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Banana Dolphins Snack

Stuff You Need:

- 8-10 washed green or red bunches of grapes off the vine
- 2-4 fresh banana halves (cut in half by an adult)
- 1 fresh squeezed lemon (juice to brush on banana)
- 1 edible marker
- 2.oz cream cheese (optional)

What to do with the Stuff:

First, you find some nice and bright colored bananas with hardly any bruising on them. Wash them under water and dry them gently. Have an adult help you use a knife and cut the stem all the way to the banana and a little past to make a smile and to be able to open them to put a grape into the opening. Take the knife and cut the bottom half off a little past the middle. You can use some cream cheese to stick the banana in to keep it standing. Put the grapes around the dolphin and one into the mouth opening. Take a brush and brush some lemon juice into the opening so it doesn't turn brown. The last thing is to add the eyes. You can use an edible marker, cloves, raisins, or dried cranberries. Have fun making and eating this delicious treat!

How to stay healthy? Move well

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

Tips to get active:

- Try sports and choose a sport you like
- Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc.) and play with friends
- Walk to school
- Take the stairs instead of an elevator
- Learn to use the skateboard, the bike or run instead of getting a ride
- Walk the dog with your parents

- Turn off your TV, smart phone or computer and spend some time to play with your friends
- Stay active: do a minimum of 30 minutes of exercise per day!
- Exercise with a friend
Let’s Get Fooducated!

Draw a line between each product and its ingredient list:

- **Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Oleic Canola Oil and/or Palm Oil and/or Canola Oil and/or Soybean Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Cornstarch, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin (Emulsifier), Vanillin - an Artificial Flavor, Chocolate.**

- **Whole grain oats, oat bran, sugar, modified corn starch, honey, brown sugar syrup, salt, tripotassium phosphate, canola oil, rice bran oil, natural almond flavor, vitamin e, calcium carbonate, zinc, iron, vitamin c, niacinamide, vitamin b6, vitamin b2, vitamin b1, vitamin a, folic acid, vitamin b12, vitamin d3.**

- **Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.**

- **Enriched Flour (Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Vegetable Oil (Soybean, Cottonseed and Hydrogenated Cottonseed Oil (Less than 0.5 g Trans Fat per Serving) with TBHQ and Citric Acid for Freshness), Sugar, Cracker Meal, Contains Two Percent or Less of Wheat Starch, Salt, Dried Strawberries, Dried Apples, Dried Pears, Cornstarch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Citric Acid, Milled Corn, Modified Wheat Starch, Gelatin, Caramel Color, Partially Hydrogenated Soybean and/or Cottonseed Oil (Less than 0.5 g Trans Fat per Serving), Modified Corn Starch, Xanthan Gum, Soy Lecithin, Color Added, Niacinamide, Reduced Iron, Red No. 40, Vitamin A Palmitate, Yellow No. 6, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid, Turmeric Color, Blue No. 1.**

- **Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.**

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This publication is made possible by Stop & Shop Family Foundation working in partnership with Long Island Cares, Inc. Kids Cafe programs to provide nutritionally balanced meals and nutrition education workshops.

www.fooducate.com
The Glen Cove Boys & Girls Club hosted alumni Yadiyah Letellier, a gifted chef, athlete and personal trainer, for a very special event on Friday, February 22nd. Chef Letellier spent the afternoon with Club members sharing his love for nutrition, exercise and his passion for life. Health and Life Skills and Sports, Fitness and Recreation are key components of the Club's programs and services. Chef Letellier and his team devised a wonderful and fun filled fitness plan for the kids that was animated and entertaining while providing all the benefits of exercise. "It was super cool, and didn’t feel like we were even exercising," said Joey C, 8 years old. The workout session included a series of warm ups, cardio, stretches and dynamic and interesting games.

Healthy snacks were offered to keep the kids well sustained and hydrated to keep up their strength during and after the exercise routine.