

## Book Worms

One way to limit your child's screen time is to make use of your local libraries. Going to the library gets children out of the house and away from their electronic devices. Not only does going to the library create an outing for the family, it also allows open access to endless books that get to be taken home and enjoyed. Librarians can recommend books based on grade level and can point you in the direction of the fun activity books they have on



hand. These could include interactive books on:

- Crafting
- Drawing
- Cooking
- Science
- Magic
- More!

Exploring new things can spark interests or hobbies for your kids and ultimately keep their eyes off the screen. Be sure to explore the books and activities your local library has to offer for you and your family!



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## Did You Know?

- On the first day of spring, the sunrise and sunset are 12 hours apart.
- Common springtime flowers include: daisies, lilies, tulips, and daffodils.
- Earth Day is April 22, so be sure to spend at least an hour outdoors enjoying our Earth!

## In The News

April is Defeat Diabetes Month! Type 2 diabetes is more common in adults, but children can also develop the disease. It's important to manage the disease because of its long-term consequences. Symptoms of type 2 may develop gradually and can include increased thirst and urination, fatigue and blurred vision. Learn more at [mayoclinic.org](http://mayoclinic.org).



## In The Kitchen

### Digital Thermometer

One way to keep families safe is to ensure that meat is being served at the proper temperature. Undercooked meat can cause a variety of symptoms associated with food poisoning. The best way to measure temperature is by using a kitchen thermometer. A digital thermometer will give an instant reading and can be found at any grocery store for about \$20 or less. If you are ever in doubt about any



safety guidelines related to food, visit [foodsafety.gov](http://foodsafety.gov) for more information.

|  |                           |  |               |
|--|---------------------------|--|---------------|
|  | <b>STEAK</b>              | REST TIME, AND ALLOW TO REST FOR AT LEAST 3 MINUTES                          | <b>145 °F</b> |
|  | <b>POULTRY</b>            | (BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY, AND STUFFING) | <b>165 °F</b> |
|  | <b>PORK</b>               |  | <b>145 °F</b> |
|  | <b>GROUND MEAT</b>        |  | <b>160 °F</b> |
|  | <b>FISH AND SHELLFISH</b> |  | <b>145 °F</b> |
|  | <b>FULLY COOKED HAM</b>   |  | <b>165 °F</b> |
|  | <b>LEFTOVERS</b>          |  | <b>165 °F</b> |
|  | <b>CASSEROLES</b>         |  | <b>165 °F</b> |



## Recipe Corner Tropical Smoothie

Serving size 1.5 Cups, 4 servings

### Ingredients:

- 2 medium bananas, fresh or frozen
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 2 cups plain non-fat yogurt
- 1 cup 100% orange juice

### Preparation:

1. Blend all ingredients in a blender until smooth.
2. Pour equal amounts into glasses and serve.



## Nutrition Facts

4 servings per container  
Serving size 1.5 Cups

Amount Per Serving  
**Calories 190**

|                          | % Daily Values* |
|--------------------------|-----------------|
| Total Fat 0.5g           | 1%              |
| Saturated Fat 0g         | 0%              |
| Trans Fat 0g             |                 |
| Sodium 95mg              | 4%              |
| Total Carbohydrate 41g   | 15%             |
| Dietary Fiber 3g         | 11%             |
| Total Sugars 0g          |                 |
| Includes 0g Added Sugars | 0%              |
| Protein 0g               | 0%              |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Springtime Bloom Time



Spring is here and it is time to plant! Check out a book at the library to provide guidance on preparing and maintaining your garden throughout the spring season and into

the summer months. Whether you plant multicolored flowers or a hearty vegetable garden, kids can aid in the planting process and learn the responsibility of watering and caring for plants.

## What's in Season?

### Mangoes



Mangoes are a great source of vitamin C as well as vitamin A! They are very low in fat, saturated fat, and contain no sodium. Ever wonder how to pick the best mango?

Easy! Simply choose a slightly

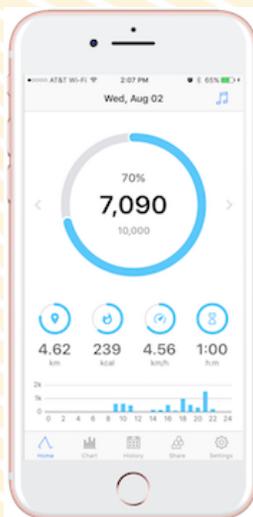
firm mango with a sweet scent. Store in room temperature until ready to eat. When ripened, slice and enjoy!



## Get Your Servings of Water In



Fruits and vegetables have many nutritional benefits, but did you know that they also contain a high percentage of water? Introduce your kids to juicy, flavorful fruits and vegetables that contain water and you will help them stay hydrated. Watermelons, cucumbers, apricots, blueberries, oranges, pineapples, and peaches are all delicious sources of water!



## Keep Fit with This App

Download the Accupedo Pedometer app to help you set goals for yourself or your child. With this app, you can set up daily goals and see your progress over time. This app can sync with your Apple watch and other health-driven accessories. You can even share your progress with friends and family on social media sites!



# CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

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