Back to School Fill in the Blank

There are many options when it comes to eating school lunch, so choose the best foods to keep you focused throughout the day. Fill in the blanks of these sentences to help you create a delicious, healthy lunch!

Choose nonfat or ____________ milk and yogurt for a yummy drink and side.

Carrots and green beans are examples of ______________.

Try to use whole-grain _____________ for your sandwiches or tortillas for your wraps.

Bananas, apples and strawberries are all _____________ that make great lunch side items.

Lean proteins include chicken breast and _____________ for lunch meat for your sandwich.

Whole _____________ pita chips or carrots are great for dipping in hummus.

Word Bank

fruits   low-fat   grain   turkey   vegetables   bread

Screen Time

Did you know the average American spends more time watching TV than any other activity except for sleeping? When kids are using screens, they are not likely to be active. Limiting screen time to two hours or less has a positive impact on health and wellness.

School Year Routines

As kids go back to school, plan an after school routine that includes time for homework, family and physical activity fun!

Instead of Screen time, try to...

- Draw a maze, obstacle course or hopscotch with sidewalk chalk
- Have relay races or tag games
- Build a fort inside or out
- Visit a library to find books for learning magic tricks or crafts
- Play with or make Playdoh
- Turn on music and sing or dance
- Make a puppet from a paper bag

Did You Know?

⇒ You eat a kumquat whole; skin and all just like a grape.
⇒ The skin of a kumquat is sweet while the inside is tart.
⇒ Squash contains vitamin C, vitamin A and magnesium.
⇒ Buttercup squash is much sweeter than other squash.
⇒ Squash seeds made great snacks just like pumpkin seeds.
⇒ Acorn squash can be steamed, baked, stuffed or mixed in with other meat and vegetable side dishes.

In the News

Kansas City Kids’ Marathon

Register for the 2017 Kid’s Marathon that will take place on Saturday, Oct. 21st. Come check out the 12345 Fit-Tastic! fun zone after the race. For more information, visit: sportkc.org/marathon/register/kids-marathon
Time for School
Did you know physical activity can help your child succeed at school? What better way to start the day than to walk or bike to school? It is a great activity for families to do together. If walking to school is not a possibility for your family, try breaking up homework with activity breaks. Short activity breaks will help kids focus on their tasks and exercise is an added benefit.

September is Childhood Obesity Awareness Month: Parents are Powerful Role Models
Physical activity and healthy eating are important for everyone. Children learn behaviors from parents, so it’s important to walk, run, bike and play with your child. Role model healthy eating by trying new fruits and vegetables yourself. Show it’s important to drink water by taking a reusable water bottle with you and by ordering water when dining out. Practice your own screen time limits. Be conscious of how often you use your phone or other device while you are with your children. Lastly, reward your child with your attention, not food.

Recipe Corner
Healthy Baked Oatmeal
Makes 12 servings

Ingredients:
- 2 cups quick oats
- 1 ½ tsp baking powder
- 1 tsp cinnamon
- ¼ cup sugar
- 1 tsp vanilla
- 1 Granny Smith apple, peeled and shredded
- ¾ cup skim milk
- ½ cup bananas

Preparation:
1. Mix wet ingredients into dry ingredients, add bananas.
2. Drop into a 12-cup muffin pan (or 8x8 cooking pan), sprayed with non-stick cooking spray.
3. Bake at 350 for 30 minutes, but turn broiler on high for the last 5 minutes to crisp tops.
4. Cool and serve. Add additional bananas and cinnamon on top of baked oatmeal.

Nutrition Facts
Serving Size (53g)

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<th>Amount Per Serving</th>
<th>Calories (80)</th>
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<td>Protein (g)</td>
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Pears are in Season This Fall
Did you know pears are an excellent source of fiber and vitamin C? A medium sized pear has about 100 calories and is sodium, fat and cholesterol free. Pears are one of the few fruits that does not ripen on the tree. To help a pear ripen, store it at room temperature. Check for ripeness daily by applying gentle pressure with your thumb to the neck, or stem end. If it yields to pressure, it’s ripe and ready to eat! A ripe pear can be refrigerated to slow down the ripening process and saved for up to five days.

Cooking Tool Corner
Do you know why pasta spoons have a hole? The hole helps you measure approximately one serving size of pasta. Eating the right size portion is a Fit-Tastic! way to be healthy!