

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

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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.



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.



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)		Servings Per Container	
Amount Per Serving			
Calories 80	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 17g	6%		
Dietary Fiber 2g	8%		
Sugars 7g			
Protein 2g			
Vitamin A 0%	Vitamin C 2%		
Calcium 6%	Iron 4%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>			



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!



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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