



FAN4FAMILIES NEWS

A Resource for
Kids + Families

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FAN 4 UPDATES

Fueling our Brains for School

School is back in session and it looks like we are back to a semi-normal year. Our students have their backpacks, pencils, pens and notebooks to have a successful year. But did you know that a diet consisting of fruits and vegetables can also help them have a great school year? It's been shown that good nutrition has a positive effect on kids' academics. When a child eats a healthy diet they are able to stay focused and have energy for the whole school day. This combination is the key to a healthy and successful school year. How do we ensure our students are eating the right kinds of food to fuel their brain? Here are some examples of brain fueling foods for students.



As mentioned, fruits and vegetables are very important not just for our bodies to be healthy but also our mental health. These 2 are the obvious when it comes to eating healthy. We want our students to eat the rainbow, meaning fruits and vegetables of all colors. The different colors of fruit and vegetables are rich in vitamins and minerals. Leafy greens like spinach, kale and cabbage are especially great for your brain. Whole Grains are another great brain food. Whole grains like oats, whole wheat bread and cheerios give our bodies energy including our brain. Not only does healthy eating fuel our brain for learning, but it is also great for our mental well-being. Children who eat more fruits and vegetables are more likely to have a better sense of well-being compared to those who do not. Many nutrients are essential for the development of the brain of children. When our children eat a healthy diet, it ensures that a child's brain is functioning optimally!



FAN of the Month

Ms. Macil, P.S. 69 Bronx

“We are excited to announce our fourth grade teacher from P.S. 69 in the Bronx, N.Y.; Ms. Macil, as our FAN of the Month. Ms. Macil is a phenomenal teacher who is fully devoted to the mission of FAN4Kids. Her strong connection with her students is apparent in the ways that she tends to each of her student's needs and shows them nurturance. During our FAN4Kids lessons, Ms. Macil always assists our FAN4Kids instructor by notifying her of the different learning needs that her students require, especially her students that exhibit learning and social challenges. Ms. Macil knows that every student has the potential for greatness if they are shown a little patience, guidance and love. When asked what her teaching philosophy is, she confidently responded, “work hard, play hard.” During our FAN4Kids fitness lessons, she is never bashful as she can always be seen doing the fitness activities alongside our FitKids.

Ms. Macil was chosen to be our FAN of the Month because she is a wonderful role model for all classroom teachers and students. Also, our FAN4Kids instructor can always count on Ms. Macil to help assess the needs of the students while still encouraging them to have fun. And we all know that the most important FAN4Kids rule.... is to have fun!



FAMILY MENU

YUMMY BUDGET FRIENDLY

HEALTHY + QUICK

Turkey Wild Rice Soup from lexiscleankitchen.com

Ingredients

1 tablespoon butter | 1 large onion | 3 carrots sliced | 3 celery stalks diced
1 cup baby (bella) mushrooms, diced | 2 minced garlic cloves | 1 teaspoon salt
1 teaspoon pepper | 1 teaspoon dried thyme | 1 teaspoon dried parsley
5 cups of turkey or chicken broth | 1 teaspoon fish sauce | 1 cup wild rice
2- 3 cups of shredded cooked turkey (leftovers from Thanksgiving?)

Instructions

- Prep all vegetables (slice or dice).
- Over medium heat, melt butter in a large dutch oven or stock pot.
- Once hot, add onions, carrots, celery, and season with salt and pepper.
- Cook until they begin to soften about 5 minutes.
- Add mushrooms and garlic and cook for another 5 minutes.
- Add thyme, parsley and 4 cups of turkey stock, fish sauce and rice.
- Bring soup to a simmer and cover. Let simmer for 30 minutes.
- Add turkey and simmer, uncovered for another 30-50 minutes, until the rice is cooked.
- Taste and adjust seasoning to your liking and add more broth if needed.
- Enjoy!



FAN4Kids Question Corner

Which food group is the biggest group on MyPlate?

- | | |
|-----------|---------------|
| a. Fruits | c. Vegetables |
| b. Grains | d. Dairy |

What are some ways to be physically active?

- | | |
|-------------------------|----------------------|
| a. Playing Roblox | c. Watching Tik Toks |
| b. Having a Dance Party | d. Reading a book |

Which of these is a Vegetable?

- | | |
|---------------|---------------|
| a. Carrots | c. Avocado |
| b. Pineapples | d. Watermelon |

Which one of these is NOT why we should be physically active?

- | |
|--|
| a. To fight off germs and getting sick |
| b. To build strong bones and muscles |
| c. To improve our moods |
| d. To eat more food |



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

Answers

C. Vegetables: the vegetable group is the biggest group on Myplate which means we need to eat a lot of it.

B. Having a Dance Party: Did you know dancing counts as exercises? When you are dancing you are moving your body and your heart rate is increasing. You're having so much fun dancing and are breaking a sweat so put on your favorite song and start dancing!

A. Carrots: Carrots are a very popular vegetable that everyone loves. It was also the only option that did not have seeds. If a food has seeds, it is a fruit and not a vegetable. Did you know that carrots are great for your eyes?!

D. To Eat More Foods: Exercising has a lot of benefits for our bodies but eating more food is not one of them. When we exercise it helps us to build strong bones and muscles. It also helps us to fight off germs so we don't get sick which is especially important now. And it improves our mood, no one is sad after a workout!

Robert L. Oliver Jr. - Founder + CEO
Karen Schocklin - Program Director
Erin Johnson - Development Director
Saraswathi Cuffey - Program Coordinator + Lead Instructor

Who is Team FAN4Kids?

Alice Luo - F4K Instructor
Madeline Peguero - F4K Instructor
Natalie Tee - F4K Instructor
Alexa Wilson - F4K Instructor

Your most pressing wellness questions answered!



Dear Say Yes to Veggies,

You are definitely not the only parent struggling to get their child to eat vegetables. And you are right, vegetables provide our body with so many vitamins. We should be getting 4-5 servings of vegetables every day. Here are some ways to get your child to eat more vegetables.

- **Be Stealthy** - Be sneaky with your vegetables! Hide veggies in different foods that your child may love. If your child loves smoothies, add a handful of kale or spinach to the smoothie. One of the great things about adding to smoothies is that it does not change the taste at all. Your child will not notice the difference. You can also chop veggies super small and add to spaghetti sauces or blend up some butternut squash and add to mac and cheese.
- **Get Kids Involved** - Involve your child in the preparation of the vegetable that will be served at dinner. With them being involved in the process they may be more open to giving the vegetable a try. Bring your child to the store and have them pick out vegetables they are willing to try at dinner. Show them all the different types of vegetables and the colors they come in. Have them compare the different zucchinis and ask which they think will taste better. During dinner when they try the zucchini ask them questions about it and if they were right in choosing that zucchini.
- **Set an Example** - Parents are their children's role models. If you are at the dinner table trying to get your child to eat their veggies but you don't have any on your plate, your child is more inclined not to either. Make sure you have the same vegetable on your plate and have your child watch you eat and enjoy them as well.
- **Dip it** - Kids love dipping their foods in things. There are so many options of dips that your child will love. Try hummus, peanut butter or other nut butters, salsa, salad dressings, or guacamole; the choices are endless. Adding the dip makes eating vegetables a little bit more fun.

Sincerely, Ms. FAN4Kids

DEAR MS. FAN4KIDS

Dear Ms. FAN4Kids,

I am a mom of a very picky 1st grader. She loves to eat fruits but vegetables are an absolute no. There are so many great health benefits she can get from vegetables and I'm worried she is not getting enough nutrients and vitamins her little body needs. I feel like I've tried everything to get her to eat vegetables but it always ends up with us at a stand still at the dinner table where she refuses to eat them. How can we end this stand still every night?

From,
Say Yes to Veggies



- Check out Ms. Cuffey's 2nd grade class at P.S. 157, Bronx, getting their wiggles out by playing red light, green light after finishing a healthy eating nutrition lesson!
- Students at P.S. 134 Bronx, NY warm up their bodies before they start their first fun fitness lesson led by F4K instructor, Ms. Madeline.
- Virtual FAN4Family Dance Parties "Club F4K" are back by popular demand! Look out for dates as we will be hosting a fun and exciting themed dance party led by our awesome DJ Keith each month! No matter where you are, get your dancing shoes on and join our next FAN4Family dance party December 17th @ 1pm. All are welcome!
Zoom Link - <https://us02web.zoom.us/j/82461516800>
Meeting ID 824 6151 6800

EVENTS + TIDBITS

A special thanks to our partners and schools:

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P.S. 69, 157, 54, 382, 77, 161, 93, 35, 150, 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

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