

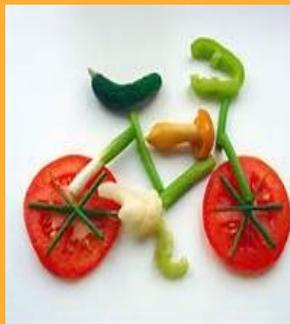


KIDSTOCK

Fun, Food & Fitness

SPRING ISSUE

SPRING 2014



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Fiber- A “Good For You” Nutrient



Fiber Is Your Friend

Fiber is part of the plant food that our body does not digest from foods such as fresh fruits, vegetables, beans, lentils, seeds, nuts and whole wheat grains. The fiber is the skeleton part of plants and vegetables just like our bones make up the skeleton of our body. Kids and teens need 25-30 grams of fiber per day.

Where to Find Fiber in Your Meals:

Breakfast ideas

- Select cereals with at least 3 grams of fiber or more per serving.
- Eat whole fruits instead of drinking fruit juices

Lunch ideas

- Use 100% whole grain bread, rolls, pita or bagels for sandwiches.
- Try fresh fruit and/or vegetables with low-fat dipping sauces.

Dinner ideas

- Choose the color brown for health, like brown rice and whole grain products.
- Try legumes instead of meat as a great source of fiber and protein once a week.

Easy Backpack Snack ideas

- Try half a sandwich made of 100% whole grains.
- Choose fresh fruit and vegetables on the table instead of junk food.
- Make a fruit smoothie.
- Carry a bag of dried fruits such as apricots, figs or raisins.
- Fill a baggie with 100% whole grain pretzels, popcorn or crackers.



Servings provide approximately:

Calories: 174

Fat: 3g

Monounsaturated fat: 1.6g

Polyunsaturated fat: 0.8g

Carbohydrates: 32.5g

Protein: 5.2g

Fiber: 5g

Cholesterol: 28mg

Spring into Fitness

No matter what the weather is like or how many friends are around, there's always a way to be physically active and have fun!

Things to do when it's just you:

- Do jumping jacks
- Invent dance moves
- Do sprints and time yourself to see how fast you go
- Practice hopscotch

Things to do when there are two:

- Try jumping rope
- Have a handstand contest
- Ride bikes and *don't forget your helmets!*
- Practice pitching and hitting a baseball

Things to do when there are a lot of you:

- Have a skateboarding contest
- Play tag
- Play outdoor hide-and-seek
- Set up a scavenger hunt

Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

Aim for 60 minutes every day of being active!

Homemade Chewy Oaty Cereal Bars

How do I know if there is enough fiber in the food I eat? If an item has a Nutrition Facts label, check for Dietary Fiber. A high-fiber food has 5 grams or more of fiber per serving and a good source of fiber is one that provides 2.5 to 4.9 grams per serving.

Note: **Make sure to ask an adult for help when using the oven.** Store them in the freezer.

Take them out and defrost in lunch-bag.

Prep time: 20 minutes. Bake time 10-15 minutes. Makes 8 Bars

The Stuff You Need:

- 1-1/2 cups Oats
- 3 cups Bran Cereal
- 3/4 cup Raisins
- 3/4 cup Applesauce
- 1 egg
- 1/4 cup milk
- 1 Tablespoon Vanilla
- 2 Tablespoons Honey
- 2 Tablespoons Cinnamon

Equipment and Supplies:

- Measuring cups and spoons
- Medium mixing bowl
- Whisk or fork
- 9"x12" pan



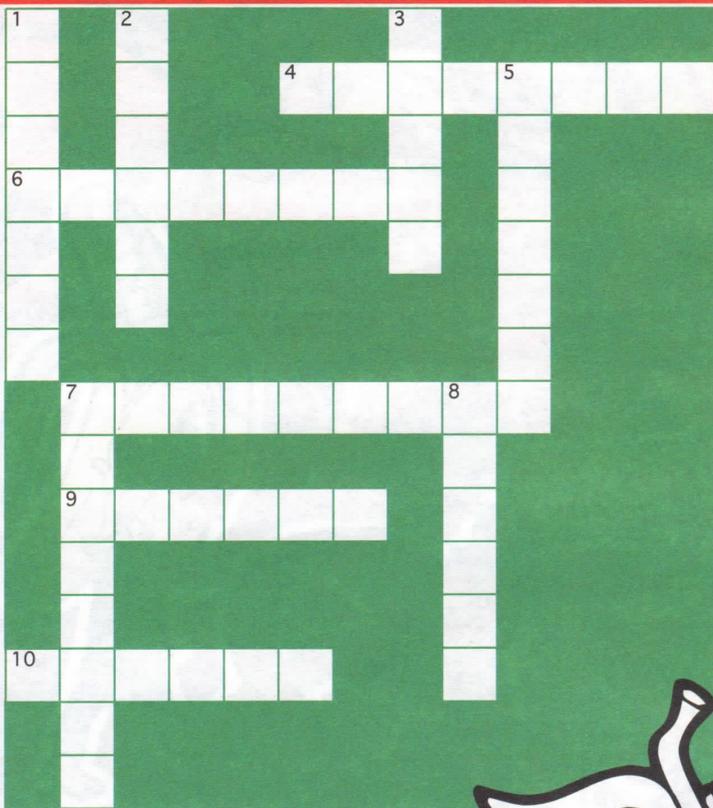
1/2 cup Nuts (if you are not allergic to them)

What to do: Preheat oven to 425°. In medium bowl, whisk together egg, honey, cinnamon, milk, vanilla, and applesauce until well combined. Add bran cereal and raisins to wet mixture and let stand for 10 minutes until liquids are absorbed. Combine oatmeal and nuts in separate bowl. After 10 minutes, combine oatmeal and wet mixture well. Pour mixture into pan and spread out to all four corners. Bake for 10-15 minutes or until golden brown on top. Let cool for 25-30 minutes and cut into 8 rectangles.

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CRUNCHY CROSSWORD

Complete the crossword puzzle to find snacks with CRUNCH appeal!



ACROSS:

- 4. I'm green, bumpy and have a stalk.
(Hint: I look like a tree.)
- 6. I'm twisted and can be crunchy or soft.
- 7. I'm long, skinny and sliced for salad.
(Hint: I'm also made into pickles!)
- 9. I'm a teacher's favorite fruit!
- 10. I'm crunchy until you put me in a bowl and pour milk over me!

DOWN:

- 1. A real "Bell" of the ball, I come in different colors.
- 2. I'm a green, long veggie with "strings" attached.
- 3. I'm from the grain group, and great when you spread me with jam!
- 5. I'm a favorite of bunnies and I'm good for your eyes!
- 7. I'm a grain food good with soup or salad! (Hint: another word for crazy.)
- 8. Red on the outside and white in the middle, I have a "bite".

ACROSS: 4. Broccoli; 6. Crackers; 7. Carrots; 8. Radish;
DOWN: 1. Peppers; 2. Celery; 3. Toast;
7. Cucumbers; 9. Apples; 10. Cereal.

Have an adult help you make this
APPLE-ICIOUS CRUNCH'N SNACK

Makes 2-4 Snacks

- 2 Tbsp. nonfat cream cheese
- 1/4 cup finely chopped apple
- 1/4 tsp. cinnamon
- 2 slices raisin bread

Mix cream cheese, apple, and cinnamon.
Spread on slices of raisin bread.



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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.



Dear Long Island Cares
I like the banana's, the milk it taste good and I like it. Thank You for the healthy food. I like it when I eat the healthy food it feels like I feel healthy. I want fruit and vegetable like apples, oranges, banana's, carrots, tomato's. Without it we won't have oxygen and I won't be healthy.



Sincerely: Chukwuemerya A. Annesi
Grade 4
Dat 3; 4, 2014



Dear Long Island Cares,

Thanks for the food but I'm not a fan of the pears. I think we should have some grapes. And also thank "you" for the sandwiches, tomatoes, banana, apples, chocolate milk. I also think we should have some apple grain bars at sometime we should also have some pineapples. I would also want a salad at some points. So thank you for the food that you send to us we do love it.

Yours truly



Kimberly Griffin 4th Grade



Samantha Whitman
-6th Grade

"One of the only reasons I love coming to EOC afterschool program is because the food is so good!"

Dear Long Island Cares

I like your milk and bananas thank you for your very healthy food. I would like to see apples and grapes. I love your food and your very helpful caring business. I am not a big fan of your tomatoes and sandwiches. Thank you for your oranges, bananas, carrots, and tomatoes. I would like to eat other healthy thing you have. Thank you for your healthy food keeping us alive. What I would love to eat crackers and peanut butter. I crazy love your help for caring about us.

Serenity Healthy
mmm! love
Thank you for food!

Love, Serenity Paschall
Sincerely, Long Island Cares.

