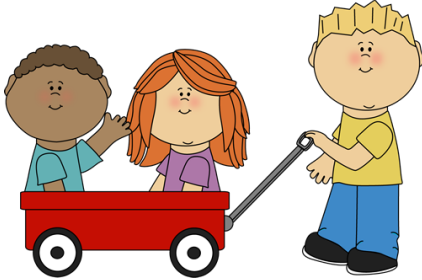


April 2018

Healthy Way to Grow: Nevada

Get Moving with Outdoor Play!



National Garden Month

National Garden Month is for celebrating the garden whether it's an indoor garden, an outdoor garden, a patio garden or what ever it may be. If you have never had a garden before don't let that stop you from learning how to have your very own garden. From our health, to simply having access to fantastic food right at your finger tips, growing a garden will have a positive effect on your life.



Tips for Growing a Garden In Your Classroom

Gardening does not have to be overwhelming, nor does it have to be an everyday or every week experience. Create a class garden with this lesson plan. Your students will observe the growth of the plants after the garden has been made.

- **Getting Started-** Use small containers to begin the process (recycled milk containers can work) and find a location with plenty of sunlight. The most important consideration is how the container will drain excess water. Once the plants begin to grow, they may require transfer to a larger container.
- **Garden in Different Containers** – Any containers can be used to grow a plant, if it can hold soil, drain water, and is large enough to support a plant. Pots, window boxes, and even shoes can be used in an indoor garden.
- **Edible Plants-** Grow edible fruits and vegetables in the classroom and have students taste test different parts of the plants that they may not have tried before, such as the stem and leaves. This activity can increase students' awareness of nutritious foods and food sources.



Heart Healthy Recipe of the Month: Pizza Wheels

Ingredients

- 100% whole wheat flour tortillas
- 1 cup tomato sauce
- 8 oz low-fat mozzarella cheese, shredded
- 1 cup assorted veggies, sliced or chopped



Directions

Preheat oven to 350 degrees F. Give each child a tortilla with 2 tablespoons of sauce on it. Let the kids choose their veggie toppings putting at least 2 tablespoons on the tortilla, the more the merrier! Have them sprinkle 3 tablespoons of cheese and bake until cheese is melted. Slice and serve .

Lunch Crediting: 8 Servings for ages 1-2, 6 Servings for ages 3-5

- Protein -1 serving
- Whole Grain 1 serving
- Vegetables -1 serving

Source: CACFP.org

Physical Activities

Hula Hoop Fun!

Equipment : Several Hula Hoops, about 1/2 of the hoops as children in the group (i.e., if there are 12 children, you will need 6 hula hoops), and Limbo music.

Instructions:

Activity 1: Hoop Chase – Stand in the center of the yard or park. Roll a hula hoop away from the center with a bowling motion. Call a child's name as you roll the hoop. The child named is to chase the hoop, catch it before it stops rolling, and return the hoop to you in the center of the yard.

Activity 2: Hoop Limbo – Hold a hula hoop straight up and down, with the rim touching the floor. Ask the children to 'limbo' through the hoop, one at a time, to lively limbo music. Change the angle of the hoop to 'lower the bar' after each successful round. Allow children to substitute their own way to get through the hoop if they choose not to 'limbo'.

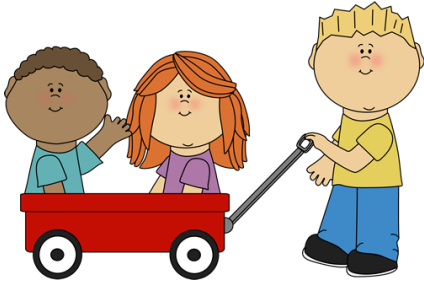
Staff Wellness

Use these tips to get moving throughout the month!

- **April 4th is National Walking Day** – kick off National Physical Activity Awareness Month the right way. Invite your coworkers to take a walk with you during your lunch break. Make a plan to walk 3 times a week and keep each other accountable!
- **Stretch after every workout to help prevent injury or strain.** Pick two or three of your favorite songs to play while you stretch — and don't stop until they're over.
- **Park and walk.** How many times have you circled the parking lot to find "the" spot? Spare yourself the stress and gain more energy by parking far away (or even in a remote lot) and walking farther to your destination.



Get Moving with Outdoor Play!



Why You Should Start Your Own Indoor Family Garden

Growing a garden with your kids will help you learn about plants. So why not grow food for your family with a vegetable garden? Vegetable gardens can be any size, even as small as a container or two. Plant vegetables that you like or want to eat. You can then watch as they grow and develop into food that is ready to eat.

- **Let's Get Growing in Containers:** Grow vegetables in containers if you don't have room in your yard. Encourage the children to participate and to help in the process of gardening.
- **Kids Thrive with Vegetable Gardening:** Growing vegetables might make you healthier because you can eat what you grow. Having your children assist you in the garden can increase the chance that they will eat more of the fruits and vegetables they have helped to grow.
- **Gardening increases physical activity.** It is a great way to engage the whole family in physical activity and lets them help to take responsibility for the garden.



Physical Activities

Outdoor activities that help raise our heart rate do not require expensive equipment. Paper plates can be used to catch bubbles, mechanic rags and loofahs can be used as balls. Try these simple outdoor activities to get your family moving!

Clean out Your Backyard: Find an open area in your backyard or local park. Divide the playing field up in half with a rope, cones, or pool noodles, designating Team A and Team B. Divide the family in half, making sure an adult is one each side. Using loofahs, each team throws as many "balls" to the other team's side for one minute. After the timed period is over, each team counts the number of balls left in their yard and then repeats the activity.



Swat the Fly: Draw a fly on a paper plate and tie it to a long string. While one child runs dragging the paper plate behind her, the other children chase the plate (or "fly") and try to swat it with half of a pool noodle (or another soft object). Allow children to take turns being the "fly".

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Heart Healthy Breakfast Ideas:

Set a good example for your children by making time to enjoy breakfast every day! Even if you just wash down some whole-wheat toast and a banana with a glass of juice or milk, you're showing how important it is to face the day only after refueling your brain and body with a healthy morning meal.

- Whole-grain cereal topped with fruit and low-fat yogurt
- Whole-grain waffles topped with peanut butter, fruit, or ricotta cheese
- Whole-wheat pita stuffed with sliced hard-cooked eggs
- Hot cereal topped with cinnamon, nutmeg, allspice, or cloves
- Peanut butter on a whole-grain bagel with fresh fruit (banana or apple wedges) and low-fat milk
- Breakfast smoothie (low-fat milk or yogurt, fruit, and teaspoon of bran, whirled in a blender)
- Vegetable omelet with whole-wheat toast and orange juice
- Bran muffin and yogurt with berries
- Hummus on whole-wheat pita and milk
- Lean turkey on a toasted English muffin and vegetable juice.

Family Corner

• **April 4th is National Walking Day** – kick off National Physical Activity Awareness Month the right way. Being more active doesn't have to take up a lot of time. You can walk just about anytime, anywhere .

• **Join a team.** Encourage children to join school or club sports teams.

• **Schedule family playtime.** Take a walk or play a family game of tag after dinner each night. Choose activities that require movement, such as bowling, catch or miniature golf.

• **Choose toys wisely.** Give children toys that encourage physical activity, such as balls, kites, skateboards and jump ropes.

• **Limit screen time.** Experts warn that one to two hours of screen time a day should be the limit for children, but some are logging more than double that amount.

