



Fitness and Nutrition: Lessons that Last a Lifetime

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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.'



After School Snacks

Many kids come home from school and are ready to raid the kitchen cabinets and fridge. They complain saying how starving they are and need to eat right away. If this sounds like your child, how can you make sure they enjoy a healthy snack, while still having room for a nutritious dinner? Take a look at the below tips to figure out the best snack plan for your child.

Timing of eating: Timing of when children are eating can play a factor as to when and why your child might be hungry. First, keep track of when and what your child eats for breakfast? Next, find out timing of lunch and about their eating habits. Many kids eat school lunch early in the day, some even before 11:30am. It is important to find out when your child eats lunch at school, how much are they eating, what are they eating, if they ever skip lunch, etc. Also, does your child attend an afterschool program where a snack is provided? Lastly, when will dinner be served? If your family eats an early dinner, you will want to possibly limit the amount of snacks your child will eat in between meals. Once you know the answers to these questions, you will figure out when and what healthy snacks to provide to your children.

Healthy Snacks List: After finding out when your child will likely be hungry, make a list with your child of healthy options they would like to eat. As long as the options are healthy, it is important to allow your child to feel empowered to choose what they like to eat. They will be more willing to eat the snacks, if they have a say in the items. Take your child on a shopping trip to the supermarket and spend time reading the nutrition facts and comparing products. Pay attention to amounts of protein, fiber, calcium, etc. and talk about portion sizes. Together, choose snacks that are low in sugar, fat, and salt to be options for everyday snacks. Being involved in the process makes it more likely that kids will learn how to make healthy food choices even on their own.

Easy Snacks: The easier the healthy snacks are to eat, the more likely your child will choose the healthy option. For ex; If your child wants to crunch on some fresh pepper sticks but the veggies are not handy, than, most likely they will choose another option which could be less healthy. Having kid-friendly prepared fruits, vegetables and healthy snacks easily visible and accessible, are great ways to promote healthy eating. Kids love to eat snacks that are cut into

shapes, little bite sizes and colorful. If you are able to either prepare the snack ahead of time or if your child can be involved in the preparation, they are more likely to eat them!

Eating small healthy meals, including snacks, throughout the day is recommended. You, as the parent, can guide your child to eat a nutritious diet and help them to make healthy food choices at a young age. Remember to find out when and what your child is eating for lunch and work together to offer healthy, fun and kid-friendly snacks to keep your child happy and healthy!

In today's world, there are tons of healthy snacks already prepared for your convenience. Make sure to read the nutrition labels carefully to choose the healthy items. If you are the type who enjoys "cooking" together with your child, limit the amount of added unhealthy sweeteners used. You can even let your child be creative and come up with their own healthy snack!

Easy healthy snacks:

- *Fresh fruit and vegetables cut into different shapes or on a kebab
- *Whole grain crackers or pretzels with low-fat cheese
- *Trail mix, nuts, dried fruit, pumpkin/sunflower seeds, granola
- *Dips: Hummus, Guacamole
- *Greek yogurt and berries
- *Cheese stick
- *Tostitos and salsa
- *Rice cakes
- *Applesauce (unsweetened)
- *Low-fat pudding



Kid-friendly healthy snacks to make with your child:

- *Smoothies-blend together fruits/veggies with yogurt, milk, or water and ice. Add a teaspoon of honey for sweetness if needed.
- *Ants on a log-celery filled with peanut butter and raisins on top
- *Frozen chocolate covered bananas-half a banana dipped in dark chocolate and frozen
- *Egg boats-hard boiled wedges topped with a piece of cheese on toothpick as the sail
- *Fruit salsa with cinnamon pita chips-chopped variety of fruits
- *Fruit ice pops-fresh fruit blended and poured into ice pop molds to freeze in
- *Banana Mini Sandwich: 2 banana slices with peanut butter in the middle
- *Baked apple chips-slice fresh apples and place in oven to bake
- *Cucumber and cream cheese sandwich: 2 slices of cucumber with cream cheese in the middle

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Kristie Wong, Samantha Grzywacz, Melody DeGaetano, Hillary Landsman, Elana Wilson, Abimael Vega, Karlla de Lima Davis ... That's who!



Ingredients:

- 2 cups couscous
- 2 cups water
- 8 oz. feta cheese
- ½ cucumber, diced
- Handful of raisins
- Handful of pine nuts
- 2 tbsp of balsamic vinegar
- 2 tbsp of olive oil

- Directions:**
1. Add couscous to boiling water and cook as directed on package
 2. Heat frying pan and roast pine nuts till golden; stirring pan to make sure the nuts don't burn
 3. Combine balsamic and olive oil in small jar and shake
 4. Fluff couscous with a fork to separate lumps and pour balsamic mixture over couscous and stir.
 5. Add all other ingredients and toss.



Ingredients:

- 2 cups of ice
- ½ container of strawberries, hulled
- ½ cup fresh or canned pineapple pieces (if canned use with natural juice)
- ½ cup coconut water, chilled
- 8 mint leaves
- 1 cup crushed ice extra to serve over

- Directions:** Combine ingredients in blender and serve over crushed ice and enjoy!

March is National Nutrition Month!!

National Nutrition Month is a nutrition education and information campaign sponsored annually by the academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed choices and developing sound eating and physical activity habits. This national campaign fits in perfectly with the FAN4Kids program, as we teach nutrition and fitness lessons to our students, staff and families. Look out for National Nutrition Month projects your children will be bringing home this month. This year, the theme is, "Go Further with Food" and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money. We at FAN4Kids challenge you and your family to choose foods that will give you long lasting energy as well as being creative to prevent wasting food.

Healthy Nutrition Tips

1. March is National Nutrition Month-Be aware of the foods you eat everyday.
2. Breakfast is the most important meal of the day. Make sure to eat a healthy breakfast everyday.
3. Eat lots of different foods everyday; variety is the recipe for good health.
4. Choose whole-wheat foods(brown) over white processed foods.
5. Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!
6. Snack attack! Eat three small meals plus two healthy snacks per day.
7. Quench your thirst. Drink 8-8oz. of H2O per day!
8. Care for those teeth! Brush your teeth at least twice a day
9. Get moving! Be active every day. Nutrition and fitness go hand in hand.
10. Choose low-fat foods.
11. Eating foods from the protein group will help you build strong muscles.
12. Eating foods from the grains group will give you lots energy.
13. Eating foods from the dairy group will keep your bones strong.
14. Eating foods from the fruits and vegetable group will provide you with essential vitamins to help you grow.
15. Always try new foods...you never know, you may really like it!
16. Go food shopping with your family and ask them to buy you healthy foods.
17. Eat slowly and enjoy every bite!
18. Treat your body well by fueling it with healthy foods!
19. Eat different colored foods.
20. Avocado's and tomatoes are really Fruits even though we eat them as vegetables.
21. Listen to your body; it will tell you when you are hungry or full.
22. Avoid "fast-food" and "junk food."
23. Try to eat fruits and vegetable that are "in season" foods.
24. Start with a small serving of food. You can always go back for seconds if you are still hungry.
25. After you eat your meal, wait to see if you are still hungry before you take seconds.
26. Include a glass of water with every meal.
27. Include 4 food groups in your breakfast for a healthy start.
28. Enjoy family time during meals.
29. Learn how to read food labels.
30. Try to eat fresh fruits and vegetables instead of frozen or canned.
31. Be good to your body and make healthy decisions when choosing which foods to eat! This will help you live a long and healthy life.

Eat a Rainbow Every Day!



Our FAN of the month is Michelle Roth....the science teacher at PS 93, and the reason PS 93 now has the FAN4Kids program! Last year, Michelle's son had FAN4Kids at his school and she slowly and consistently received nutrition advice from her first grader. "Does this have sugar in it?" he would ask, "My FAN4Kids teacher says I shouldn't eat added sugar." From his FAN4Kids food tastings at school, Michelle's son encouraged her to start buying healthy foods like whole-wheat triscuits and V-8 vegetable blends. Her son even ate the raw spinach off of her dinner plate! "My son is autistic and has sensory issues, so to be able to try these foods in an environment like that, he'd never be able to do that at home." FAN4Kids has made a positive impact on the way Michelle's family now shops and eats. After weeks of buying new foods with natural sugars and running around to find vegetable sticks, Michelle decided to share the program with PS 93. She loved the positive influence it had over her son's health and over her entire family's health! She knew that this program was perfect for the school she teaches at.



It is now 2018 and FAN4Kids is in full swing at PS 93. Michelle plays an active role in the school's wellness committee and is committed to making sure the lessons from FAN4Kids are integrated into her science curriculum, reinforcing nutrition and healthy eating in class. She continues to choose healthy foods for her family and is extremely passionate about bringing her passion to her students. We can't wait to see what Michelle and the rest of PS 93 brings to the school in partnership with the FAN4Kids team! *Keep up the great work, Michelle!*

Dear Ms. FAN4Kids,

I am feeling overwhelmed with trying to keep up with making sure my family eats healthy and that I feed them with the right foods. I am not quite sure how to make this happen for my family. I just want a plan that is easy and can work for us.
Sincerely, Food Challenged

Dear Food Challenged,

This seems like a daunting task, especially with so many different ideas and information out there these days. However, eating right does not have to be complicated. Start by making simple changes to healthier food and beverage choices.

These recommendations from the *Dietary Guidelines for Americans* can help get you started.

Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.

Include lean meats, poultry, fish, beans, eggs and nuts.

Minimize saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count: Think nutrient-rich rather than "good" or "bad" foods.

The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety: Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat whole-grain items from the grains group such as; cereals, breads, crackers, rice or pasta every day.

Know Your Fats: To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the nutritional facts label on the food packaging.

Know Your Family: There are tons of different foods that are healthy! Don't force your family to eat foods they do not like, instead, find out what healthy foods your family enjoys to eat and serve them.

Healthy eating boils down to making wise food choices every day. To eat the most healthful diet, the keys are to focus on food selection, variety, moderation and portion control. With these simple but important tips, one should be able to provide a healthy balanced diet for their family.



FAN4Kids Question Corner:

1. The muscles under your belly in the middle of your body that support your every move are called the? a)quadriceps b)biceps
c)abdominals d)forceps



2. Foods from the protein group come from which source? a)animals b)plants
c)both animals and plants d)none

3. Which food has the most amount of fiber in one serving? a)black beans b) instant oatmeal c) pear with skin on

1. C) Abdominals- the abdominal muscles along with the muscles in your lower back make up your "core" muscles and help keep your body stable and balanced and protect your spine.

2. C) Foods from the protein group come from both animal and plant sources. Meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds are all considered part of the protein group.

3. A) All of the above are good fiber rich food choices. Black beans have the most fiber per serving with 15 grams!



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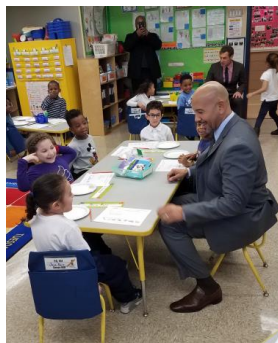
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The Bronx Borough President; Ruben Diaz Jr., enjoyed a fun visit to a FAN4Kids Kindergarten class at PS 157, Bronx, NY! He joined the students during one of their delicious food tastings and had the chance to see first hand why the FAN4Kids program is such a success.



3rd grade students at Harriet Tubman, Newark, NJ had fun as they performed jumping jacks for 100 seconds in honor of the 100th day of school. FAN4Kids students across NY and NJ schools all did a variety of 100 exercises to celebrate the 100th day of school!

FAN4Kids and your local Bodega

FAN4Kids has been working together with local bodegas/minimarts in the area to help families make healthier choices outside of school. FAN4Kids is highlighting healthy snacks by posting FAN4Kids "Choose Healthy" signs next to items we believe to be healthy or a healthier alternative. We encourage you to check out participating bodegas and look for the "Choose Healthy" signs! Ask your children if they can find these signs around the store and encourage them to choose these healthy and delicious snacks that will help them grow big and strong. Ask your FAN4Kids instructor which local bodegas have the posted "Choose Healthy" signs and go with your child to find them. Make sure to take a picture of your child in the bodega holding a purchased healthy snack and send it to your FAN4Kids instructor as part of a healthy snack incentive challenge! Let's see which class can send the most pictures!



Special thanks to our core sponsors, partners and the school administrators at PS 69, PS 157, PS 382, PS 54, PS 73, PS 14, PS 77, PS 93, PS 161, PS 308, PS 20, PS 207, HOPES, TALES, Harriet Tubman, St. Mark The Evangelist School, Achieve Community Charter School and North 10th St.