

FAN4Kids in the Media

FAN4Kids ended 2010 strong, with more publicity in the media.

Our most recent activities and achievements in urban New York and New Jersey public schools caught the attention of the *Hudson Reporter* in November. Intrigued by our organization, the article explores how Robert Oliver, CEO and founder of FAN4Kids, first came up with the unique curriculum for combating obesity, and how six years later, major corporations continue to help us attain our goal of combating the childhood obesity epidemic.



Caption from Hudson Reporter.com:

"BIG MONEY TO STOP A BIG PROBLEM – The Coca Cola Foundation recently donated \$20,000 to Fan4Kids. Pictured are: Assistant Principal Richard Gugliotta of P.S. 75 in the Bronx; Harriet Tolve from Coca-Cola; FAN4Kids CEO Rob Oliver; and Shari Mermelstein, a registered dietician from Fan4Kids."

FAN4Kids was also featured in a mini documentary series called *Lunch NYC*, which showed how schools such as PS 243 in Brooklyn are greatly benefiting from FAN4Kids' partnership with Change for Kids (CFK). CFK partners with New York City public schools to empower underprivileged children by providing them with literacy, arts, music programs and now health education. FAN4Kids was selected to provide our fitness and nutrition program to students at PS 243, where we have been welcomed with open arms.

Word of the FAN4Kids program and what we do is quickly spreading throughout our communities. We had strong turnouts this past semester at parent workshops held at PS 69 and PS 75 in South Bronx, and at PS 244 "TALES" in Flushing, Queens. Parents had a chance, themselves, to discover what their children are learning with FAN4Kids. It was also a chance to explore ways in which we could make sure that what FAN4Kids teaches in school is reinforced and supported at home by the parents.

FAN4Kids Instructor and Program Coordinator, Shari Mermelstein, RD, gives an engaging and informative parent workshop at PS 75, South Bronx.



Inside this issue:

page 1.....FAN4Kids in the Media

page 2.....Winter Recipes and What's In Season?

page 3.....Family Fitness- Don't Be Afraid of the Cold!

page 4.....Reading Labels

page 5.....March is National Nutrition Month

Check out what FAN4Kids is doing in your community!

Hudson Reporter: Nutrition in the classroom - Wall Street guy starts Hoboken non-profit for kids, by Ray Smith, Reporter staff writer Nov 28, 2010
http://www.hudsonreporter.com/view/full_story/10458133/article-Nutrition-in-the-classroom-Wall-Street-guy-starts-Hoboken-non-profit-for-kids-?instance=secondary_stories_left_column

Lunch NYC – Digestible Education
<http://nyc.gov/html/nycmg/nycvtd/html/home/nyc107.html>

Hearty Winter Recipes

Low-Fat Tamale Pie

Total Time: 45 minutes (Serves 8)

Ingredients:

- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 large green pepper, chopped
- 1 pound extra-lean ground beef or turkey breast
- 1 tablespoon chili powder
- 1 16-ounce can corn
- 1 28-ounce can crushed tomatoes
- 1 4-ounce can jalapenos



- 1 1/2 cups cornmeal
- 1 teaspoon salt
- 1 quart fat-free milk
- 1/2 cup low-fat shredded cheese

Preparation:

1. Preheat oven to 400 degrees.
2. Sauté onion, and pepper in a large skillet over medium heat in oil, crumble meat and cook until no longer pink. Add chili powder, corn, tomatoes and jalapenos.
3. Simmer for 20 minutes. Transfer to an 11 by 7 baking dish.
4. Meanwhile, combine cornmeal, salt and milk in a 2 quart saucepan. Heat on medium and until thickened, stirring almost continuously.
5. Spread cornmeal over top of meat and vegetables. Sprinkle with cheese. Place in oven and bake for 20-25 minutes, until top is golden.

Turkey Chili

Total Time: 30 minutes (Serves 4)

Ingredients:

- 1 tablespoon canola oil
- 1 large onion, finely chopped
- 1 red bell pepper, seeded and chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 3/4 pound 99% fat-free ground turkey
- 2 tablespoons chili powder
- 2 teaspoons ground cumin

- 1/2 teaspoon oregano
- 1/2 teaspoon ground coriander
- 1 14 1/2-ounce can crushed tomatoes
- 1 8-ounce can tomato sauce, no salt added
- 1 15-ounce can black beans, rinsed and drained
- 1 16-ounce can corn kernels
- 4 tablespoons fat-free sour cream or yogurt
- 4 tablespoons fresh chopped cilantro (optional)



Preparation:

1. Heat oil in a large pan. Add onion, celery, chopped pepper and garlic.
2. Cook for 5 minutes or until onions are translucent.
3. Crumble the turkey into the pan, breaking it apart with a wooden spoon. Cook for about 5 minutes or until no longer pink.
4. Stir in chili powder, cumin, coriander and oregano.
5. Add in tomatoes and tomato sauce, and simmer for 10 minutes, stirring occasionally.
6. Add beans, mix well and cook on low heat for 5-10 minutes.
7. Ladle into bowls. Add a dollop of fat-free sour cream or plain yogurt on top, plus fresh chopped cilantro if desired.

And for a healthy winter dessert...Apple Pear Oatmeal Crisp!

Total Time: Approx. 1hr (Serves 8)

Ingredients:

- 2 apples, cored and sliced
- 3 firm pears, cored and sliced
- 2 tablespoons brown sugar
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 to 2 tablespoons lemon juice
- 2/3 cup water

Topping:

- 1 cup oats
- 1/3 cup whole wheat flour
- 3/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 6 tablespoons of butter or Smart Balance, melted
- 8 ounce low-fat vanilla yogurt (optional)



Preparation:

1. Preheat oven to 375°F.
2. Place apple and pear slices in the bottom of a greased nine-inch baking dish. Drizzle with lemon juice.
3. Sprinkle two tablespoons of brown sugar, ground cinnamon, ground nutmeg, and water on the fruit.
4. In a separate bowl, combine the oats, flour, brown sugar, cinnamon and salt. Add melted butter/Smart Balance and mix until crumbly.
5. Spread the crumb mixture evenly on top of the fruit. Bake for 50 to 60 minutes, so the top is lightly brown and the fruit is bubbly.
6. Serve warm, with a scoop of vanilla yogurt, or enjoy by itself.

What's In Season? Delicious and Nutritious Winter Fruits & Vegetables



apples-loaded with fiber

broccoli-full of fiber & vitamin C

cabbage-high in fiber & vitamin C

cauliflower-fiber, vitamin C & folate

carrots-vitamin A & potassium-packed

dates-iron, antioxidant & fiber-rich

grapefruit-rich in fiber, vitamins A&C

kale-full of calcium, lutein, iron &

vitamins A, C & K

kiwi-rich in vitamin C & fiber

leeks-fiber, folic acid & vitamin B6

lemons-loaded with vitamin C

mango-high in iron, vitamins A, C & E

mushrooms-B vitamins, riboflavin &

niacin

oranges-excellent source of vitamin C

papaya-super-fruit; rich in vitamin B,

fiber, antioxidants & minerals

parsnips-good source of riboflavin, folic

acid, vitamin B6 & E

pears-packed with fiber

persimmons-a native of Asia;

antioxidant-rich

sweet potatoes-a super-food; rich in

vitamin A, potassium and fiber

tangelos-loaded with vitamin C & fiber

tangerines-high in vitamin C & fiber

turnips-rich in folic acid

winter squash-great source of

vitamins A & C and minerals

Family Fitness – Don't be Afraid of the Cold!



Cold weather is upon us! Don't let winter keep you and your family from being active! With just a little planning and imagination, you can find great ways for the whole family to stay fit, happy and healthy during even the coldest months of the year.

It is recommended that adults get at least **30 minutes** of physical activity per day. Kids should get at least **60 minutes** on most days. Even cumulative 10-minute intervals throughout the day will do.

Sticking to these goals is the best way to keep your resistance up and ward off sickness. Not to mention, your mood and energy will be improved and you will sleep much better. Try aiming for *outdoor* physical activity as much as you can, as the fresh air is a great way to beat "cabin fever" and "the winter blues".

Discover what fun fitness activities are happening at parks near you:
<http://www.nycgovparks.org/events/>

Cold Weather Fitness Tips for the Whole Family:

1. Bundle up in layers!

Wear several layers that you can remove and put back on as needed, rather than one bulky layer. And don't forget that hat! Without a hat, you lose a lot of body heat – about 30-45% is lost through your head.

2. Embrace fun winter activities!

While you can, take advantage of great winter activities, such as ice skating, ice hockey, skiing, snowboarding or sledding. As long as you bundle up, walking or playing in the snow (snowball fights, making snowmen), also count as an excellent workout. Even outdoor work, such as shoveling snow, can count towards your daily fitness goal.

3. Invite fitness into your home.

When you *are* indoors, take the opportunity to change family TV time or other sedentary activities into fun fitness challenges. It's also an excellent way to bring the family closer together. Put on music and dance. Create a small obstacle course. Buy or rent some fun workout DVDs or videos. Try something new, such as Pilates, yoga or kickboxing. Invest in inexpensive and portable fitness equipment, such as various balls, jump ropes and dumbbells. Discount stores are a great place for cheap fitness finds.

4. Set goals and make up your own fitness routines as a family.

Goal setting helps you and your family stay motivated and on track. Write down your plans and hang them up in a visible place, such as the fridge door. Goals can range from completing a certain number of push-ups to running in a race. Many exercises don't require special equipment, such as jumping jacks, sit-ups, push-ups, squats and lunges. Be creative. Add music and encourage your kids to make up their own fun fitness routines.

Reading Labels

Learn how to read the nutrition labels that help you make healthier food choices



Under regulations from the Food and Drug Administration of the Department of Health and Human Services, and the Food Safety and Inspection Service of the U.S. Department of Agriculture, the food label offers more complete, useful and accurate nutrition information than ever before.

With today's food labels, consumers get:

- nutrition information about almost every food in the grocery store
- distinctive, easy-to-read formats that enable consumers to more quickly find the information they need to make healthful food choices
- information on the amount per serving of saturated fat, cholesterol, dietary fiber, and other nutrients of major health concern
- nutrient reference values, expressed as % Daily Values, that help consumers see how a food fits into an overall daily diet
- uniform definitions for terms that describe a food's nutrient content--such as "light," "low-fat," and "high-fiber"--to ensure that such terms mean the same for any product on which they appear
- claims about the relationship between a nutrient or food and a disease or health-related condition, such as calcium and osteoporosis, and fat and cancer. These are helpful for people who are concerned about eating foods that may help keep them healthier longer
- standardized serving sizes that make nutritional comparisons of similar products easier
- declaration of total percentage of juice in juice drinks. This enables consumers to know exactly how much juice is in a product.

How to use it:

Several features of the Nutrition Panel help people manage their diets. The first thing that should be looked at on a nutrition label is **serving size**, because this influences the amount of calories and nutrients actually consumed. Serving sizes now are more uniform among similar products and reflect the amounts people should eat. The similarity makes it easier to compare the nutritional qualities of related foods.

The label also gives grams of total carbohydrate, protein and fat. The values listed for total **carbohydrates** include *all* carbohydrates, including dietary fiber, sugars and even complex carbohydrates, such as starches. The sugars include naturally present sugars, such as lactose in milk, fructose in fruits, as well as sugars added to the food, such as table sugar, corn syrup and dextrose. The best way to tell if the sugars present are mainly *added* sugars is to look at the ingredients below. If added sugars are listed as some of the first main ingredients, this is a food to stay away from.

The listing of grams of **protein** is also helpful for those restricting their protein intake, either to reduce their risk of kidney disease or to manage the kidney disease they have developed.

The listing of grams of total **fat** is what most of us first look out for because we associate fat with gaining weight. Don't forget that there are many fats that are highly beneficial for our bodies, helping with improved brain and nervous system function, vitamin absorption, healthy skin, hair and nails, and even with lowering "bad" cholesterol. Under *Total Fat*, the nutrition label specifies which fats are primarily present, and the amount in grams. Use this feature of the nutrition label to decide whether or not the fat in a given food will be helpful for your body.

Avoid or limit foods listing *saturated* or *trans fats*. These are mainly found in animal products, fried foods, processed foods, and commercial baked goods (for example: cookies, crackers, and donuts). Instead, **consume slightly more unsaturated fats** found primarily in plant and fish oils. Look for *monounsaturated fats* (such as olive or canola oils) and *polyunsaturated fats* (such as fish, sunflower, corn soybean and safflower oils) on the nutrition labels.

The amount of **cholesterol** and **sodium** are also shown, along with their Daily Value Recommendations in percentage (%DV) so that you, the consumer, can be in control of limiting such substances that can lead to chronic diseases.

On the other hand, the **%DV** can serve as a way to make sure that you are *preventing* illnesses, by consuming *enough* of other nutrients, especially **vitamins and minerals**, which are shown near the bottom of the label.

Elsewhere on the label, consumers may find claims about the food's nutritional benefits – "low fat", "no trans fat", "high fiber" – signaling that the food contains desirable levels of certain nutrients. Other claims, called **health claims**, show a relationship between a nutrient or food and a disease or health condition. FDA has authorized a number of claims, which are based on significant scientific agreement. Three claims that relate to heart disease are of particular interest:

- *A diet low in saturated fat and cholesterol may help reduce the risk of coronary heart disease.*
- *A diet rich in fruits, vegetables and grain products that contain fiber, particularly soluble fiber, and are low in saturated fat and cholesterol, may help reduce the risk of coronary heart disease.*
- *Soluble fiber from whole oats, as part of a diet low in saturated fat and cholesterol, may help reduce the risk of coronary heart disease.*

For more details on how to understand and use the Nutrition Facts label to ensure a healthy diet, check out the FDA website: <http://www.fda.gov/food/labelingnutrition/consumentinformation/ucm078889.htm>

March is National Nutrition Month

The Theme for 2011: "Eat Right With Color"

National Nutrition Month (NNM) is a campaign that was launched in 1973 as a way of making parents more aware of the public about nutritional and health issues. Sponsored by the American Dietetic Association (ADA), the campaign continues, to this day, to help children and their families develop better food and physical activity habits. Four years ago, ADA also declared March 9th a special day during the month to recognize and commemorate the dedication of registered dietitians (RDs) and the wonderful work they are doing in nutrition. Help us celebrate the fourth annual Registered Dietitian Day by taking the time to explore how an RD could help you in achieving *your* health



Check out the ADA website
<http://www.eatright.org/Public/>
to find a registered dietitian near you, or to just read useful eating tips written by RDs themselves!

This year's theme, "Eat Right With Color" especially calls us to eat more fruits and vegetables. Most Americans do not get enough, and so are missing out on very powerful protective and healing properties. Not only does eating plenty of fruits and vegetables help you maintain a healthy weight: it also helps you ward off heart disease and stroke; maintain good blood pressure, vision and gastrointestinal health; and prevent some forms of cancer. But you don't have to wait until March to try it! Start today to make fruits and veggies the main part of your meals, and more available whenever you want a snack or dessert, and you'll be on the road to a healthier YOU by March!



Kindergarten student at P.S. 243 tasting vegetables with FAN4Kids

To help your local school with National Nutrition Month event ideas, check out www.eatright.org/nnm/. Here are just some of the fun activities they suggest can be done at school or at home:

- Create a "nutrition quiz corner" with a nutrition question every day for the entire month of March. Students complete an answer form and place it in a box, which is emptied daily. You may award a daily prize, or enter the name of every contestant who answered correctly in a weekly prize drawing. Prizes could be NNM promotional items.
- Conduct a "Fear Factor"-type event. Provide unusual vegetables and fruits cut into bite-size pieces. Offer an opportunity to taste and guess the food.
- Contact the local library and schedule a story time, movie, nutrition program or a poster/coloring contest for kids.
- Ask children to begin carefully saving empty food product boxes. Spend some time reading labels and comparing calories, fat, sugar content, vitamins, etc. Expand this into a menu-planning opportunity, with children dividing into teams. See which group can plan the healthiest meal. As a math exercise, add up the calories from various products.
- Have an ethnic food night, i.e., Asian cuisine, Mediterranean, French, Cajun, etc. This may be done by inviting local restaurants to participate, or have your own organization provide the food.



www.fan4kids.org

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”**.

FAN4Kids
1026 Washington Street
Hoboken, NJ 07030
Phone: 201-349-7955
Fax: 206-337-0738
E-mail: info@fan4kids.org



Recess at P.S. 75



Special Thanks to Our Partners and Sponsors:



Seyfarth Shaw LLP

Victoria Foundation, Inc.

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

New Jersey Department of Human Services

Support FAN4Kids

Help reverse the trend of childhood obesity. Every dollar helps. Sponsor a child, a class, or even a school.

Donate online at: http://www.FAN4Kids.org/FKD_onatepage.htm

or mail your donation to:
FAN4Kids
1026 Washington Street
Hoboken, NJ 07030

Be a Fan of FAN4Kids

Follow us on Facebook!

