



IN THIS ISSUE:

- Pg 1: Coronavirus Updates
- Pg 2: Recipes
- Pg 3: Dear Ms. FAN4Kids & Supply & Demand, 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.'



Coronavirus Updates

FAN4Kids is committed to following the CDC guidelines. We will continue to prioritize the safety of our staff and families and will follow the protocols of the NYC and NJ public schools in which we teach.

With the Coronavirus world wide pandemic causing havoc and fear, it is important to be knowledgeable and to get all the facts you can. The good news is there are things you can do to keep you and your family healthy. Please read the article below from the Center for Disease Control and Prevention(CDC) with health tips and to stay informed.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching

their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough and shortness of breath.

What are severe complications from this virus? Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself? People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine? There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment? There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

Information continued on page 2,
For more information: www.cdc.gov/COVID19

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, Linda Chang, Laura Vargas ... That's who!

Recipe Corner: Delicious Recipes

Roasted Sweet Potato & Cauliflower Taco

Ingredients

1 small head of cauliflower cut into bite sized florets
1 large sweet potato diced into bite sized cubes
1 TBSP of olive oil, 1 tsp of chili powder
1 tsp of ground cumin, 1 tsp of smoked paprika
½ tsp of garlic powder, ½ tsp of oregano
½ tsp of salt, 1 lime, juiced
1 14 oz can of black beans, low sodium
Corn tortillas, Chopped cilantro, Guacamole



Instructions

1. Preheat oven to 425 degrees, line baking sheet with parchment paper or aluminum foil.
2. Put cauliflower florets and diced sweet potatoes in a large bowl and drizzle with olive oil and then season with chili powder, ground cumin, smoked paprika, oregano, garlic powder and salt. Squeeze lime.
3. Toss to combine and place veggies on baking tray.
4. Roast veggies for 25 minutes, mixing halfway through.
5. Add black beans to the baking dish and put back into the oven for another 5 minutes.
6. Warm up tortillas if desired. Enjoy!

Sources:

<https://playswellwithbutter.com/2019/03/12/roasted-sweet-potato-cauliflower-tacos/>

<https://sallysbakingaddiction.com/simple-maple-vanilla-baked-pears/>

Baked Pears

Ingredients

4 Anjou Pears
½ cup pure maple syrup
¼ teaspoon ground cinnamon
1 teaspoon pure vanilla
Toppings (optional):
granola, Greek yogurt



Instructions

1. Preheat oven to 375 degrees.
2. Cut pears in half and then cut a sliver off on the underside so they lay flat. Using a small spoon, core out the seeds.
3. Put pears, facing up on baking sheet and sprinkle with cinnamon, adding more to your liking.
4. Whisk maple syrup and vanilla in a small bowl and remove 2 tablespoons and save. Drizzle remaining on pears.
5. Bake for 25 minutes until edges are browned. Take out of oven and immediately drizzle the saved 2 tablespoons of mixture.
6. Serve warm with toppings or enjoy on its own!

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community. What is coronavirus disease 2019 (COVID-19)?

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation- Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Dear Ms. FAN4kids,

My 1st grader does not like to drink milk! She is great at drinking water and only has juice here and there. I know that milk is a great source of calcium, which helps with building strong bones. Does that mean her bones won't be strong? She does eat a lot of other foods in the dairy group, but I was not sure if milk is the best option for getting in calcium. I'm worried that because she is not drinking milk, she is not getting enough calcium. Should I be giving her supplements? Are there any other foods that contain calcium? I need your help!

From, Strong Bones Mom

Dear Strong Bones Mom,

I can definitely understand your concern of your child not getting enough. Milk is a great source of calcium, which helps to build strong bones. The amount of calcium we need is based upon age. The recommended servings for calcium for children ages 1 to 8 is estimated to be 2 – 3 servings daily and 4 servings for children 4 to 9 years old. This is just an estimate though, so please feel free to check with your doctor for their recommendation. Calcium can be found in all dairy foods, so because she is eating those, she is still getting in her calcium. If you are still worried about her getting calcium, you'll be happy to know that she can get calcium from non-dairy foods as well. Here are a few options for you to check out.

Non-dairy options:

- Non - dairy milk: soy, rice and almond
- Nuts: almonds
- Salmon
- Leafy vegetables: spinach, kale, turnip greens, cabbage
- Some orange juice has calcium
- Broccoli



Dairy foods:

Plain low-fat yogurt, Cottage cheese, Cheddar cheese, Mozzarella cheese

From, Ms. FAN4Kids

Supply and Demand

What if I told you that you had more control over the foods available at your local store than you thought? This concept is called supply and demand. But what does that mean? Supply is the amount of goods available and demand is how badly people want a good.

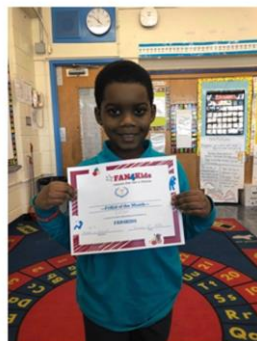
We as consumers, or people who are buying these products, have a lot of control of supplies in stores. Let's think about your local corner store. When we go into the corner stores, we find a lot of unhealthy food items like chips, candy, and sugary drinks. It is pretty uncommon to see a lot of healthy options like apples, and other fresh fruits and vegetables. When people go into the store and continue to buy chips, the store owners see that the demand or the want for chips is high so they continue to provide more chips in the store for people to buy. The apples that are in the corner store can go bad if no one is buying them. Therefore, store owners will stop having them available to buy because they are losing money as they continue to throw out old apples.

However, with our power of consumers we can make a change. If we were to stop buying these chips, the demand for chips decreases or goes down and the store owner will slowly not provide as much chips or maybe no chips at all. Instead of buying the chips, we could start buying more of the fresh fruit that is available at the corner store. When more and more people start to buy apples, the demand for apples increases and the store owner will provide more apples.

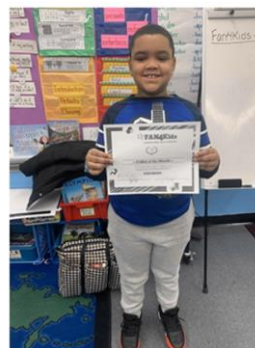
Next time you stop in your local store, think about your power to healthy options. You can make a difference in your community based on what you buy! Not only are parents learning and following the rules of supply and demand, but also some of our 3rd graders are going to get the chance to learn more about supply and demand by talking about power of group action. They will learn that even as students, their voice has power. They will be creating a letter of petition for their local bodega to ask for healthier options like fresh fruit to be available to them. After writing their letter, they will talk to other students in the school and have them sign the petition. They are going to learn that their one voice may be small, but coming together as a group provides them with power to make a change in their neighborhood.

FitKid of the Month: Congratulations to the FitKids of the Month! Below are two of the many students chosen this month:

Caleb Villaruel is a star 1st grade student. He follows directions, encourages his friends to do their best, and has an abundance of questions. He is always excited for FAN4KIDS and is the first to ask what new fun activity we are learning about in fitness and nutrition. He loves fitness lessons and it makes his day when we take a trip to the gym to work on new muscle groups. Caleb brings joy to FAN4KIDS and never fails to have a smile on his face.



Peshine Elementary School, Newark, NJ



Emmanuel Vera, a second grade student, can't wait till Thursday when he has FAN4Kids. Emmanuel shares what he learns during class with his family when he goes home. His favorite thing about FAN4Kids is playing games and his favorite fruit is an apple!

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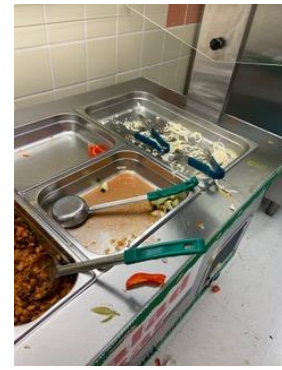
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childhood obesity.
Every dollar helps!
Sponsor a child,
class or even a
school.

Donate online or
mail your donation
to the address
above.



FAN4Kids Students at PS 54, Bronx, NY are having a blast trying new foods during their grains group food tasting! Thumbs up for healthy grains!



Where did all the vegetables go? This is a picture of an almost empty salad bar in the cafeteria at TALES, PS 244Q! Students are showing off to their FAN4Kids instructor how they are eating healthy and loving the salad bar.

March is National Nutrition Month: A nutrition education campaign sponsored by the Academy of Nutrition and Dietetics. The campaign focuses 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. Look out for National Nutrition Month projects this month. The theme is, "Eat right Bite by Bite." Good nutrition does not have to be restrictive or overwhelming. Small goals and changes can have a cumulative effect, and every little bit (or bite) of nutrition is a step in the right direction. Visit: www.eatright.org for more information!



The New York
City Council

NYC Healthy School
Food Alliance



Scan to visit
www.FAN4Kids.com

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