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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.'



Summer, Sunshine and... Sugar?!

Summer is a time of freedom for kids; school and homework is replaced with playing and fun activities all day. This increase in free time gives kids more opportunities to make choices about what they eat and drink. Nothing sounds better than an ice cream cone on a hot summer day. But how much is too much? It has been found that children consume more sugar in the summer than any other time during the year. A recent study found that children consume sugary treats five times more during the summer. While it is ok to have some sweet treats throughout the summer, as parents, it is important to be aware and limit the amount sugar being consumed. Here are some tips to lower your kids sugar consumption during the summer.

1. Not every day needs to end in a sweet treat: It is very easy to pick a nice sweet treat like ice cream and ice pops to end a day but when having ice cream after dinner every day, it no longer becomes a treat. The word treat implies that it is not something that occurs every day but *once in a while*. If your child is still hungry after dinner, you could serve fruit. Fruit is a great healthy snack that is sweet enough to fill that sugar craving.

2. Watch what you sip: During the summer, there's nothing more refreshing than an ice cold lemonade, iced tea or soda. But these drinks are packed with sugar and should be drank in moderation. Some better drinks would be water, seltzer water, fruit infused water or 100% fruit juices that are

low in sugar. Especially on hot days, it is important that your child is staying hydrated. Water is perfect for quenching thirst and keeping bodies hydrated and should be considered the number one option.

3. Watch portions: During the summer, there is a lot more unstructured free time for your child. Kids tend to snack more during the summer. A lot of times they might not even be eating because they are hungry, but more so because they are bored. Try to limit snacking and schedule in a specific time during the day where your children can have a snack. You can provide them the correct portion of that snack. You could also find different activities that your child can participate in so that there's less time to sit around.

4. Make sure your child is getting outside everyday: It is important that your child is getting exercise every day. When children are sitting in front of a screen all day they are tempted to snack more and tend to overeat. Now that the weather is warmer, it is the perfect opportunity for your child to play outside all day.



5. Keep your shelves stocked with healthy snacks: When the shelves are stocked with healthy food it makes it easier for your child to choose a healthy snack. Keep foods out like fresh fruit or veggies that are pre-cut. This allows your child to quickly grab a healthy snack and keep going. When healthy snacks are not available it may be harder to make a healthy choice.

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Elana Wilson, Saraswathi Cuffey, Danielle Diakanwa, Ifeoluwa Olayinka, Michelle Budet and Justin Jones ... That's who!

Recipe Corner: Delicious Recipes

Summer Quinoa Salad

Ingredients:

- 1 ½ cups of water
- 1 cup of quinoa
- ¼ cup of red bell pepper (chopped)
- ¼ cup of yellow bell pepper (chopped)
- 1 red onion (chopped)
- 1 ½ teaspoons curry powder
- ¼ cup of cilantro
- 1 lime (juiced)
- ½ cup carrots (chopped)
- ½ cup dried cranberries
- ⅛ teaspoon salt
- ⅛ teaspoon pepper (to taste)



Instructions

1. Bring water to a boil and then pour in quinoa, cover with lid and simmer over low heat for 15 to 20 minutes or until water has been absorbed. Once quinoa is cooked, pour into bowl and place in refrigerator until chilled.
2. Once quinoa is chilled, add in chopped peppers, onion, cilantro, carrots, and dried cranberries.
3. Next, mix in curry powder, salt, pepper and the juice from 1 lime.
4. Enjoy!

Sources: www.yummly.com & www.babyfoode.com

Watermelon Slush

Ingredients:

- ½ medium watermelon, peel removed and chopped
- ⅓ cup of honey
- 1 lime, juiced
- 9X9 or 9x13 baking dish



Instructions

1. In a blender, combine watermelon chunks, honey and lime juice and blend for 30 seconds on medium-high or until completely blended
2. Pour the watermelon mixture into the baking dish and place in freezer for 1 hour. After the hour, take a fork and scrape the frozen areas until broken apart. Continue scraping with fork every couple of hours. Watermelon slush needs to be frozen for 4-6 hours total.
3. Enjoy!

Schools out! Now What? - www.sheknows.com

We are reaching the end of the school year and that means a lot of free time in your child's day. If it was up to the kids, they would probably want to spend all their time in front of the tv, their tablet or playing video games. Inactivity and an increase in consumption of unhealthy foods during the summer can affect children's weight. It is important, especially during the summer, to motivate and encourage your child to be active. During the summer, the sun is shining and out longer which means more time can be spent outside playing. It is recommended that children get 60 minutes of physical activity every day. Here are some tips to keep your child active during the summer.

1. **Limit Screen Time:** If it were up to kids they could probably watch tv or play video games all day long. It is important to create time limits so that they stay active as much as possible. It is suggested that kids should limit screen time to only 2 hours per day, but you can choose a time limit that works for your schedule.
2. **Schedule in Play time:** Even though summer normally means freedom, it is important to schedule in some time for your child to be active. With activities already scheduled, it discourages the temptation of sitting around the house all day. Allow your child to be involved in planning activities so that they will be excited to participate and want to play.
3. **Walk or bike everywhere you can:** Going for walks is a great source of exercise. When running errands, if the store is within an appropriate distance, consider walking. This is a great way to get exercise without even realizing the work you are putting into it.
4. **Plan active family activities:** Getting the family involved is a great way to spend time together. Everyone in the family can get the benefits of getting physical activity. When children see their parents enjoying physical activity and sports, they are more likely to do it themselves.
5. **Community Pools:** Research and locate community pools in your area and find out hours of operation. This is a great activity where you can get the whole family involved. Swimming is a great form of exercise and it keeps you cool on hot days.



Ms. Rochez is this month's FAN of the month. She works as a first grade teacher at Juan Ponce de Leon School also known as P.S. 161, Bronx, NY. During a typical FAN4Kids (F4K) lesson, you will find her consistently ensuring that her students are paying attention and participating. It is clear that Ms. Rochez wants the children to gain from each lesson.



Without a doubt, she enjoys the F4K curriculum. Ms. Rochez strongly believes the F4K program helps to inform students about health values that may not be taught at home. In class, she implements fitness into her teaching by using portions of the Move-to-Improve program and Power Brain in connection to Positive Behavioral Interventions and Supports (PBIS). More so, in her class, she has noticed students incorporating foods from the F4K tastings into their snack choices. Nonetheless, she deserves upmost credit because the students' attentiveness in class is in response to their teacher who places a high value on health. According to her, along with her siblings, she grew up under the tutelage of their mother who instilled the value of eating healthy and trying new foods. This value clearly manifests in her daily life till date. When asked about her ideal meal, Ms. Rochez says she likes salmon and romaine salad. All in all, though she is not a F4K instructor, Ms. Rochez's participation in F4K lessons has proven to make a positive and wonderful impact on the lives of students simply by motivating student interest and leading by example.

Thank you Ms. Rochez for your support and dedication to FAN4Kids!

Dear Ms. Fan4kids,

My 5th grader is obsessed with playing video games. If it was up to him he could play Fortnite all day. I try to encourage him to go outside and play but he never wants to. I got him a new bike, some toys and even signed him up for basketball. When he is at basketball he never participates and I usually find him sitting on the sidelines while everyone else is playing. I am a little concerned about his weight as he is not getting in enough physical activity. What should I do?

From, Video game Mom

Dear Video Game Mom,

Keeping your son active is definitely important especially in regards to weight. Start by setting a time limit for his video games. Once the time limit has been reached you can suggest other activities that involve physical activity. That's great that you signed him up for basketball but him not being involved may mean that he does not like the sport. The first step would be to talk to your son about why he is not participating in basketball. It could be that prefers another sport like soccer, football or another sport/fitness activity. If that's the case allow him to be involved in picking another activity he would be willing to be involved in next. When he is involved in choosing the activity, it is more likely that he will enjoy the activity and want to continue to be a part of it. Another important part is to always keep the activity fun and not to put too much emphasis on why he is doing the activity or his weight. *Good luck!*



FAN4Kids Question Corner

1. Which source below gives people energy?

- a. Sun b. Food
- c. Gas d. Electricity

2. What is the only fruit that has its seeds on the outside?

- a. Blueberry b. Pineapple
- c. Strawberry d. Kiwi

3. When you make a muscle in your arm, which muscle are you flexing?

- a. Bicep b. Pectoral
- c. Quadriceps d. Calves

4. Which of the following foods is actually a fruit and not a veggie?

- a. Carrots b. Tomatoes
- c. Corn d. Celery



Answers

1. B. Food- Food gives people energy through calories. It is important we are getting enough calories throughout the day, not only so we can play, but also for our brain so we can learn.

2. C. Strawberry- Strawberries are the only fruit where the seeds can be found on the outside. Strawberries are a great healthy snack for kids. They are packed with lots of vitamins and nutrients and are a delicious sweet treat.

3. A. Biceps- Biceps are located in the top of the upper arm. We use this muscle when performing upper body exercises like push-ups, throwing and catching.

4. B. Tomatoes- Anything that has seeds is technically a fruit. There are many other foods that are considered vegetables that are actually fruits, including, cucumbers, zucchini, squash, and peppers.



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Scan to visit
www.FAN4Kids.com



FAN4Kids had another successful summer bash fundraiser this past month! Because of all of those who attended, donated and bid, FAN4Kids raised over \$30,000 in just one night. This will help support and add more programming in NY and NJ schools to help FAN4Kids continue its mission of ending childhood obesity.

Pictured above are...Rob Oliver(CEO/Founder F4K), and honorees; F4K supporter.... Council Member Ritchie Torres and Principal of PS77, Bronx, NY... Carolyn Heredia.



FAN4Kids organized its' first ever annual field day on May 17 at Van Courtlandt Park, Bronx, NY! PS 382 and PS 77, F4K's students, staff and parents were lucky to enjoy a fun filled day of exciting activities and games such as; potato sack races, egg and spoon relays, obstacle courses and more.

Maybe your school will be chosen to participate next year?!

This event was not possible without the jr. board who helped organize the field day. Thank you to our sponsors of the event.....Bai water, KIND, Montifiore, NY Life, Anthem, and Vegan Outreach

Pictured above...everyone is getting warmed up and ready to play!

We wish everyone a healthy, happy and fun summer! Don't forget to practice what you learned during FAN4Kids this year. We look forward to seeing you in the fall for more FAN4Kids!



**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 207, PS 273, PS 298,
HOPES, TALES, Harriet Tubman, and North 10th St.**