per Serving

- 1 tsp. **olive oil** (extra virgin preferred)
- 1/2 small **red onion** (chopped)
- 1 medium **celery** (chopped)
- 1 medium **garlic clove** (minced)
- 2 cups fat-free, low-sodium **chicken broth**
- 15.5 oz. canned, no-salt-added **Great Northern beans** (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced **tomatoes** (undrained)
- 1 tsp. dried **oregano** (crumbled)
- 1/2 tsp. dried **thyme** (crumbled)
- 1/4 tsp. crushed **red pepper flakes**
- 2 cups **spinach**
- 1/3 cup grated **Parmesan cheese**

In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted. Just before serving, sprinkle the soup with the Parmesan.

(From The American Heart Association)

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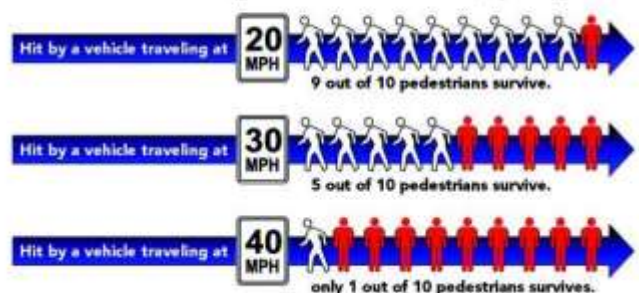
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SPEED LIMIT IN THE GROVE: 25 MPH!

STOP NEIGHBORHOOD SPEEDING

A little extra speed makes a big impact.



Sports Safety (continued from page 10)

Key Prevention Tips

Gear up. When children are active in sports and recreation, make sure they use the right protective gear for their activity, such as helmets, wrist guards, knee or elbow pads.

Use the right stuff. Be sure that sports protective equipment is in good condition, fits appropriately and is worn correctly all the time—for example, avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.

Get an action plan in place. Be sure your child's sports program or school has an action plan that includes information on how to teach athletes ways to lower their chances of getting a concussion and other injuries.

Pay attention to temperature. Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.

Be a good model. Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.

(from cdc.gov)

Tips for Flossing Your Teeth

Flossing your teeth is just as important as brushing your teeth, but most folks do not do this properly. Here are some tips to help get you on the right track.

Floss your teeth at least once a day. Flossing gets rid of food and plaque between the teeth, where your toothbrush cannot reach. If plaque stays between teeth, it can harden into **tartar**, which must be removed by a dentist or hygienist. To floss:

- Remove about an 18-inch strip of floss from the dispenser.
- Wind the floss around the middle fingers of each hand, leav-

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ing a 1-inch section open for flossing. Floss the top teeth first, then the bottom.

- Place the floss in your mouth and use your index fingers to push the floss between the teeth. Be careful not to push too hard and injure the gums.
- Move the floss up and down against the tooth and up and around the gum line. The floss should form a C-shape around the tooth as you floss.
- Floss between each tooth as well as behind the back teeth.

Use a clean section of floss as needed and take up used floss by winding it around the fingers.

(from WebMD.com)

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MyPlate Snack Tips for Parents

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit the children's section of ChooseMyPlate to help you and your kids select a satisfying snack.

(continued on page 11)



**Free Neighbor-to-Neighbor
Classified Ads
For Grove Residents Only**
Content Responsibility of Advertiser

Mailbox Repair/Home Services

Hawkins Wood resident **John Romano** offers vinyl mailbox post replacement to Grove home owners. Wood is good but vinyl is final. John also installs wall safes. Call John at 379-1238.

Child Care Services

Babysitter - College junior available on weekends caring for children of all ages, including 0-2years and special needs. Years of experience in a church nursery, and within The Grove; in addition to a summer caretaking position to a young child with special needs. Please call/text/email **Laura** at 804-519-0350, lauragottschalk9@gmail.com.

Fifteen year-old Kingham resident available for **pet and child care services**. Can care for all animals and children of all ages including infants. Has many years of experience in her church nursery, volunteering at a children's camp, as well as child and pet sitting jobs in the Grove. Please call or text **Kate** at (804) 510-4219.

Child Care/Pet Care Services-14-year-old Red Cross certified babysitter available for child care services. Lives in Gravity Hill subdivision. Has experience working with children in Sunday school. Also available for pet sitting. Call or text Cassidy at (804) 393-8657.

Skin Care

Grove Resident Betsy Elwood offering free skin care consultation services as a Rodan + Fields representative to Grove neighbors. Contact Grove Resident Betsy Elwood at 804-337-7634 or <http://belwood.myrandf.com>.

Pet Care Services

Pet Sitting - Retired Krim Point resident is available to do pet sitting. Call **LoisLynn** at 804-301-9696.

Pet Sitting Retired resident in Krim Point provides pet care services. Call **Linda Hartz** at 804-928-7958.

Pet Care - 12th grade Grove teen with past job experience as a dog walker & (cat & dog) pet sitter looking for a job in that field. For more details, please call (804) 245-2781 or e-mail at aaronhou2598@gmail.com.

Many thanks go to Grove residents Rick and Nita Markell who print our newsletter!

WELCOME NEW NEIGHBORS!



Mary Bradstock 13973 Krim Point Road

Yuan Li & Jie Gao 1013 Mitford Place

Matthew & Courtney Rosenthal 13519 Grove Pond Drive

Joshua & Joy Tidwell 913 Railey Hill Court

New residents to The Grove can contact

The Grove Welcome Committee Chair

Lynne Labott at grovewelcome@thegrovehoa.com

MyPlate Snack Tips for Parents

(cont. from pg.10)

Save time by slicing veggies Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

Mix it up For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

Grab a glass of milk A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

Go for great whole grains Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.

Nibble on lean protein Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

Keep an eye on the size Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

Fruits are quick and easy Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.

Consider convenience A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.

Swap out the sugar Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

Prepare homemade goodies For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.



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