



IN THIS ISSUE:

Pg 1: The Case of Hidden Sugar

Pg 2: Recipes & Question Corner & Get Moving

Pg 3: Dear Ms. FAN4Kids & FitKid of the Month

Pg 4: Photos



We at FAN4Kids aspire to be the ultimate source of fitness and nutrition education for children and their families. Our goal is to prevent the problems resulting from poor eating habits and inactivity, by providing 'Lessons that Last a Lifetime.'



The Case of Hidden Sugar

Sugar! Kids love it, parents not so much! And yet sugar is found in so many foods, especially those targeted towards young children. Sugar can be found in the obvious soda, juices and candy but they can also be hidden in other foods that may seem "healthy". The consumption of hidden sugar can contribute to many issues such as weight gain and tooth decay. Extra weight gain can cause children difficulties in participating in daily activities. Weight gain not only affects a child physically but also their mental health like low self-esteem, confidence, and can lead to bullying.

Our bodies do not need sugar in order to function properly. It is not a vital vitamin or mineral, such as calcium or fiber. Added sugar adds zero nutrients and extra unwanted calories. Children between the ages of 3 to 10 years old should be limited to less than 3-4 teaspoons of added sugar daily. To put that in perspective, in a 12 ounce can of soda there is almost 10 teaspoons of sugar! By drinking one can of soda a child is consuming over two times the daily recommendation of sugar. When we think of added sugar, we tend to relate it to juice, soda and other sweetened beverages, but this extra sugar is hidden in many other popular snacks for children. Here are some popular hidden sugar snacks and low sugar alternatives.

1. Yogurt: Yogurt can be a very healthy snack that provides kids with calcium. However, most yogurt targeted towards kids, as well as yogurt with fruit, is full of sugar.

Alternative - look for low-fat yogurts. If you want fruit in your yogurt, use fresh or frozen fruit instead.



2. Cereal : Cereal is a quick and easy breakfast to serve children in the morning. However most cereal targeted towards children contain 40% more sugar then cereal targeted for adults.

Alternative - look for cereals that contain less sugar. These cereals will have no artificial flavors or colors. If your child needs some sweetness, fresh fruit is great in cereal.



3. Granola bars - These are quick and easy snacks for on the go, but many of them are packed with sugar.

Alternative - Look at the nutrition labels for bars with natural sugars like honey, dates, or fruits and avoid bars with too many added sugars. You can also make your own granola bars at home, which allows you to decide how much, and what kind of sugar is being added.

4. Fruit snacks - the word fruit implies that that they contain fruit and are healthy. However, these fruit snacks contain close to 20 grams of sugar which is 4 times the amount of sugar a child should consume everyday.

Alternative - Fresh, frozen or dried fruit will contain no added sugar. Some dried fruits have the same consistency or textures as fruit snacks and can be a healthy alternative.

5. Packaged Fruits - Added sugar is found in the syrup or juice that is in fruit cups. Fresh fruit is a great option as there is no added sugar.

Alternative - Look for fruits packages in 100% juice. Also, frozen, fresh or dried fruits work just as well.

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor), Saraswathi Cuffey (Instructor/Trainer) Instructors: Emani Parsons, Alicia Dean-Hall, Claudia Samad ... That's who!

Ingredients

1 cup pumpkin puree
1/2 cup vanilla Greek yogurt
1 large egg, 1 cup flour
1 teaspoon vanilla extract
1/3 cup coconut oil, melted
3/4 cup brown sugar, lightly packed
1 tsp baking soda, 1/4 tsp sea salt
2 teaspoons ground cinnamon
1 teaspoon pumpkin pie spice, 1/2 teaspoon nutmeg
1/2 cup oat flour (blended up old fashioned oats)
1/2 cup dark chocolate chips or walnuts(optional)



Instructions

1. Preheat the oven to 350 degrees F. Grease and flour a 4.5 x 8.5 bread pan and set aside.
2. In a large bowl, stir together the pumpkin, Greek yogurt, egg, vanilla, coconut oil (measure in melted and slightly cooled form), and brown sugar until well combined.
3. In a separate bowl, stir together baking soda, salt, cinnamon, pumpkin pie spice, nutmeg, flour, and oat flour (measure oat flour AFTER blending the oats; to make oat flour, put old fashioned or quick oats in a blender and pulse them until they resemble flour). Stir in chocolate chips or nuts if desired.
4. Mix the wet and dry ingredients together until just combined
5. Bake for 45-55 minutes or until a fork comes out clean. Let cool and enjoy!!

Ingredients

10-12 apples quartered,
(honeycrisp + granny smith)
1 orange quartered
2 tsp cinnamon or 1 cinnamon stick
2-6 tablespoons maple syrup depending
on your taste
1 pomegranate quartered (optional)



Instructions

1. Add the apple, pomegranate, orange, cinnamon and 2 tablespoons maple syrup to your crockpot.
2. Add 5-6 cups of water so that it covers the ingredients with water. Cover with a lid and cook on low for 6-7 hours or high for 4-5 hours.
**You can combine everything in a large soup pot and cook over medium heat for 3 hours or until apples begin to break down.
3. Carefully strain the mixture through a mesh strainer, discard the fruit and cinnamon sticks. If desired strain the cider one more time to remove any pulp.
4. Taste and adjust the maple syrup to your liking. Serve warm or cold. Cider will keep for up to 2 weeks in the fridge. Enjoy!!

FAN4Kids Question Corner:

1. True or False: Sodium is another word for salt
2. What muscle do you use when performing a squat?
a. Quadriceps b. Triceps c. Abdominal muscle
3. True or False: Blue and purple vegetables help our eyesight
4. Which is healthier, fried chicken or baked chicken?
5. How many minutes should you exercise everyday?
a. 30 minutes b. 60 minutes c. 90 minutes



Answers

1. True
2. A. Quadriceps - The quadriceps are located in the front of the thighs, above the knee. This muscle helps us to straighten the legs. Squats are a great form of exercise to strengthen the quads.
3. False. Blue and purple vegetables help us have a healthy brain while orange and yellow vegetables help us with our eyesight.
4. Baked Chicken. Putting chicken in the oven to bake lowers the amount of oil and grease. These 2 things can be very unhealthy and are found in fried chicken.
5. B. 60 minutes - You should be getting 60 minutes of exercise everyday. This time can be broken into 10 minute intervals. Exercising everyday is a great way to be healthy and strong.

Get Moving! Get Happy!

A child who is physically active is usually a healthy child. There are so many great benefits to being physically active. Being physically active reduces weight gain, and strengthens a child's muscles and bones. It also reduces the risk of medical conditions like high blood pressure, diabetes, & cancer. Physical activity not only benefits our bodies physically but also mentally. When adults workout our muscles, it makes us feel good. This can also be found for children. Children who are physically active have high self-esteem, self-confidence, increased cognitive skills and are better at managing anxiety and depression. These days, kids are often faced with a lot of stressors in their lives, like pressure in school regarding testing, socially or at home. Getting children to be more physically active has the ability to improve their mood and behavior. When exercising, your body releases a chemical from your brain that brightens up your mood and makes you feel happier. Even a 10 minute walk can improve one's mood. Here are some other benefits of physical activity on children's mental health.

1. **Decreases rates of anxiety-** People who suffer from anxiety tend to hyper focus on certain situations. Physical activity helps the brain focus more on the action being performed and helps kids develop new skills. It can also give them a sense of accomplishment and allows them to worry less.
2. **Improved relationships-** Loneliness can lead to children feeling depressed. When children are participating in shared physical activity it can give them a sense of belonging and friendship. Participating in sports can help children to gain self-confidence and confidence in maintaining friendships.
3. **Improved Body Image-** When children are aware of how fun it is to move their body, they are more likely to remain active. Physical activity allows children to focus on their bodies abilities and appreciate what their body can do and less so on the appearance of their body.

Remember that being physically active not only helps improve the physical condition of your body but also benefits everyone mentally! Here's to an active and happy new year for you and your children!

Dear Ms. Fan4kids,

My kindergartener is a very picky eater. She hates almost all vegetables and I have a hard time even getting her to try them. She love fruits but I know that she needs to get some vegetables in to get proper nutrients and vitamins. Sometimes I can sneak some vegetables into meals but I'm running out of ideas. What are some ways that I can get my child to eat more vegetables?

From, Sneaky Veggie Mom

Dear Sneaky Veggie Mom,

Many parents find it difficult to get their children to eat vegetables so you are not alone. Children should be getting 1 to 3 servings of vegetables every day. Although this number seems intimidating, it is definitely attainable. That's great that your child enjoys fruit, as children should be getting at least 2 servings of fruit everyday. Here are some ways that you can get your picky eater to eat more vegetables.



1. **Mix vegetables into favorite meals** - Some great ways to sneak vegetables in would be to add them to things like smoothies, pasta sauces and other favorite meals.
 - a. If your child likes fruit smoothies try blending in some vegetables like spinach. Spinach doesn't have a strong taste in smoothies and you can easily get a serving of vegetables.
 - b. For pasta sauces you can add different vegetables to the sauce or even blend the vegetables in a blender and add to the sauce so it doesn't change the texture.
2. **Presentation** - Kids love colorful foods. Try adding different color vegetables to your kids plate. Cooking vegetables different ways with different textures may entice your child to try more vegetables.
3. **Dipping Sauce** - If your kid loves dipping their foods into things, try different kinds of dips for vegetables. Some ideas can be hummus, low-fat ranch dip, guacamole and nut butters (if they are not allergic).
4. **Ask why** - A great way to see why they don't like vegetables is to ask them. They may not like certain vegetables based on how they are cooked. If that is the case, try to serve some vegetables raw.
5. **Don't give up** - Continue to re-introduce those vegetables. As you continue to introduce new foods it allows your child to self-regulate and be in control of their food intake. They will slowly start to learn which vegetables they like and grow to enjoy a variety of foods.

FitKid of the Month

We are so excited to share the first ever FAN4Kids **FitKid of the Month**! These FitKids were all chosen as they demonstrated hard work, sportsmanship, respect and participation during FAN4Kids classes. We would like to congratulate the following FitKids and are looking forward to seeing who will be chosen next month!

Below are some of the FitKids of the Month from our F4K schools.

Maryam is a 3rd grade student from PS 157, Bronx, NY who is a very eager learner and is always engaged in F4K lessons. She has an inquisitive mind and is always asking great questions during lessons. During the vegetable tasting, Maryam encouraged classmates to take a bite when they were nervous to try some of the foods. She is always ready to learn in FAN4Kids with a smile!

Karen loves to participate in FAN4Kids at Peshine Elementary School in Newark, NJ! She always raises her hand to answer questions and encourages her classmates to do the right thing. She is excited to learn more about fitness and nutrition and play new F4K games.

Tracey is always excited for FAN4Kids! She asks many thoughtful questions, as she loves to learn how to be healthy. She brings a fun and positive attitude to the F4K classroom at PS 54, Bronx, NY.

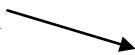
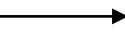
Summer always has a smile on her face during FAN4Kids! She does a great job motivating her classmates during activities and is always cheering them on. She loves answering questions and often volunteers to demonstrate games or activities during F4K at PS 93, Bronx, NY.

Malcom is an excellent role model for other F4K students at PS 273, Brooklyn, NY. He always listens very attentively during FAN4Kids lessons and volunteers smart answers to nutrition questions. His favorite vegetable is a carrot and his favorite part of F4K lessons is playing the fun fitness games.

Jaysiah always has fun and interesting nutrition facts to share with the class. He states that bananas are a good source of potassium. Jaysiah's favorite part about FAN4Kids is playing the fun activities with his F4K classmates at PS 298, Brooklyn, NY!

When it comes to eating healthy, **Hugo** is a great example for others as he always eats his vegetables during lunch at PS 308, Brooklyn, NY. His favorite vegetable is broccoli and his favorite part of FAN4Kids is the F4K cheer:

*Every F4K lesson ends with a chosen student who leads the class in the F4K cheer...
FAN4Kids.....FitKids.....FAN4Kids.....FitKids!!*





FAN4Kids

538 Clinton Ave.
Brooklyn, NY
11238

P: 201-349-7955

F: 201-337-0738

EMAIL:

info@Fan4Kids.org

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www.fan4kids.org

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Students at PS 77 show off their muscles after enjoying a fun cardio dance party during FAN4Kids recess!



FAN4Kids students are learning about healthy vs. unhealthy foods. A second grade class at PS 54 created a long list of healthy and unhealthy foods during a fun nutrition lesson.

FAN4Kids wishes you and your loved ones a happy, healthy and joyous holiday! Here's to a healthy 2020!



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