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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.'



Winter Produce Guide

With the cold, grey season upon us, it actually brings a variety of delicious and healthy foods.



In addition to providing nutritional values, they are also kind to your wallet. Below is a list of the affordable and tasty in-season fruits and vegetables. Be adventurous and try a new fruit or vegetable and cook a different recipe for your family.

- | | |
|--------------------|-------------------------|
| ✓ Apples | ✓ Horseradish |
| ✓ Beets | ✓ Leeks |
| ✓ Broccoli | ✓ Mushrooms |
| ✓ Broccoli Rabe | ✓ Onions and shallots |
| ✓ Brussels Sprouts | ✓ Parsnips |
| ✓ Cabbage | ✓ Pears |
| ✓ Carrots | ✓ Persimmons |
| ✓ Cauliflower | ✓ Pomegranates |
| ✓ Celery | ✓ Potatoes |
| ✓ Celery Root | ✓ Radishes |
| ✓ Chicory | ✓ Sweet Potatoes |
| ✓ Citrus | ✓ Turnips and Rutabagas |
| ✓ Fennel | ✓ Winter Squash |
| ✓ Garlic | |
| ✓ Greens | |

Winter Activities

Colder temperatures and early darkness are no excuse for putting physical activities on hold. Don't let winter keep you and your kids from maintaining a physically active lifestyle. Winter weather brings exciting options for physical activity. Follow these 'C.O.L.D.' tips to ensure your family is staying safe in the changing weather and enjoy the following free winter activities:

C- Cover Up: Cover any skin showing including cheeks, nose, head, neck and hands. Make sure your kids have a warm hat, scarf, and gloves before heading outdoors.

O- Overexertion: Physical activity does not have to mean excessive sweating, which can dampen clothing, making you colder more quickly. Engage in moderate physical activity when outdoors in the chillier weather.

L-Layer Up! Dress in layers to block wind, bundle up, and so that you can adjust your layers depending on the weather. Consider wearing a dry-fit, sweat wicking layer closest to your body.

D- Don't overdo it: Listen to the weather report. There are plenty of indoor options for staying physically active on a very cold day. As a rule of thumb, wind-chill of 32 degrees and above is safe for outdoor activities, stay indoors or take breaks every 20-30 minutes if the wind-chill is 13-31 degrees, and a wind-chill below 13 should call for indoor activities only.

Enjoy the following free winter activities in the NY area:

1. Free Hockey Clinics, 5-17 y/o from December to February, visit www.nycparks.org
2. Junior Knicks League, Millennium Basketball Winter League, 8-17 y/o from January to April, visit www.nycparks.org
3. CityParks Junior Golf programs and Tennis programs, visit www.cityparksfoundation.org
4. Swim Lessons: free kids & adults, January to March <http://www.nycgovparks.org/reg/learn-to-swim> search by borough to see activities in your area
5. Visit Winter Village at Bryant Park: Festive and beautiful, skating is free if you bring your own skates and lock. Shop more than 125 boutiques and food kiosks in the park's tree-lined area. Open daily from 8am- 10 pm. October to March.

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Dina Cannistraci (Director), Jennifer Osborne (Director of Development), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor), Instructors: Annette Pufall, Kristie Wong, Isa Del Signore Dresser, Joan Kanarkiewicz, Gisele Gauden, Justin Gonzalez, Samantha Grzywacz... That's who!

**Ingredients**

- 4 bananas chopped and frozen
- 2 tsp Vanilla
- 1/2 tsp Nutmeg

Preparation

Puree frozen bananas in a blender. Add vanilla and nutmeg and blend. Serve immediately.

Optional flavors to blend in:

½ cup berries, 1 Tbsp peanut butter, 1 tsp mint, coffee or lemon extract, 1 Tbsp chocolate protein powder

**Ingredients**


- 1 Tbsp olive oil
- 1 medium red onion, thinly sliced
- 1 large apple (skin on), cubed
- 6 cups kale, chopped
- 1 Tbsp honey
- Optional: dash of sea salt

**Preparation**

Place olive oil in a large skillet over medium heat. Add the onion, apple, and optional salt. Cook 1 minute, stirring often. Add the honey and lower the heat to low; cook 3 to 4 minutes stirring often until the onions and apples are golden. Add the kale keeping the heat at low. Cover and cook 2 more minutes, stirring occasionally until the kale is soft. Serve immediately.

Seven Smart Swaps:**Easy ways to get more nutrients in your body without sacrificing taste**

Swapping out a food low in nutrients with nutrient dense foods is an easy and delicious way improve the way you function and feel. Switch with foods that have similar texture and taste, less calories, and or more vitamins and minerals to lower your risk of diseases like: cancer, diabetes, osteoporosis, and high blood pressure. Choosing foods that are rich in phytonutrients, vitamins, and minerals will also help your body's metabolism run efficiently and help you feel energized. For example, artificial sweeteners and sugar, will alter your digestion. They could cause gas/irritability, slow your metabolism, and cause body inflammation. Switching to honey in your tea or in your plain yogurt will have Anti: microbial, fungal, and bacterial benefits. Keep the crunch by adding walnuts or seeds to your salads or soups and also gain the heart and brain benefits of the omega three fatty acids. Adding chick peas instead of ground beef to tacos or pasta dishes, will not only cut out the HDL (bad) cholesterol, but the fiber will also help you control blood sugar levels. This is an easy way to reduce your risk of heart disease and diabetes. Foods with more vitamin k will help form strong bones and allow proper blood clotting. Take a look at the list below to see more examples and try any of these seven easy food swaps. Your heart, brain, and waist will reap the benefits!

Food	Swap	Benefit
White Pasta	Spaghetti Squash	More fiber. Zeaxanthin&Lutein (phytonutrients for eye health)
Croutons	Walnuts or Pumpkin Seeds	More: protein, fiber, & omega 3 fat. Help lower cholesterol
Mayonnaise	Avocado 	Switch unhealthy saturated fats for healthy unsaturated fats. More vitamin K, B1, B6, and B9
Mashed Potatoes (peeled)	1. Sweet Potato with skin 2. Cauliflower	1. More: vitamin A & fiber. 2. Lower sugar. More vitamin C & K. Phytonutrients that help kill cancer cells
Salt	Garlic Herbs: basil, cilantro, rosemary, etc.	1. Allicin (phytonutrient for prevention of cancer) 2. Phytonutrients, vitamin K
Ground Beef, Turkey, or Chicken	Chick Peas (Garbanzo Beans)	No cholesterol. More: fiber, potassium, vitamin B3, B9, C, phosphorus, manganese, & copper
Sugar or Artificial Sweeteners (Splenda, aspartame, nutri-sweet)	1. Raw Honey 2. Cinnamon 3. Apples (with skin) 4. Almond or soy milk 5. Stevia	1. Antimicrobial, antifungal, & antibacterial. 2. No sugar, high fiber, & blood glucose control. 3. Quercetin for asthma & improved lung health. 4. More calcium, protein, vitamins D and E 5. Low calorie sweetener



FAN4Kids is excited to introduce the new "FAN of the Month"..... Zachary Torres!

Zachary has taken the FAN4Kids messages of eating well and being physically active to the next level! He has participated in FAN4Kids for more than three years at The New Vision School in the Bronx. The education and fitness training he has received has helped him to make numerous lifestyle changes to the way he nourishes his body and keeps it physically fit. Zachary strives to eat a colorful plate at every meal, and shoots for at least five different colored fruits and vegetables a day. He knows how to read the ingredient list on food packages and looks to make sure his rice, cereal, and other grain foods are both minimally processed and whole grain. Zachary also knows how to read nutrition labels, and makes sure he's choosing foods that have healthy fats, fiber, vitamins and minerals and are low in sugar and sodium. Most importantly, Zachary chooses to nourish his body with real foods from nature. Some of his favorites foods are; mangos, peaches, and carrots. Zachary has made a solid effort to cut out processed foods that he used to think were healthy, such as; "fruit" sodas/drinks, snack cakes, and other processed grains. In addition, Zachary has made a life-long commitment to stay physically fit. Zachary pushes himself and his family to be physically active everyday. Zachary says he keeps active because he knows exercise is not only good for building strong muscles, strengthening the heart and bones; but also, it really makes him happy. Some of Zachary's favorite fitness activities include; basketball, track & field, push-ups, and going on walks with his family.

Cheers to you Zachary!! We at FAN4Kids are very proud of your successful efforts to make you and your family as healthy and happy as can be!



Dear Ms. FAN4Kids,

I'm hearing a lot about **probiotics, prebiotics, and eating healthy bacteria**. I thought bacteria would be bad for you? This is so confusing....Please, help me to understand about bacteria.

**Sincerely,
"I am Confused"**

Dear "I am confused,"

Bacteria has gotten a bad wrap. Usually we think of bacteria as causing illness. However, bacteria lives inside of us and we need it to survive! The foods we eat will determine whether the majority of the bacteria inside our bodies are either healthy, living symbiotically in us; or the contrary, unhealthy, bacteria which causes havoc in our intestinal track. "Friendly" or healthy bacteria have many functions. They create vitamin K for bone and blood health, assist with our metabolism, aid the immune system-reducing symptoms of allergies and intolerances, and also keep our digestive track running smoothly. Probiotics, sometime called "friendly" or healthy bacteria are live micro-organisms that provide benefit to their host (us). Some common food sources of probiotics include: yogurt, kefir, sauerkraut, kimchi, sourdough bread, miso, and fermented beverages such as kombucha or wine. In order for friendly bacteria to survive, we must feed them prebiotics. Prebiotics are different plant fibers that healthy bacteria eat. Some common food sources of prebiotics are: garlic, berries, beans, lentils, whole grains, onions, leeks, artichoke, and other fruits and vegetables.

If you have large amounts of "unfriendly" or unhealthy bacteria, you may have diarrhea, stomach pains, irritable moods, low energy, and get sick more often. "Unfriendly" bacteria tend to eat the simple sugars from foods like: candy, processed white grain foods, soda, and ice cream.

It is your choice-You have the power to choose to eat a healthy diet! Remember, a diet high in whole plant foods will help keep the "friendly" bacteria alive to keep your body healthy.

The Difference Between Probiotics and Prebiotics

This is your gut (intestines)



Probiotics

Prebiotics





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We're on the Web!

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www.FAN4Kids.com



Seek Academy, Newark, NJ scholars had fun while learning about the digestive system during FAN4Kids class.



Students at Hawkins Street School, Newark, NJ all enjoyed eating an apple to celebrate the Big Apple Crunch on Food Day-Friday, October 23.

*The FAN4Kids team wishes you and your family
a happy and HEALTHY New Year!
Here's to a healthy 2016!*



Special thanks to our core sponsors, partners and the school administrators at
PS 69, PS 157, PS 382, PS 277, PS 81, PS 54, PS 314, TALES, Seek Academy, HOPES,
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