

Managing Stress

Many people turn to food when they are emotional (when they feel discouraged, excited, sad, irritated or nervous) as a way to cope. In order to stop emotional eating, you have to find other ways to take care of yourself.

Here are a few ideas when you are tempted to eat because of overwhelming feelings. You can cut them out and post them around your house as reminders.

Get enough sleep.

Go for a walk when you feel overly stressed.

Keep a journal and write in it on a regular basis.

Build up a social support network.

Find other people through your neighborhood, child's school or religious organization to help support you.

Give yourself at least 10-15 minutes per day

to do something for yourself that you enjoy.

Try yoga, muscle relaxation or deep breathing.

Listen to music and relax.

Exercise regularly.

Talk to a friend or family member

when something is bothering you.

Play with your dog or cat.



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Did You Know?



There are thousands of different types of fruits and vegetables.

For example, there are more than 1,600 varieties of bananas. Blueberries have dozens of varieties. Some grow best in southern climates (which are warmer) and others grow better in northern, cooler climates. All of them are delicious! How many have you tried?

In The News

Stay-at-home orders and physical distancing mean adjusting to new routines and finding new ways to stay healthy. Check out the Fit-Tastic! At Home resources for ideas on how to get active, fuel up, unplug and stay well at: fittastic.org/fittastic-at-home-resources/.

Featured Website: Healthier Generation

Healthier Generation is perfect for parents who want more ideas about how to help their families be as healthy as possible; the Healthier Generation Action Center is a great site for early childhood care providers and educators, as well.

By creating an account with the Healthier Generation Action Center, families will get access to tools and tips, ranging from how to get the whole family to be active for at least 60 minutes a day, to ways to increase fruit and vegetable intake. This site also has motivational stories of how other families have faced the challenges of changing their habits to become healthier. You can check out recipe ideas and tips to get more sleep.

Early care providers and educators will find useful guidance on creating policies to enhance the care and learning



environments and make the healthy choice, the easy choice. Many resources are also available in Spanish.

You can find more information and sign up for a free account on the website at: healthiergeneration.org



What's in Season?

Blueberries

Blueberries start to come into season in warmer climates during the spring months and continue to ripen through the summer in cooler climates. They are a delicious treat, eaten raw or cooked into baked goods or hot cereals. Blueberries are a good source of dietary fiber, vitamin C, and antioxidants. Although you can eat them fresh, be sure to wash them by soaking in cool water, rinsing, and patting dry. You can also freeze fresh blueberries to enjoy year-round!



Featured Cooking Tool: A Good Basic Knife



One of the essential tools for preparing all manner of fruits and vegetables is a good basic knife. A sharp knife that feels comfortable in your hand allows you to slice, dice and chop safely and efficiently. Be sure to handle knives with care, facing the blade way from your hand, and curling your fingertips back to avoid accidents.

Recipe Corner

Yogurt Parfait

Ingredients

- 1/4 cup fresh or frozen strawberries, cleaned and sliced
- 1/4 cup fresh or frozen blueberries, cleaned
- 1/3 banana
- 1 6-ounce container nonfat yogurt; any flavor
- 1 tablespoon Honey Bunches of Oats

Preparation

1. Scoop 1/2 the yogurt into a small bowl or cup.
2. Layer blueberries, strawberries, and banana.
3. Scoop the rest of yogurt on the top.
4. Layer remaining blueberries, strawberries and banana.

Nutrition Facts

Serving Size (290g)		
Servings Per Container		
Amount Per Serving		
Calories 180	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 5mg	2%	
Sodium 100mg	4%	
Total Carbohydrate 38g	13%	
Dietary Fiber 3g	12%	
Sugars 25g		
Protein 6g		
Vitamin A 15%	Vitamin C 50%	
Calcium 20%	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
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	300g 375g	
Dietary Fiber	25g 30g	
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4



Play Fishbowl with Friends!

Whether you're at home with family or meeting virtually with friends, fishbowl can be played either way! Fishbowl combines the quick-thinking of taboo, strategy of password and creativity of charades into a single game. Here's how you play:

1. Start by separating everyone into 2 teams.
2. Everyone receives 2-3 strips of paper and writes a common word or phrase. For example, "jumping jack," "skateboard" or "apple." It should be something that can be easily guessed or acted out.
3. Place all the strips of paper in one container.
4. The first round is taboo. Each team selects one player and only one team answers at a time. They have 1 minute to describe as many of the words/phrases as they can without using any of the words in that word/phrase. Once your team guesses it, go on to the next strip until the timer runs out.
5. Next is the password round. Place all the strips of paper back in the bowl.
6. Choose a new player for each team. They have 1 minute to choose only one word to describe the word/ phrase. Once your team guesses it, move on to the next strip until the timer runs out.
7. The last round is charades. Place all the strips of paper back in the bowl. Each team picks a new player and they have 1 minute to act out as many of the words/phrases as possible.
8. Make sure to keep track of how many words/phrases are correctly answered in each round. The team with the most after 3 rounds wins!



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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