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Jump Into Foods and Fitness Family Newsletter

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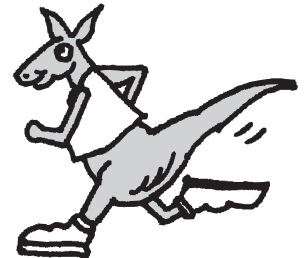
Eating Right on the Run

Most people enjoy snacking, and it's a great way to refuel between meals. Smart snacks are made up of foods from all five food groups and can help active, growing children meet their increased energy and nutrient needs. The key is to choose snacks wisely. For variety and balance, choose foods from all of the food groups for snacks that kids will enjoy. Stock the refrigerator or pantry with "help yourself" nutritious foods such as whole-grain breads and bagels, low-fat granola or trail mix, and single-serving yogurt. Keep fresh, canned or dried fruits and a variety of colorful crunchy veggies that can be cut

up easily and enjoyed. Limit fatty, sugary snacks because they offer lots of calories and very few nutrients – a combination that can lead to excess weight gain.

Next time the kids want something to munch on, offer them some of these smart snacks with crunch appeal:

- Sliced fresh fruit
- Sliced fresh vegetables with dip
- Whole grain crackers and low-fat cheese
- Low-fat yogurt with cereal or fruit
- Graham crackers, oatmeal cookies or fig bars
- Baked tortilla chips and salsa
- Pretzels



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The Food Safety Zone:

Keep Foods Apart!

In the refrigerator, keep fresh fruit and vegetables that might be eaten raw for snacks away from raw meat and meat juices that could contaminate them with germs.

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Family Fitness Fun

Safety and physical activity go hand in hand. Make safety as much a part of your routine as the activity itself. Parents can help make sports and physical activity a safer experience by following a few simple ideas:

- Make sure your child wears the right shoes for the sport or activity. For example, your child can help avoid ankle injuries by wearing sneakers designed specifically for basketball or cross training when playing on courts.
- Make sure your child wears the basic safety gear or protective clothing for the activity (for example wearing a helmet, elbow and knee pads when inline skating or shin guards when playing soccer).
- If your child wears glasses and plays vigorous sports, make sure the glasses have sturdy frames and shatterproof lenses.

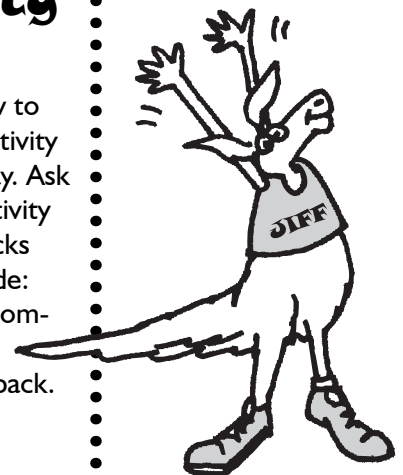
- Make sure that your child is drinking fluids before, during and after physical activity.
- Encourage your child to warm up and cool down properly to help avoid injury when exercising.

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Family Activity Snacks

Your child has been learning how to add small amounts of physical activity (called "activity snacks") each day. Ask your child to show you a few activity snacks. A few family activity snacks you can do with your child include:

- Dancing together during the commercials of a television show.
 - Marching to the mailbox and back.
 - Stretching together for a few minutes after eating a meal.
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RECIPE FUN:

Tasty Oven Fries*

* Recipe adapted from *A Pyramid of Snacks*, Cornell University Cooperative Extension, Division of Nutritional Sciences, 1998.

A quick, low-cost and low-fat alternative to french fries.

Ingredients:

- 3 or 4 large potatoes
- 1 tablespoon vegetable oil
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- Dash of black pepper
- Dash of salt (optional)

Equipment:

- Paring knife
- Cutting board
- Running water
- Paper towels
- Dry measuring cups
- Measuring spoons
- Medium mixing bowl
- Wooden spoon
- Baking sheet
- Disposable napkins
- Disposable plates

Procedure:

1. All food preparers must wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure that all work surfaces are clean.
2. Preheat oven to 425 °F.
3. Have the children scrub the potatoes under running water, then pat the potatoes dry with paper towels.
4. Cut the potatoes lengthwise. Place the potato lengths flat side down on the cutting board, and cut each one into four slices. Then cut the slices into thinner strips if they're still too chunky.
5. Measure the vegetable oil into medium mixing bowl, then add the potatoes.
6. Stir the potatoes until they're lightly coated with oil. Sprinkle with the spices.
7. Arrange potatoes in a single layer on a baking sheet. Bake for 30 to 35 minutes or until golden brown.

Serving: Makes 48 fries.

As Your Child Grows

All families face conflicts, from getting members to eat new foods or go outside and play to convincing them to wear appropriate clothing. Help the young people you know think through and “exercise their options” to reach peaceful resolutions to the conflicts they encounter. Be a good role model for positive conflict resolution skills when you are angry. Start by calming down. Talk about how you feel using I messages such as “I feel angry when you...” Ask them how they feel about the situation, then use caring and respectful words to work out a win-win situation. Sometimes, just giving children and teens options and choices helps all of us learn new ways to resolve conflicts.

Find ways to reduce family stress such as by listening to music, taking walks or finding places in your community to exercise or learn a new skill. All can be used to learn a new skill, develop a new habit and find ways to “power up your days!”

On the Web

Check out these Web sites with your child:

- CDC's Nutrition and Physical Activity Program: <http://www.cdc.gov/nccdphp/dnpa/>
- Governor's Council on Physical Fitness, Health and Sports/Michigan Fitness Foundation: <http://www.michiganfitness.org>
- Move It!: <http://www.fns.usda.gov/tn/Educators/yrs1f08.pdf>
- PE Central: <http://pecentral.com>
- President's Council on Physical Fitness and Sports (PCPFS): <http://www.fitness.gov>
- Team Nutrition (Michigan) <http://www.tn.fcs.msue.msu.edu>
- Team Nutrition (USDA) <http://www.fns.usda.gov/tn/>

