



IN THIS ISSUE:

Pg 1: Grilling

**Pg 2: Recipes
& Water Safety
& Question
Corner**

**Pg 3: Fan of the
Month & Dear
Ms. FAN4Kids**

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.'



Grilling

Every year, 7,000 Americans are injured while using backyard barbecue grills. It is usually a case of good products used incorrectly. With warmer weather finally here, the smell of charcoal fills the air as delicious meals are being prepared on grills. To keep you safe while grilling, here are the do's and don'ts of grilling safety:

Do:

1. *Keep your grill at least 10 feet away from your house.* Farther is even better. This includes portions attached to your house like carports, garages and porches. Grills should not be used underneath wooden overhangs either, as the fire could flare up into the structure above. This applies to both charcoal and gas grills.
2. *Clean your grill regularly.* If you allow grease and fat to build up on your grill, they provide more fuel for a fire. Grease is a major source of flare-ups.
3. *Check for gas leaks.* You can make sure no gas is leaking from your gas grill by making a solution of half liquid dish soap and half water and rubbing it on the hoses and connections. Then, turn the gas on (with the grill lid open.) If the soap forms large bubbles, that's a sign that the hoses have tiny holes or that the connections are not tight enough.
4. *Keep decorations away from your grill.* Decorations like hanging baskets, pillows and umbrellas look pretty AND provide fuel for a fire. To make matters worse, today's decor is mostly made of artificial fibers that burn fast and hot, making this tip even more important.
5. *Keep a spray bottle of water handy.* If you have a minor flare-up you can spray it with the water to instantly calm it. The bonus of this tip is that water won't harm your food, so dinner won't be ruined!
6. *Keep a fire extinguisher within a couple steps of your grill and make sure you know how to use it.* If you are unsure how to use the extinguisher, don't waste time fiddling with it before calling 911.

Firefighters say many fire deaths occur when people try to fight a fire themselves instead of letting the fire department do its job.



FOOD SAFETY

Don't:

7. *Turn on the gas while your grill lid is closed.* It causes gas to build up inside your grill, and when you do light it and open it, a fireball can explode in your face.
8. *Leave a grill unattended.* Fires double in size every minute. Plan ahead so that all of your other food prep chores are done and you can focus on grilling.
9. *Overload your grill with food.* This applies especially fatty meats. The basic reason for this tip is that if too much fat drips on the flames at once, it can cause a large flare-up that could light nearby things on fire.
10. *Use a grill indoors.* People often think it will be safe to use a grill, especially a small one, indoors. In addition to the fire hazard, grills release carbon monoxide, the deadly colorless, odorless gas. That gas needs to vent in fresh air or it can kill you, your family and pets.



Enjoy the grill season, but make sure to follow the safety guidelines as you are cooking!

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:

- ½ cup chopped fresh basil
- ¼ cup toasted pine nuts
- 1 tbsp olive oil, 1 garlic clove
- 1 tbsp grated parmesan cheese
- 2 tsp lemon juice ¼ tsp salt
- 2 medium summer squash, cut diagonally

Directions: 1. Preheat grill to medium-high. 2. Combine basil, pine nuts, oil, parmesan, garlic, lemon juice and salt in a small bowl. 3. Coat both sides of squash slices with cooking spray. Grill the squash until browned and tender, 2 to 3 minutes per side. 4. Serve topped with the pesto. Tip: To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Ingredients:

- 1 large clove garlic, grated
- 1 tbsp red-wine vinegar
- 1 tbsp extra-virgin olive oil
- ½ tsp lemon pepper
- ½ tsp dried dill ⅛ tsp salt
- 16 large shrimp, shells and tails removed, deveined
- 1 pound fat asparagus, woody ends snapped off, cut into 1½-inch lengths



Directions: Whisk garlic, vinegar, oil, lemon pepper, dill and salt in a small bowl. Divide the marinade between two large sealable plastic bags. Add shrimp to one and asparagus to the other. Combine, seal and refrigerate for 30 minutes. Preheat grill to medium. Thread the shrimp and asparagus alternately onto 8 skewers, dividing evenly among the skewers. Oil the grill rack and immediately add the kebabs. Cook, turning every 2 to 3 minutes, until the shrimp are bright pink and just cooked through and the asparagus is tender, 5 to 6 minutes total.

www.eatingwell.com

Water Safety:

With National Water Safety Month in May and summer around the corner, it's a great time for you to remember the importance of ensuring your children are equipped with essential water safety skills. On those hot summer days; there is nothing better than being in the cool water, but, you want to make sure your family is safe. Drowning is the second leading cause of death for children ages 5 to 14, with children from communities of color at greatest risk. Before letting your children hit the water this summer, remember these few tips to ensure it's an enjoyable and safe experience.

- **Never swim alone.** Teach your children that they should only swim in locations where a lifeguard is on duty.
- **Supervise your children whenever they are in water.** Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach of you at all time.
- **Don't engage in breath holding activities.** Children shouldn't hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side effects.
- **Wear a Life Jacket.** Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
- **Don't jump in the water to save a friend who is struggling in deep water.** If a child finds their friend struggling in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The best way to help someone in distress is to use a long object to reach for him or her and pull them to safety. By using this technique, children can help their friend without compromising their own safety.
- **Enroll your children in water safety or swim lessons.** Just like teaching your children to look both ways before they cross the street, having them participate in formal water safety lessons teaches them an important life skill. Learning how to swim also has multiple benefits beyond the ability to enjoy water safely. It helps children strive for physical achievement, promotes healthy living and builds their confidence.



Not only is learning how to swim an important life skill for children, but it is a very useful sport for adults as well. Children are more likely to want to learn to swim if they see their parents participating too. Before it is too late in the season, now is a good time to look into programs such as local YMCA's that offer swim lessons and allow children to have fun in the water while learning important swimming skills. Here's to making fun and safe waves!

FAN4Kids Question Corner:



1. Which cardiovascular exercise is the best for your heart and body? a)dancing b)playing soccer c)hiking d)walking e)all of the above
2. What is the recommended daily intake of calcium for adults per day? a)50mg b)100mg c)500mg d)1,000 mg
3. Which is the least healthy way to cook chicken? a)fry b)boil c)bake d)grill

1. **c)** All of the above. Any type of movement which increases your heart rate for a period of time is great cardiovascular exercise. Pick an activity you enjoy and try to do it for at least 30 minutes a day!
2. **d)** You have more calcium in your body than any other mineral, and it is very important for your health. Calcium makes up most of your bones and teeth and plays a role in cardiovascular health, muscle functioning and nerve signaling. You can get calcium from dairy and non-dairy foods such as almonds and broccoli.
3. **a)** Any food that is fried is unhealthy! These foods are high in fat, calories, and often salt. Fried foods also contain high levels of trans fats, which raise LDL (bad) cholesterol, lower HDL (good) cholesterol and increase your chances of having heart disease if consumed too often.

A big congratulations to our FAN of the month Adriana Polanco! A 2nd grader at PS 382, Adriana has shown a real commitment to being a true "fit kid". When not in school, she enjoys playing tag in the park with friends, and has even added push ups and burpees to her daily routine! Adriana's mom and dad have taught her the importance of staying active by going to the gym regularly. She can't wait until she is old enough to join them so she can continue getting stronger! Adriana strives to eat a balanced diet by incorporating all of the different food groups into each of her meals. Since starting FAN4kids 2 years ago, she has made an effort to eat at least 2 fruits and vegetables every day. Some of her favorite snacks include carrots, corn, and most recently she's started adding whole grain granola to her yogurt.

Even when she's not in FAN4kids, Adriana is committed to staying healthy. Adriana looks forward to spending the summer in the Dominican Republic with her family where she plans on swimming every day for exercise and picking fresh fruits and vegetables from her grandma's garden. Way to go Adriana!! We at FAN4Kids are so proud of your determination to stay fit and healthy. You are an inspiration to us all!



Dear Ms. FAN4Kids,

I know how important doing exercise is and I want my family to be healthy. I am thinking of starting to exercise and want to get my kids involved too. How do you suggest we all get started?

Sincerely, Eager exerciser

Dear Ms. Eager Exerciser,

We all have read the statistics about showing adults and children have become inactive. We have all heard that this might be the first generation of children who do NOT outlive their parents. We all know that screen time for children has been a challenging issue and too much can cause health problems! But.... do we all know how we can reverse this trend?

Here are ways to incorporate fitness and a healthy lifestyle into your family's everyday routine. Take a leap into spring with these family fitness ideas:

Family Fitness Bonding: Making fitness fun and not a chore, can help you be more active. Spending time being active with your children can help you bond and strengthen your relationship as a family. By taking the time to be active, shows your kids that moving is fun while encouraging your children to embrace a more active lifestyle. With so many sedentary distractions; like video games, TV, and texting –kids just don't get the activity they need. Increasing physical activity is not only good for children's physical and mental health, but also for academic performance.

Make your home a playground: Turn your backyard, driveway, or sidewalk into your own playground. This is a great way to squeeze in some fun activity while dinner is in the oven. Try some of these easy at-home games:

- Use chalk to draw a four square court, and play with a large rubber ball
- Play catch, but have the ball bounce first before you catch it.
- Sock Tag – everyone places a long sock hanging out of a pocket. Then run and see who tags (grabs the socks) the most people.
- Have the family line up and take turns leading a game of red light, green light or Simon says.
- Climb a tree.
- If you have a large enough group, kids of all ages can join in on games like duck-duck goose or red rover.
- Create your own race station –let the kids come up with the rules and the name.

Plan a game day: Make Saturday or Sunday "Family Game Day". Reserve an hour to come up with a family game that encourages teamwork and builds social skills. Team up with other families in the neighborhood to build the excitement. When your extended family is visiting, get everyone active together by creating family fitness traditions that can be passed down through generations. Some great ideas include:

- Relay races, Scavenger hunts, Wheelbarrow races, Hula hoop contests, Water balloon tosses, Community soccer or volleyball games, Manhunt

Clean up!

- Participate in a local beach clean up or national park clean up day. From the walking to picking up trash, it all adds up to burning off some extra calories. All while you help make the world a better place!
- Find out if your local community, school or church is doing a clean up, painting our mural event and get involved. Invite neighbors or friends to make it into a big affair, this can be an opportunity for the kids to learn about serving the community.
- Make spring-cleaning a 4-season event. Clean your house quarterly together as a team! Each kid can tackle different areas of the house –windows, cabinets, and drawers. Teach the kids the importance of effectively working together to keep the living space clean and comfortable for everyone.
- Family car wash! Don't just clean the outside -organize the inside, wipe down surfaces, and vacuum together!

Get fit on family outings.

- On weekends or days off, try biking to locations that are less than 5 miles away. You'll get a great workout, be an excellent role model, and save on gas money!
- Fruit picking is a memorable seasonal activity! Look up U-Pick farms in your area, and spend the day picking fresh produce with your family. Kids love seeing where their food comes from, and can spend hours running through orchard fields!
- Make it a family rule that if there are less than five flights of stairs, you'll take them! No exceptions –little kids can do it too!

Work those muscles gardening

Whether you're planting vegetables, trees or flowerbeds, gardening is a great exercise. Consider all the muscle groups you use while squatting to plant the seeds, shoveling, transporting soil and buying supplies. Ask the kids what they're most interested in and let them help pick out the flowers or crops to plant.

- Create a family garden and let each child plant a different vegetable. Kids are more likely to try a new vegetable when they've had a hand in growing it.
- Take part in a community garden in your neighborhood as a family.

Before you start exercising make sure to always consult your physician. The examples here are just a few of many ways you can incorporate more physical activity in your life with your family. Make a conscious decision to always choose activities that will encourage you to get moving and schedule in fitness activities into your calendar. Even if you start by trying some of these tips, you and your family will all soon start to feel great while having fun family bonding time together! **Happy Fit Spring!**



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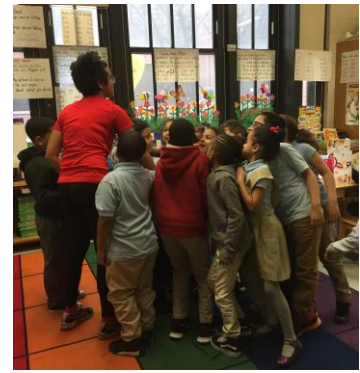
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Participants had fun with FAN4Kids, while moving their bodies doing zumba, relay races, obstacle courses and playing soccer during the Newark Health and Wellness Festival in Newark on April 28th.



Students at PS 20 finished a terrific FAN4Kids nutrition class with the FAN4Kids-FitKids cheer! Not only are students learning about fitness and nutrition, but also they are being taught sportsmanship and teamwork, amongst many other important life lessons.

May is National Physical Fitness and Sports Month:

a great time to renew your commitment to a healthy, active lifestyle. According to the U.S. Department of Health & Human Services youth need 60 minutes or more of physical activity each day. In addition to physical health benefits, regular activity provides cognitive health benefits as well. Research shows that when children are physically active, they achieve higher grades, record better attendance, and their behavior improves. Put simply, **active kids do better**. Throughout the month and beyond, FAN4Kids encourages children and families to be active. Look out for a fitness contract your FAN4Kids instructor will be sending home this month.



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.