

April

Move More, Watch Less Active Play for Rainy Days

A dreary day outside can put a damper on kids' active play. When kids are able to get outside they are away from distractions like the T.V., can work their large muscles more easily and work off energy to help them relax and sleep better. Though a rainy day limits access to outdoors, it by no means keeps kids from getting their daily recommendation of one hour of active play.

- Hula Hoop
- Jump in puddles
- Follow the leader
- Kids Gym
- Jump Rope

- Play with a pet
- Savenger hunt
- Build a fort
- Dress up
- Charades
- Hide and go seek

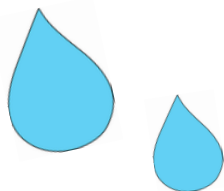
- Talent show
- Dance
- Hot lava game
- Obstacle course
- Indoor pool
- Stretch



Eat Healthy

Be Active

Your kids are watching



Fun Spring Snacks

Sweet Snails and caterpillars

Mix different combinations of fruits and vegetables to create cute critters! For the snails, slice thin apples, oranges, kiwi, or cucumbers to create a shell, and use celery as a base! For the caterpillars use small round fruit like grapes, baby tomatoes, purple and red grapes and celery as a base! Use peanut butter, yogurt, or cottage cheese as the glue!

Carrot-and-Hummus Patches

Hummus and carrots are always a great go-to snack, so why not update your presentation for Easter with this fun ideas. "Plant" baby carrots, topped with sprigs of fresh cilantro or parsley, in small pots filled with hummus for a bright springtime spread.



Make Every Bite Count



Veggie Of The Month



Fruit Of The Month



Fresh Green Salad

Ingredients:

- 1 cup peas, fresh, frozen or canned
- 6 cups salad greens, torn in bite size pieces
- 1/2 cup chopped cucumber
- 1/2 cup low-fat salad dressing
- 1/2 cup low-fat feta cheese

Directions:

Thaw and drain frozen peas or drain canned peas. Combine peas, salad greens and cucumber in a large serving bowl. Add dressing just before serving. Toss to mix well. Sprinkle with feta cheese.

Kiwi Pineapple Slaw

Ingredients

- 1 cup pineapple in juice, undrained
- 3 cups cabbage, finely shredded
- 1 1/2 cups kiwi, peeled and chopped (about 3 medium kiwi)
- 1/2 cup celery, chopped (about 1 stalk)
- 1/4 cup raisins
- 1/4 cup light mayonnaise

Directions

Drain pineapple, reserving 3 Tablespoons juice. Cut pineapple into bite-sized pieces, if needed. Combine drained pineapple, cabbage, kiwi, celery, and raisins in a large bowl. Stir reserved pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently. Refrigerate leftovers within 2 hours.

Make Every Sip Count

Ways to Drink More Water:

- Provide your child with their own special drinking cup.
- Teach and encourage them to use the faucet or how to use the water dispenser on the refrigerator to fill their cup.
- Carry a water bottle. Keep one for your child in your car, in their backpack, take it on trips, and keep in your refrigerator at home
- Set up a reward system when your child drinks their water. Give your child reward like a special dance or a sticker after they drink their water.
- Be a role model. The more your children see you carrying out healthy habits, the more likely they are to do the same.



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families project.