

### Back to School with FAN4Kids

*Fan4Kids comes to P.S. 243 with the help of Change For Kids*

**F**all is back in full swing as students and staff head back to school for the 2010-2011 academic year. Starting our 7th year, FAN4Kids is excited about working with several new supporters (see *Grant News*) and the New York City based nonprofit organization **Change for Kids**.

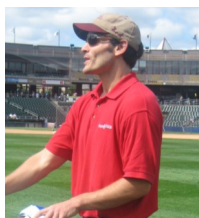
Through collaboration with Change for Kids and funding from General Mills, 200 kids at **P.S. 243** in Bedford-Stuyvesant, Brooklyn will receive the full-year fitness and nutrition program starting this Fall.

Our weekly fitness and nutrition classes, along with our structured recess, will fill a much-needed gap in the students' physical education program. Schools in the New York/New Jersey tri-state area and nationally struggle to meet the CDC's recommended 60 minutes of physical activity per day. FAN4Kids' goal is to facilitate healthy changes in the school and local community through education, parent

involvement, and collaboration with community partners.

Change for Kids focuses on improving the lives and health of children in the New York City area. The organization started in 1994 by providing school supplies to the underserved students at P.S. 243, and quickly expanded its mission to provide students with resources and educational programs in literacy, arts and music. They now serve 2,500 elementary students in four NYC schools.

FAN4Kids is excited about collaborating with Change For Kids and P.S. 243. F4K instructor and fitness director Justin Jones will lead the classes at P.S. 243, and looks forward to building new relationships with the students, faculty and parents to create a fun and healthy school environment.



F4K Instructor Justin Jones

### Grant News

FAN4Kids was selected as a grant recipient of The **Coca-Cola Foundation's** Active Healthy Living grant. The grant will support FAN4Kids' expansion in New York City. FAN4Kids was one of five organizations selected from over 100 applications received from New York.

FAN4Kids was also a recipient of the **General Mills' Champions for Healthy Kids** grant and the **CSX Corporation** grant. We are proud to have been selected in these highly competitive awards, and will use the funding to educate over 500 kids in NYC and expand into new schools: P.S. 243 in Brooklyn and P.S. 75 in the Bronx.

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### Creating Healthier School Meals

*New bill could bring healthy foods to school children*

**H**ealthier changes could be coming to your child's cafeteria. This August, the Senate passed the Healthy, Hunger-Free Kids Act in an effort to revamp school food for the better and expand current nutrition programs to feed hungry children. The bill intends to provide \$4.5 billion over the next 10 years, with the goal of serving healthier school food and increasing the number of low-income children who are eligible to receive free or reduced-price school meals.

For the first time in over three decades, it would boost federal reimbursement for school lunches by an additional six cents per meal to cover the cost of providing healthier foods in schools. The bill will also expand a program to provide after-school meals to children.

While the bill was approved in the Senate, the House of Representatives stalled in passing it due to opposition from critics, mainly because the bill would require cutting benefits from the food stamp program in order to

**The Healthy Hunger-Free Kids Act aims to improve school food and provide more free and reduced-price meals to low-income children**

cover the additional costs of the proposed legislation. The current Child Nutrition Act was set to expire on September 30, 2010. However, the House has extended the current bill to December of this year in order to find replacement funds to support the new legislation. *(continued on page 5)*

# Fresh Fall Recipes

## Sweet Potato Fries

### Ingredients:

- 3 to 4 sweet potatoes
- 2 Tablespoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup sweetened dried cranberries

### Directions:

1. Preheat the oven to 425°F. Lightly oil a large baking sheet and set aside.
2. Peel the sweet potatoes, then cut in half lengthwise. Cut each half into 1/4-inch wide strips. Place the sliced potatoes into a large bowl and add the oil, salt, and pepper. Toss gently to coat the potato slices well and spread them on the baking sheet in a single layer.
3. Bake until the potatoes are lightly browned and crisp on the outside and tender on the inside, 25 to 30 minutes, turning once about halfway through. Serve immediately sprinkled with the cranberries.



Baked sweet potato fries are a healthy and delicious alternative to traditional French fries

## Spicy Pumpkin Soup

### Ingredients:

- 1 large onion, chopped
- 4-5 cloves of garlic, peeled and finely chopped
- 4 cups vegetable broth
- 2 cups pureed cooked pumpkin or 1 cup canned pumpkin
- 1 16-ounce can chili beans, rinsed and drained
- 1 Tablespoon seeded diced jalapeño pepper
- 5 medium red potatoes, diced into 1/2 inch cubes
- 1 Tablespoon oregano
- pinch of cayenne or other red pepper
- 1/2 teaspoon cumin
- 1/3 cup soy milk or low-fat (1%) milk
- salt, to taste
- cilantro or parsley (for garnish)

### Directions:

1. Heat a large pot over medium-high heat. Sauté most of the onions (reserve a few for garnish) until they soften; add garlic and cook for about 1 minute. Add in the broth, pumpkin, chili beans, jalapeño, and potatoes. Stir in the oregano, cayenne, and cumin. Bring to a boil, then reduce heat to simmer.
2. Simmer for about 30 minutes or until potatoes are tender. Remove from heat and let cool for 5 minutes. Stir in the soy milk or low-fat milk, add salt to taste, and serve immediately garnished with cilantro or parsley and onion (and extra diced jalapeño, if desired).



Making homemade soup is a great way to enjoy the best of Fall's fresh produce

## Apple Bars

### Ingredients:

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup brown sugar, packed
- 1/2 cup butter
- 2 1/2 cups peeled, sliced apples
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- pinch of cloves (optional)

### Directions:

1. Preheat oven to 350 degrees. Lightly grease a 7"x11" baking pan.
2. Mix flour, salt and baking soda together in a large bowl. Add brown sugar, oats and spices.
3. Cut in the butter with a pastry blender or 2 knives until mixture is crumbly.
4. Spread half of the mixture in the baking pan. Top with apple slices and sprinkle with sugar.
5. Spread the remaining crumb mixture evenly over the apples. Bake at 350 degrees for 40-45 minutes.
6. Cool and cut into bars.



These apple bars are great for an after-school snack or breakfast treat

# FALL

## Fruits & Vegetables

**Acorn squash** - excellent source of Vitamin A and Vitamin C

**Apples** - classic, versatile and loaded with fiber

**Beets** - sweet, juicy and high in folate

**Broccoli** - an all-time kids favorite and loaded with fiber

**Brussels sprouts** - high in Vitamin C and good source of folate

**Cabbage** - high in Vitamin C and fiber

**Cauliflower** - great source of folate, fiber and Vitamin C

**Clementines** - sweet, portable, and full of Vitamin C

**Collard greens** - provide calcium, plus Vitamins A, C and folate

**Cranberries** - rich in Vitamin C and good source of fiber

**Figs** - good source of fiber and potassium

**Grapes** - high in antioxidants, frozen grapes make a sweet snack

**Jalapeño peppers** - these hot peppers have Vitamins A, C and folate

**Mushrooms** - contains B vitamins riboflavin and niacin

**Oranges** - excellent source of Vitamin C and fiber

**Pears** - come in a variety of colors and loaded with fiber

**Persimmons** - a native of Asia; plump, sweet and juicy

**Pomegranates** - this exotic fruit is packed with potassium and Vitamin C

**Pumpkin** - loaded with Vitamin A and a good source of Vitamin C

**Sweet potatoes** - a super-food rich in Vitamin A, potassium and fiber



# Breakfast is Brain Food

Why the most important meal of the day can help your child succeed in school

By Melissa Garfola

**B**reakfast is often touted as the most important meal of the day, and for good reasons. Breakfast has many positive benefits for everyone, especially students.

## Breakfast and Academic Performance

Many studies have examined the relationship between breakfast consumption and academic performance in children. Among the results of the studies, the benefits of eating a regular breakfast include more attentiveness and positive behavior in class, less instances of depression, anxiety and hyperactivity, and a decrease in absences and tardiness among students who regularly eat breakfast.

Breakfast eaters also received higher grades in math and performed better on problem-solving and memory tasks. Given the steady decline in breakfast consumption in the United States over the past 26 years, health

professionals continue to encourage children to eat a well-balanced, healthy breakfast every day.

## Health Benefits of Breakfast

The name breakfast implies to “break a fast”. After a night of sleep, it’s the meal that provides energy after a long period of not eating. Starting the day with a healthy meal ensures kids get calories and nutrients they need to maintain energy throughout the day and stave off hunger during their morning classes.

Children who eat breakfast get more essential vitamins and nutrients such as calcium, folate, fiber and protein. Breakfast may even help prevent obesity. Several studies have shown that children who eat a healthy breakfast on a regular basis are less likely to be overweight, compared to kids who skip breakfast.



## Healthy Breakfast on the Go

Most parents and kids are strapped for time in the morning. Luckily, many breakfast foods are convenient, portable and accessi-

ble. Reach for grab-and-go items that are nutrient-dense, such as fresh fruit, whole-wheat toast with peanut butter, whole-grain English muffins, low-fat yogurt, and low-sugar granola bars. These can easily be carried to school or stored in your child’s backpack, and don’t require much prep work.



Many schools now provide breakfast programs, so check with your school to see if they offer breakfast and enroll your child to participate.

Source: <http://www.fns.usda.gov/CND/Breakfast/expansion/benefitsbreakfast.pdf>

# Fitness for Kids Who Don’t Like Sports

**P**laying team sports can help kids gain confidence, meet new friends, develop new skills, and learn important values such as teamwork, discipline, and hard work. Not every child is born a natural athlete, and many kids choose not to participate in sports due to a number of reasons. With enough other physical activities, kids can be fit without being an athlete.

## Still Developing Skills

A lack of basic skills may be one reason kids are reluctant or afraid to play sports. It’s not until age 6 or 7 that children develop the physical capacity, attention span and comprehension of rules needed to play team sports. Even then, it takes practice to perform sport-specific skills such as throwing a baseball or kicking a soccer ball.

## Fear or Shyness

The fear of failing, especially during a game, might make kids anxious or frustrated. Kids who are not natural athletes or are a little shy

might be uncomfortable with the pressure of being on a team.



You can help relieve some fear and frustration by practicing with your child at home. It’s also a great way to spend quality time with your kids and help them build skills and confidence to perform in front of others. Remind your child that the goal is to have fun and be fit.

## Body Image or Physical Barriers

Kids develop and mature at different rates. A child who is much bigger, smaller, less coordinated or not as strong as kids their age may feel self-conscious and uncomfortable competing with them. Kids who are overweight might

be reluctant to participate, or a child with asthma might feel they cannot keep up.

Help your child find an activity that matches their ability, strengths and personality. A child who is too small for basketball may enjoy gymnastics, baseball or track and field. Some kids might prefer individual sports like tennis, wrestling, or running cross-country, instead of team sports.

Even if your child decides team sports are not for them, there are plenty of options to get the recommended 60 minutes or more of physical activity each day. Engaging in free play, playing tag, jumping rope, riding bikes, or dancing are some examples. *(continued on page 4)*

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# November is American Diabetes Month

November is American Diabetes Month, a time for the American Diabetes Association (ADA) to raise awareness of the seriousness of the disease and communicate the importance of diabetes prevention and control. According to the ADA, nearly 24 million children and adults in the U.S. have diabetes, and an additional 57 million people are at high risk for developing Type 2 diabetes. If the trend continues, *one out of every three children* born today will face a future of diabetes.

Diabetes is a disease that affects all aspects of life. "Diabetes truly alters your body, mind and soul, and puts such an emotional stress on you," states one woman who was newly diagnosed with the disease this year. While there is no cure for diabetes, it can be managed through diet and exercise, achieving and maintaining a healthy weight, and frequent monitoring of blood sugars. Working with a team of qualified health professionals, including doctors, registered dietitians (RDs), certified diabetes educators (CDEs) and endocri-

nologists can help those with diabetes gain better control of blood sugars. It is important to prevent the disease from progressing to serious and even life-threatening conditions, such as nerve damage, amputations, blindness, heart disease, stroke, and kidney failure.

**"Nearly 24 million children and adults in the U.S. -- 7.8% of the population -- have diabetes."**

Thousands of Americans have joined the American Diabetes Association's movement to **Stop Diabetes** by donating funds and services to support the cause, volunteering as advocates in their communities, or sharing their experiences through video on the organization's website [stopdiabetes.com](http://stopdiabetes.com).

The Stop Diabetes movement was launched last November, and the goal for November

2010 is to gather the support from 1 million Americans to help reverse the growing disease rates and ultimately stop diabetes.

To learn more about American Diabetes Month and become involved in the Stop Diabetes movement, visit the American Diabetes Association website [www.stopdiabetes.com](http://www.stopdiabetes.com) or call 1-800-DIABETES.

For more information about diabetes, including ways to prevent the disease, diet and exercise tips, and healthy recipes, visit [www.diabetes.org](http://www.diabetes.org).

## Fitness

(cont from page 3)

Or try individual sports or other organized activities such as:

- swimming
- running
- gymnastics
- martial arts
- horseback riding
- dance classes
- ice skating
- cycling
- cheerleading
- skateboarding
- hiking
- golf
- tennis
- fencing
- yoga and other fitness classes



Whatever your child chooses, work with him or her to find something he or she enjoys. Keep an open-mind, and encourage your child to explore new things. Through hard work and practice, they'll learn to develop new skills and build confidence. Though it may take time to find an activity they love, remind them that having fun and staying fit is the ultimate goal.

## Myths and Facts about Diabetes

**MYTH: Eating too much sugar causes diabetes.**

**FACT:** No, eating sugar does not cause diabetes. **Diabetes is caused by a combination of family history and other lifestyle factors.** However, being overweight does increase your risk of developing Type 2 diabetes. A diet high in calories, whether from excess sugar or fat, can lead to weight gain. Follow a healthy diet and exercise regularly to help manage your weight.

**MYTH: Diabetes is not that serious of a disease.**

**FACT:** Diabetes causes more deaths in a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

**MYTH: People with diabetes can't eat sweets.**

**FACT:** Eating sugar does raise blood glucose levels, but people with diabetes can eat sweets in moderation if included as part of an overall healthy diet and combined with exercise.

**MYTH: Fruit is healthy, so I can eat as much as I want.**

**FACT:** Fruit has natural sugars, along with fiber, vitamins and minerals. Since fruit contains carbohydrates, the amount, frequency, and types of fruit eaten are important. At least 5 servings of fruits and vegetables a day is recommended for most people. However, people with diabetes should talk with a dietitian to determine the right amount to include in their daily meals.

# Healthier School Meals

(cont from page 1)

## School Food Environment on Kids' Health

Changes to the school food environment can have a major impact on the health of our children. With over 55 million American children spending an average of 6 hours or more a day in school, many eat at least one or more meals, plus snacks and other foods provided by the school. With increasing rates of childhood obesity, many have questioned whether the school food environment is contributing to the growing obesity epidemic.

## Improving the Quality of School Food

Meals provided under the National School Lunch Program and School Breakfast Program must meet food and nutrition standards to ensure they contribute to a healthy diet. A recent study, however, found that the majority of meals served in the 2004-05 school year failed to meet all nutrition standards, with about 93-94% of the school meals exceeding the recommended amounts of fat, saturated fat, or calories.



A typical school cafeteria lunch meal consists of burger, fries and limited fresh vegetables.

Under the new bill, school food, including all food sold in cafeterias and vending machines, will be required to meet new nutrition guidelines that are based on the USDA *Dietary Guidelines for Americans*. Since the last nutrition standards and requirements were set for school meals, the *Dietary Guidelines* have been revised and updated. The latest 2005 guidelines recommend increasing the amounts of fruits, vegetables, and whole grains; reducing the amount of sodium and saturated fat; and setting a minimum and maximum number of calories for school meals. The goal for schools is to meet these newer requirements while still providing ap-



petizing and appealing meals to children. Favorites such as pizza and burgers may still be served, but schools will have to adjust their recipes by substituting healthier ingredients to meet the revised nutrition standards.

## Eliminating Empty Calories

The sale of sugary sweets, such as candy bars and sodas, may be banned from vending machines, bake sales and school stores. While many schools rely on these sales to help support extracurricular programs, they can contribute to unhealthy food choices and obesity among students. Substituting healthier foods will help provide a healthy school environment. Upgrading cafeteria equipment and providing training for school food service professionals is also recommended in order to provide high-quality meals that are healthy and appealing to students.

## Benefits of Healthy Lunches

An investment in better food is essential to improving the quality of school meals. Children need energy from lunch to stay alert and gain stamina to perform well during the day. **High-fat, high sugary foods do little to contribute to healthy habits, and can zap kids of their energy, leaving them sluggish and distracted.**

All food available in schools should be nutrient-dense and health promoting. Schools have no obligation to provide foods that contribute to disease and poor health. For many kids, a cafeteria lunch may be the only healthy meal they have in the day. Ensuring that students' stomachs are filled with fresh, nutritious, energizing foods will put them on the path to healthier lives.

Sources:

*NYTimes.com. Senate Passes Child Nutrition Act. August 5, 2010.*

*www.schoolnutrition.org. H.R. 5504: Improving Nutrition for America's Children Act - House Child Nutrition Reauthorization Bill, S.3307: Healthy, Hunger Free Kids Act of 2010 - Senate Child Nutrition Reauthorization Bill*

## Top 7 Ideas for Bringing Healthy Foods To Your School

1. **Add a salad bar.** Stock with fresh fruits and vegetables, whole grains and low-calorie dressings.
2. **Provide vegetarian options.** Include a healthy, whole-grain plant-based entrée to the cafeteria menu each day.
3. **Remove the deep fryer.** Eliminate deep fried and highly processed foods, such as mozzarella sticks, chicken nuggets, corn dogs, and greasy pizza. Replace with healthier alternatives, such as grilled chicken tenders, baked potatoes and whole-wheat veggie pizza.
4. **Offer greens every day,** such as broccoli, kale, spinach, bok choy and collard greens. Also provide a variety of brightly-colored vegetables such as bell peppers, sweet potatoes, and zucchini.
5. **Ditch the sugary desserts.** Replace cookies, cakes, candy and ice cream with healthier alternative like assorted berry bowls, tropical fruit salads, low-fat frozen yogurt and healthy trail mix.
6. **Eliminate the sale of unhealthy food for fundraisers.** This includes bake sales, ice cream, candy, pizza, etc. Find non-food items to sell instead, such as T-shirts or fun school supplies.
7. **Stop using unhealthy food as rewards or for class parties.** Instead, offer a fresh fruit and vegetable snack program, use non-food items for rewards, or provide extra recess or gym time for parties.



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**Our Mission:**

We at FAN4Kids aspire to be the ultimate source of fitness and nutrition education for children and their families. Our goal is to prevent the problems resulting from poor eating habits and inactivity by providing "Lessons that Last a Lifetime".



F4K instructor Karen Schocklin serves healthy treats to kids



F4K volunteer Melissa Garfolo leads kids in a fitness activity in Newark's Ironbound 'B' Field



FAN4Kids partnered with Newark Now and the City of Newark, NJ to provide food tastings, games and activities for kids at a local Fitness and Nutrition event on July 27th, 2010

**Special Thanks to our Partners and Sponsors:**



The Horizon Foundation for New Jersey



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The Center for Obesity Research and Intervention  
 at Rutgers University, New Brunswick, NJ

New Jersey Department of Human Services

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