



# KIDSTOCK

## Fun, Food & Fitness

SPRING ISSUE

SPRING 2015



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## GET GROWING THIS SPRING! Spotlight on Calcium



## Grow Your Own Calcium!

**Calcium** is a mineral and your body needs minerals to help you grow and develop strong bones and teeth. Do you know what the word macro means? Macro is the Greek word for LARGE. Calcium is a macro mineral which means your body needs to consume LARGE amounts of calcium. Calcium is found in milk, cheese and other dairy foods such as yogurt. Are you curious about how you can grow your own calcium? Good! Did you know that vegetables such as broccoli and spinach are great sources of calcium as well as herbs such as basil, parsley, oregano, rosemary and mint just to name a few. This spring get growing and get your hands dirty. Not only is gardening a great activity for the whole family but you learn the most when you are engaged in active learning. There is no format or rules in the garden, so get creative and get your hands dirty!

### Where to Find Calcium in Your Meals:

#### **Breakfast ideas**

-Select fortified cereals such as Raisin Bran, Cheerios, or oatmeal. Eat whole fruits such as oranges, and tangerines. If your choice is OJ, select a juice that is fortified with calcium.

#### **Lunch ideas**

- Include a fresh fruit and vegetables at lunch.

#### **-Easy Backpack Snack ideas**

- Have an apple and some cubes of cheddar cheese or a piece of string cheese.
- Chocolate or vanilla pudding and a piece of fruit.
- Dip graham cracker sticks or fresh fruit in fat-free yogurt.



## FRUITY CHEESE KEBOBS

Servings  
provide  
approximately:

**Calories: 233**

**Fat: 10g**

**Carbohydrates:**  
**26g**

**Protein: 13g**

**Fiber: 2g**

**Cholesterol: 34**



## May is National Physical Fitness & Sports Month

*Now that the snow is melted it is a great time to play outside!*

### Things to do when it's just you:

- Jump rope
- Turn on some music and dance
- Hula Hoop

### Things to do when there are two:

- Play tag
- Shoot some Hoops
- 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 Basketball Game
- Running Bases
- Hide and Seek
- Set up a Workout Circuit: set up stations at home and spend 60 seconds at each one before switching. Some ideas for stations could be: jump rope, relay race, jumping jacks, hop scotch, hula hoop, throwing

balls, and jumping in the air.



***Aim for 60 minutes every day of being active!***

## Cheese and Fruit Kebabs

Makes : 12 kebabs

Ones serving : 2 kebabs, 1/4 cup of dip

### The Stuff You Need:

- 1 pint of strawberries or any fruit you like
- 2 cups of seedless grapes
- 1 package of reduced fat (8 ounces) cheddar and Monterey Jack cheese cubes or any cheese you like
- 1 cup (8 ounces) fat free vanilla yogurt
- 1/2 cup reduced fat sour cream
- 2 tablespoons honey
- 1/2 teaspoon ground cinnamon



### What To Do With The Stuff:

On 12 wooden skewers, alternate with cheese cubes, strawberries, and grapes.

For the dip, in a small bowl combine, yogurt, sour cream, honey and cinnamon. Serve immediately or refrigerate.

Recipe courtesy of : Taste of Home



# I SPY CALCIUM

Help Matt Find Foods high in calcium for strong bones and teeth!

Did you know that one cow can give 200,000 glasses of milk in a lifetime!



## LET'S SEE YOUR SMILE!

What cheese needs repairs?

Answer: Swiss Cheese, it's full of holes!

What do you call cheese that isn't yours?

Answer: Nacho Cheese

How do you make a milkshake?

Answer: You shake up on a glass of milk and yell 'BOO'!

What did one sardine say to the other sardine when a submarine went by?

Answer: Look at that can of people.

Y S K S E N I D R A S T E  
F O T K K F C J U P E S S  
N M G R L Q K T I E E N C  
I N M U I I P G T E A Y A  
I S O J R N M H H E C R L  
L D F E W T G C B L F T C  
O N V U G T E C U S K L I  
C O F U O G E B H R K U U  
C M Q F A S M O O E T O M  
O L U T E G H H O N E P U  
R A T E C G M X B I E S V  
B O H O R M N D E S V S E  
C C B U T T E R M I L K T

**Foods rich in calcium help you have strong bones!**

Find the words about calcium listed in the word puzzle. Words can go forwards, backwards, up, down, and diagonal.

ALMONDS	MILK
BEANS	POULTRY
BONES	SARDINES
BROCCOLI	STRING
BUTTERMILK	CHEESE
CALCIUM	TEETH
CHEESE	TOFU
COTTAGE	YOGURT
CHEESE	

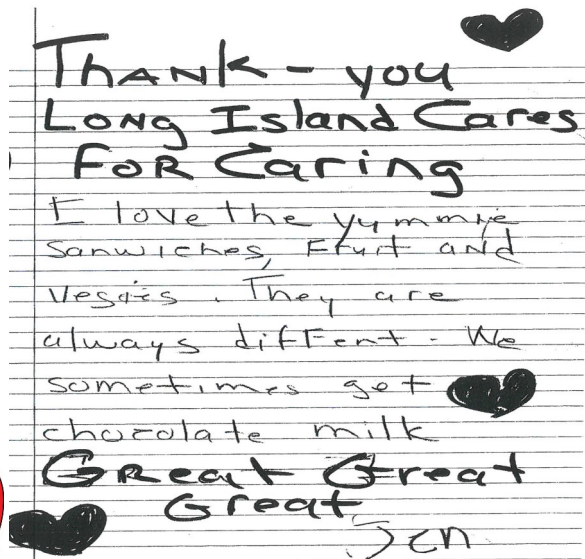
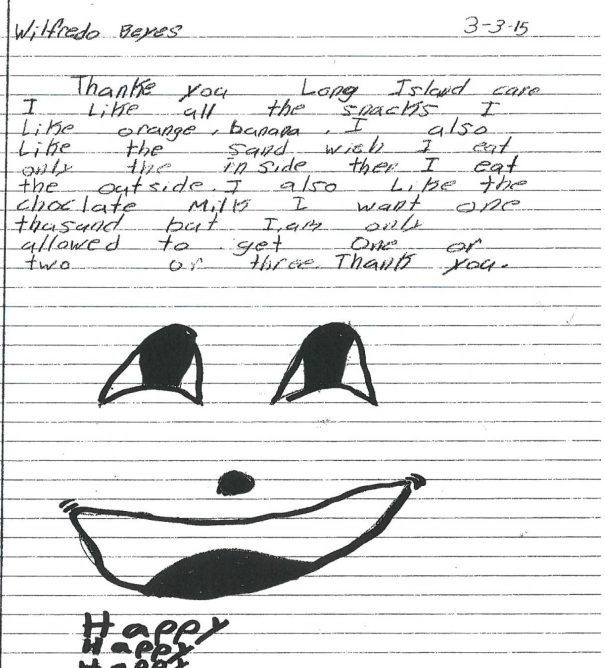
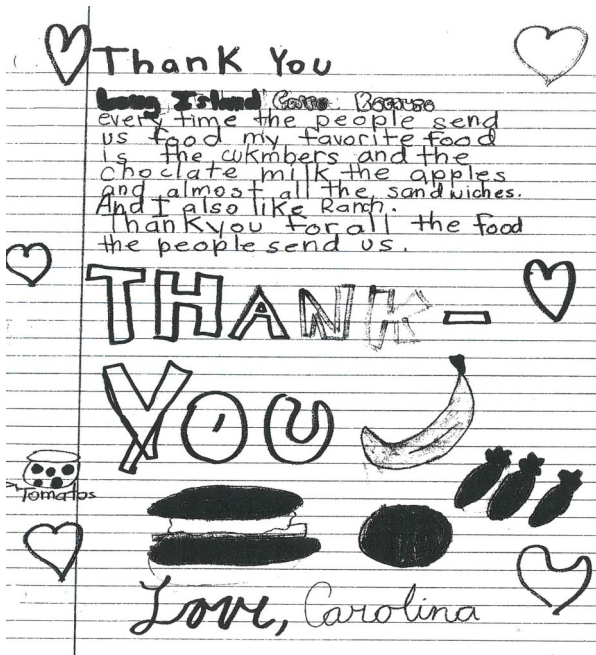
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# What's Happening?



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](mailto:ktooker@licares.org).



Thank you Long Island Cares for the delicious food & milk. The chocolate milk is by far my favorite

