

FAN4FAMILIES

A Resource for
Kids + Families

**FAN4Updates | FAN of the Month | Recipes | Q + A
Dear Ms. FAN4Kids | Events + Tidbits**

FAN 4 UPDATES

Summer Season Produce:

Eating fruits and vegetables in season is less expensive, fresher, more nutritious and usually tastes better. It's a win, win, win to purchase in season produce! Not only will you enjoy the delicious taste of the fresh produce, but you will be feeding your body with healthy nutrition as well!

Below are fruits and vegetables that are in season during the summer and ways to incorporate them into your diet which will provide you with plenty of vitamin C, A, K, magnesium and potassium:

Berries, Melon, Nectarines, Peaches, Plums, Cherries, Tomatoes, Cucumber, Corn, Eggplant, Okra, Zucchini, Lettuce.

You can enjoy fruits and vegetables in a variety of ways that are refreshing, hydrating and cooling such as: Fresh juices, Smoothies, Jams and Spreads, Salads, Ice Pops, Cocktails/Mocktails, Parfaits and Fruit Bars



FAN of the Month
Ms. Cabrera, P.S. 157 Bronx

Ms. Cabrera, 3rd grade classroom teacher at P.S. 157, Bronx, NY, was selected as the FAN of the Month because she has the energy and passion that FAN4Kids adores. Her knowledge of nutrition is amazing and she adds her input into each F4K lesson. She also is involved with all of the fitness challenges during our fitness lessons! Ms. Cabrera even joins in on the fun fitness workouts during F4K, which motivates the FitKids to work even harder!

When asked what she loves about F4K, Ms. Cabrera said, "I love how interactive the sessions are. My students are engaged and love learning about their health. I am able to learn new things myself and also work with Mr. Dainer to add any additional facts that can support the learners."

Ms. Cabrera says, they say, "health is wealth" and I agree 100 percent. Students need to start learning healthy habits and lifestyles at a young age to support them throughout their lives."

Thank you for your partnership and Congratulations Ms. Cabrera!

FAMILY MENU

YUMMY BUDGET FRIENDLY

HEALTHY + QUICK

Rainbow Fruit Skewers with Chocolate-Dipped Strawberries

[Click for recipe](#)

Ingredients

- 12- skewers
- 1-kiwi, peeled
- 1- large orange, peeled
- ½ cup blueberries
- 1 cup pineapple chunks
- 12 chocolate dipped strawberries(2.5 oz. dark chocolate and 12 strawberries)

Directions

1. Place about 2/3 of chocolate into double broiler and stir until melted(about 1 minute). Remove bowl and add rest of chocolate and stir until melted. Dip strawberries into chocolate and place on wax paper and let chill for 15 minutes in fridge.
2. Cut kiwi and orange into 4 rounds and than crosswise into 3 pieces(end up with 12 pieces of each).
3. Put 2 blueberries about 1/3 of the way down the skewer, add a piece of kiwi, pineapple chunk, piece of orange, and top with chocolate dipped strawberry.
4. Enjoy!

FAN4Kids Question Corner:

1. What nutrient does our body need to support bone health mostly from the dairy group?

A. Minerals B. Potassium C. Calcium D. Vitamin C

C. Calcium is a nutrient we need to keep our bones and teeth strong. Good sources of calcium are milk, yogurt and dark leafy greens.

2. Which 2 muscles are located in the upper arm and are responsible for extending and flexing the elbow?

A. Bicep/Tricep B. Hamstring/Quadricep C. Abdominal/Lower back D. Wrist/Hand

A. The bicep and tricep muscles work together to extend and flex the elbow and are involved in most movements of the arm.

3. True or False? Cooked vegetables have the same amount of vitamins as raw vegetables?

False. Cooked vegetables do lose some nutritional value, however, eating vegetables prepared anyway are good for your body.

4. True or False? Drinking water is the only option for staying hydrated?

False. Water is one of the best ways to stay hydrated, but there are other ways to stay hydrated such as drinking other fluids like seltzer and eating fruits and vegetables that have high water contents.



Got a question, ask us:
info@fan4kids.org



Robert L. Oliver Jr. - Founder + CEO
Karen Schocklin - Program Director
Erin Johnson - Development Director

Who is Team FAN4Kids?

Dainer Clark - F4K Instructor
Amanda Marcelin - F4K Instructor
Darrell Holloman - F4K Instructor

Your most pressing wellness questions answered!

DEAR MS. FAN4KIDS

Dear Ms. FAN4Kids,

Just this morning I heard my kids say they are so excited to stay home and watch YouTube videos and play video games all day during the summer break. It is so difficult to get them to do anything other than screen time. Any suggestions on how to get them up and moving?

From, Frustrated Mom

Dear Frustrated Mom:

This sounds all too familiar as many parents are going through the same situation. We know this is a common theme and the importance of children using technology in moderation, while getting in exercise each day, is key. Here are some tips to help get your child off their screens and active:

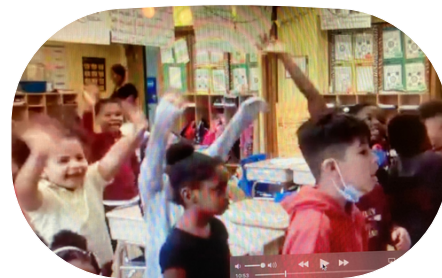
1. Role Model-Check yourself! If you are spending too much time on your screens; show your child that you are making changes to find balance in your life.
2. Positive Approach- Resist using technology as a punishment and reward. Present screen time as one the many activities they can enjoy in moderation.
3. Set up a schedule- Allow your child to create their own screen time schedule(with your help). Block off times of the day when screens are not permitted and times when it is ok to use them.
4. Encourage your child to do what he/she loves-Have them play activities they enjoy so they are motivated to play and have a positive relationship with exercise.
5. Join in the fun- Playing together is a great way to bond with your child and spending time together will encourage everyone to be more active at home.

Sincerely, Ms. FAN4Kids

On Wednesday, May 24th F4K was excited to host it's inaugural F4K Master Kid Chef Challenge at the Project Farmhouse NYC. We raised approx. \$30K for our programs!

P.S. 382 FitKids were the recipients of the "Golden Spatula" during the F4K 1st Annual F4K Master Jr. Chef Event. Congratulations to P.S. 382 and Chef Iesha!

FitKids; danced their way to the end of the school year with F4K and DJ Keith during our last F4K Virtual Dance Party. Hope to see you on the dance floor again next school year!



A special thanks to our partners and schools:

[Allen Foundation](#) | [Bai Water](#) | [Brooklyn Community Collaborative](#) | [CHALK NYP](#) | [Tisch Center Food Hub](#) | [Dircks Foundation](#) | [Empire BCBS](#) | [Eurofins Scientific](#) | [Good Coin Foundation](#) | [Kind Company](#) | [Maimonides Medical Center](#) | [Montefiore](#) | [New York Life](#) | [Novartis](#) | [NYC City Council](#) | [NYC Dept of Health](#) | [Stop and Shop](#) | [Target](#) | [Youth Inc](#) | [Walgreens](#) | [NYC Public Schools](#) | [Newark Public Schools](#)

P.S. 69, 157, 54, 382, 77, 161, 93, 35, 150, 207, 273, 298, 368, C.S. 134, TALES, Peshine Ave., Salome Urena

FAN4Kids is proud to inspire, educate and empower the children and families we work with. Proudly serving up to 3,000 kids per week with the help of our incredible partners and donors

Questions: karens@fan4kids.org



www.fan4kids.org

538 Clinton Avenue | Brooklyn, NY 11238