



KIDSTOCK

Fun, Food & Fitness

FALL ISSUE

SEPTEMBER — DECEMBER 2014



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Super Food Edition!



What Makes a Food Super?

These foods may not wear capes, save the day or have action-packed comic book adventures, but they are still super none the less! Super foods are different from their fellow super market friends because they are action packed with extra nutrients, vitamins and minerals that help support your body so you can feel strong, healthy, energized and of course...super! So make sure to always keep these foods in mind and eat as many of them as you can so you can be ready for your next heroic adventure as a Super Food Hero!

Super Stars that Eat Super Foods :

Blueberries

Kale

Sweet Potatoes

Bean

Nuts

Staying Active Indoors

As the weather gets colder, going outside to play and exercise can be a bit of a challenge. But not to worry; there are a lot of fun and simple ways you can get moving and stay active indoors!

Balloon Blast -

Whether you try to keep it from touching the floor or just toss it back and forth, there are endless games you can play with just a simple balloon!

Animal Races - hop like a bunny, trot like a horse or slide like a penguin and see who can reach the finish line first!

Dance Party - play your favorite music and show off your best moves!

Jumping Jacks - time yourself and see how many you can do in 15 minutes. Then, reset the timer, and try to do more the second time!

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New Season, New Flavors!

When someone says a fruit or vegetable is “in season” that means the weather outside is perfect for making certain fruits and vegetables taste more delicious and flavorful than other times of the year. See how many of these in-season autumn fruits and vegetables you can try, and rate them by coloring in the stars below! Quick, try as many as you can before November is over!

5 stars = delicious!, **4 stars** = great, **3 stars** = good, **2 stars** = ok

1 star = tried it, but didn't like it (that's ok! It's great that you still tried it!)

Apples ☆☆☆☆☆

Pumpkins ☆☆☆☆☆

Cranberries ☆☆☆☆☆

Pomegranates ☆☆☆☆☆

Squash ☆☆☆☆☆

Beets ☆☆☆☆☆

Cabbage ☆☆☆☆☆

Figs ☆☆☆☆☆

Sweet Potatoes ☆☆☆☆☆



Monstrously Healthy Halloween Treat!

Ingredients:

Red or green apples
Sunflower seed butter
Slivered almonds (or golden raisins if you have a nut allergy)

Instructions:

- 1) Cut the apples into slices and ask your parent or guardian to cut the opening for the monster's mouth
- 2) Spread sunflower seed butter down the middle
- 3) Stick almonds or golden raisins down the middle to create the monster's teeth



GET A KICK OUT OF HEALTHY EATING!

1. What's fuzzy on the outside and sweet to eat?

rfiiiwktu _ _ _ _ _

2. What's long and green and rhymes with jeans?

erehg sbane _ _ _ _ _

8. What's great sliced in yogurt?

warestsebrir
_ _ _ _ _

9. What's great baked and topped with broccoli & cheese?

ooetpsa
_ _ _ _ _

10. What's green and tastes great dipped in low-fat ranch dressing?

oorciclb _ _ _ _ _

Unscramble the letters to answer these questions about fruits & vegetables.

3. What's long and "stringy" and tastes great dipped in salsa?

leecyr _ _ _ _ _

4. What fruit is the same color as its name?

goearns _ _ _ _ _

5. What's yellow on the outside and white when peeled? Dip them in honey for a sweet treat.

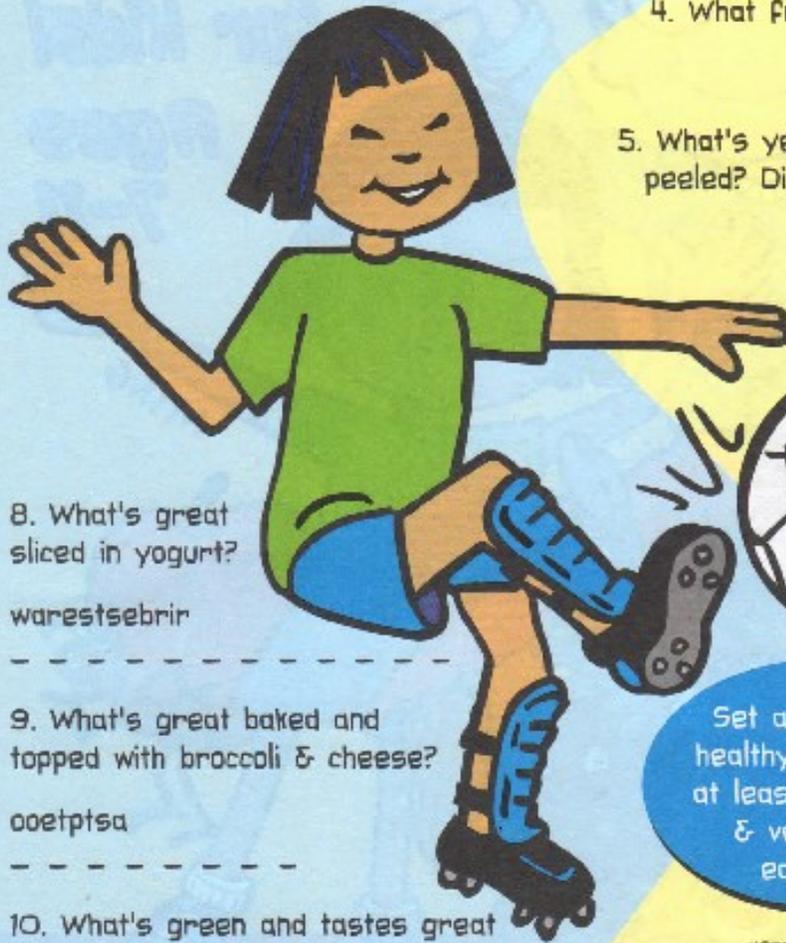
saahnba _ _ _ _ _

6. What's orange and tasty with peanut butter?

rrstcoa
_ _ _ _ _

7. What's great in a salad?

tucteel
_ _ _ _ _



Set a GOAL for healthy eating! Eat at least five fruits & vegetables each day.



Answers: 1. kiwifruit; 2. green beans; 3. celery; 4. oranges; 5. bananas; 6. carrots; 7. lettuce; 8. strawberries; 9. potatoes; 10. broccoli

LEARNING ZONEPRESS



What's Happening?



We are proud of all you do, and we love to share your experiences! If you have any exciting news you wish to share in an upcoming issue of our newsletter, please contact Kerry Tooker at ktooker@licares.org.



March 4, 2014



Dear Long Island Cares,

Thank you for the snacks you serve to us. I really like the tangerines the most!! You should start serving chips now! Thank you for everything you've been serving to us. We all enjoy it very, very, very much!!!

From,
Kayla Bifoo
Grade 5



Caleb Nasbitt

Dear, Long Island Cares

I like the oranges and apples that you send the afterschool program. Can you send watermelon because that's a fruit i like.

Caleb Nasbitt

Grade 5



March 4, 2014



Mike Roseng



Dear, Long Island Cares

I would like to thank you for the food. Also what you would to change is the sandwiches I wanted it to be melted cheeses inside the breads. I really enjoy the milk's and the orange. The milk's really made me healthier to eat and play all the time.

From: Mike Roseng

Dear Long Island Cares

I like the food for after school but I will like if there were pizza, chips, burgers, or yogurt. I will also like if there were strawberries, more tangerines and tomatoes, also I would like if there were apple juice, or orange juice.

Sincerely,
Sreana Garcia
Grade 5

