

Food for Thought

April 2026

Spring into Health

With the days getting longer and the weather getting warmer, spring is a great time to get outside and enjoy what spring has to offer by including some healthful food and activity habits into your days. Try these ideas to enjoy spring while keeping health in mind:



- **Try a new fruit or vegetable** – spring is a time when many produce items start to come into season. Look in the produce section when you shop and choose one new produce item each week to try. Better yet let your kids select some fruit or vegetables. Kids are more likely to try new foods that they played a role in selecting.
- **Drink more water and less sweetened beverages** – try adding different fruits or vegetables to your water for a hint of flavor with no added sugar. Find your favorite combinations. If you like a hint of spice add some jalapenos and mangos or other favorite fruit and vegetable combinations.
- **Try a new healthy recipe** – visit the recipe section at <https://eatmartidahointhekitchen.com/recipes/> for some healthy recipe ideas.
- **Eat breakfast** – include foods from at least 3 food groups in your breakfast meals
- **Be physically active for 30 minutes most days of the week**
- **Walk on a trail** – look for trails near you. Try out some new ones or some old favorites.
- **Walk with your family** – create a walking routine with your family. It's a great time to get moving, get outside, and connect with your family.
- **Track the miles you walk** – most phones have a health app that can be used for free. Try to increase the average number of steps you take each week.
- **Spend less time in front of a TV and other electronic screens**
- **Try yoga or other fitness activities** – there are many exercise class options available online. Find one you like and try it alone or with your family.
- **Do yard work** – if you don't have access to a yard help a person who needs help with their yard or go to a local park or community garden and see if they need help.
- **Go for a bike ride**
- **Play a sport** – many communities have recreational sports leagues you can join that are inexpensive or grab a low-cost ball or racket and go to a local park with your family and hit the basketball, pickleball, or other court.



Egg Bites

6 eggs, beaten
1/3 cup fat-free milk
3/4 cup shredded cheddar cheese
1/4 teaspoon ground black pepper
1/2 to 1 cup vegetables, diced (onions, peppers, broccoli, spinach, mushroom)
6 whole wheat English muffins
Nonstick cooking spray



1. Preheat the oven to 350°F.
2. In a medium bowl, combine beaten eggs, milk, and pepper.
3. Mix in diced vegetables.
4. Pour mixture into a lightly greased 9 x 13 baking dish or into 6 muffin tins.
5. Bake for 15 to 20 minutes until cooked through.
6. Remove from the oven and cut eggs into six even squares.
7. Toast the English muffins in a toaster or on a baking sheet for 8 to 10 minutes.
8. Place one egg bite onto an English muffin.

Egg Salad

6 hard cooked eggs, peeled, chopped
2 Tbsp reduced fat mayonnaise
1 Tbsp mustard
1/3 cup pickle relish
1/4 teaspoon pepper



1. Wash hands with soap and water.
2. Combine all of the ingredients.
3. Mix well and chill. Serve on whole wheat bread as a sandwich or over lettuce.

Sources: <https://food.unl.edu/newsletter/family-fun-run/spring-health/>; <https://eat-move-save.extension.illinois.edu/eat/recipes/egg-salad/>;
<https://extension.umaine.edu/food-health/recipes/egg-bites/> retrieved 04/01/26

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
208-883-2267



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