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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.'



Spring into Healthy Habits

We have all been cooped up indoors during this long and snowy winter! Good news....birds are chirping, the sun is shining and the flowers are blooming. Spring is here! The Spring season is the perfect time for new beginnings and we can't think of a better time to start to make healthy changes. Follow these tips to help improve your family's health:

***Move more, sit less-** now more than ever, it is important to get in physical activity every day! Regular exercise helps improve your overall health, fitness and quality of life. Consistent physical activity also reduces your risk of a variety of chronic conditions. It is recommended for adults to do 30 minutes of cardiovascular exercise per day and at least 2 days of strength training per week and children should exercise 60 minutes per day.

***Reduce screen time-** due to the pandemic and students learning from home; there has been a huge increase in screen time for everyone, especially children. Now that the weather is warmer, it is a perfect opportunity to get outside and turn off the screens. Try to start slowly reducing screen time as a family and replacing it with taking a walk, playing basketball or doing a dance party!

***Add a fruit and/or vegetable into every meal-**instead of forgetting to eat your fruits and vegetables or trying to come up with a side that goes with the meal, think of creative ways to include fruits and or vegetables into breakfast, lunch and dinner. For example; try adding sliced bananas or strawberries to cereal or oatmeal, add lettuce and tomato to a sandwich, or add fresh broccoli to a pasta dish. Look for fruits and vegetables that are in season to add into your meals!

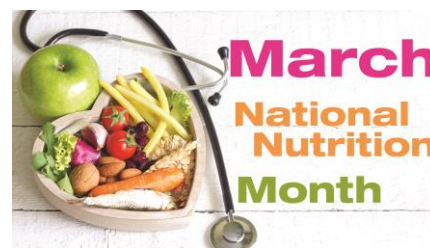
***Eat dinner together-**many studies have shown that "breaking bread" as a family decreases anxiety and stress, teaches good nutrition habits and reduces obesity later in life. Plan out meals for the week and establish the best time to eat dinner for everyone.

***Get your checkups-** No matter what, it is crucial to continue to go for your annual checkups. Make sure your entire family keeps up with doctor appointments. We know seeing the doctor is not the most fun, but it will keep you healthy and feeling good about yourself.

***Rethink your drink-**Sugary drinks are the leading source of added sugars in the American diet. People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, kidney disease, cavities, etc. Limiting sugary drinks can help you maintain a healthy weight and have a healthy diet. Swap out sugary drinks for water, seltzer or fresh fruit smoothies.

March National Nutrition Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed choices and developing sound eating and physical activity habits. This national campaign fits in perfectly with the FAN4Kids program, as we teach nutrition and fitness lessons to our students, staff and families. Ask your child about any projects they might have done in FAN4Kids this month to celebrate National Nutrition Month. This year the theme is "Personalize your Plate." There is no one-size fits-all approach to nutrition and health. We are all unique with different bodies, goals, background and tastes! Therefore, it is important to have a realistic plan and find what works best for you! We at FAN4Kids challenge you to pick a nutrition goal or change that will help your family become healthier!



For more information visit:

<https://www.eatright.org/food/resources/national-nutrition-month>

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Director), Chelsey Wisotsky (Newsletter Editor), Saraswathi Cuffey (Instructor/Trainer) Instructors: Alicia Dean-Hall, Claudia Samad and Laura Vargas ... That's who!

Ingredients

1lb. chicken breast
 ¼ teaspoon garlic powder
 ⅔ teaspoon salt
 ¼ teaspoon black pepper
 ½ teaspoon italian seasoning
 2-3 tablespoon olive oil
 2 cups diced vine ripened tomatoes
 ¼ cup red onion chopped
 ½ cup basil chopped
 1 tablespoon olive oil
 ¼ teaspoon salt
 1 bunch asparagus ends trimmed, cut into 2-inch pieces
 2 tablespoons balsamic reduction
 (1 tablespoon balsamic vinegar + 1 tablespoon honey)



Instructions

1. In a small bowl, mix ¼ tsp salt, garlic powder, pepper and Italian seasoning. Sprinkle seasonings over chicken breast, pressing into the chicken lightly.
2. Combine diced tomatoes, diced red onion, basil, 1 tbsp. of olive oil, and ¼ teaspoon of salt and mix until combined. Add 1-2 tbsp. of oil and chicken to a large skillet over medium heat. Covering and cooking chicken for 7-8 minutes per side until completely cooked through. Remove chicken from pan when completed and add 1 tbsp. of olive oil, asparagus, a splash of water and ¼ tsp. of salt.
3. Cook for 4-5 minutes until crisp and bright green. Serve chicken and asparagus with bruschetta, drizzled with balsamic glaze. Enjoy!

Source: <https://www.evolvingtable.com/>

Ingredients

5 large zucchinis, 2 tablespoon olive oil
 1 cup shredded Mexican cheese
 1 lb. lean ground turkey (or any meat of choice)
 1 small onion diced
 2 medium tomatoes diced
 1 teaspoon black pepper
 1 teaspoon garlic powder, ¾ cup corn
 ¾ cup black beans rinsed
 1 teaspoon Italian seasonings
 1 tablespoon taco seasoning
 ½ cup tomato sauce, ¾ teaspoon salt
 1 teaspoon paprika



Instructions

1. Preheat the oven to 400 degrees.
2. Cut lengthwise and core the zucchinis. Place in a baking dish, drizzle with 1 tablespoon of olive oil, add salt and pepper to your tasting and bake for 10 minutes.
3. Using a large skillet, bring a tablespoon of olive oil to medium high-heat. Add onions and cook until soft. Add in turkey, spices and salt and cook for 3 more minutes.
4. Add in black beans, corn, diced tomatoes and tomato sauce, mixing together and simmer on medium-low for 5 minutes.
5. Generously stuff zucchini with the stuffing mixture and top with shredded cheese and then bake in the oven for 10 minutes
6. Remove dish, top with cilantro, lime juice and sour cream and enjoy!

Source: www.cookinwithmima.com/

Fresh Spring Fruits and Vegetables

When buying fresh fruit and vegetables, it's always better to buy what is in season. Buying produce in season allows you to eat them when they are at their best. This means they have the best flavor, are fresher and more nutritious. They are at their peak ripeness and also priced fairly. Here is a list of produce that are in season for the spring and a fun fact about each.

Apricots - Like carrots, Apricots have a great source of vitamin A which is good for vision. They also have a lot of vitamin C which helps to boost your immunity or prevents you from getting sick easily.

Arugula - This is a leafy vegetable that has so many health benefits including heart health, bone health, improving vision and even more! A very popular way to eat arugula is in a salad with tomatoes & mozzarella cheese.

Asparagus - It can take up to 3 years for asparagus to fully grow from seed to harvest. Compared to green asparagus, white asparagus grows underground, which prevents the asparagus from turning green.

Beets - The entire beet is edible from the leaves all the way down to the roots. Beets are high in fiber which is great for your gut and heart. Beets can be eaten so many different ways like pickled, juiced, boiled, steamed or fresh in a salad.

Carrots - Provide a great source of vitamin A, which helps us with our eyesight. Did you know that carrots come in other colors besides orange? We can have yellow, white, red and even purple carrots. What color do you want to try?

Cherries - Cherries grow on trees and each tree can grow up to 7,000 cherries! That's a lot of cherries! They have a lot of antioxidants, vitamins and minerals that keep our bodies strong! Because of this they are a great quick and easy snack to have on hand.



Grapefruit - Grapefruit is made from 92% water which means you can eat this fruit to help you stay hydrated. It was accidentally created when a sweet orange was mixed with a fruit called pomelo. The most popular way to eat grapefruit is by cutting it in half and using a spoon to scoop out the inside.



Kale - Kale is known as a superfood. Which basically means that it has so many nutrients and vitamins that our bodies need to be healthy. A fun way to eat kale is by making kale chips. All you have to do is remove the leaves from the stem and cut into bite size pieces, then drizzle with a little bit of olive oil, add salt and bake in the oven at 400 degrees for 10-15 minutes.

Kiwi - This fruit was named after a small fuzzy bird from New Zealand. Kiwi is packed with a nutrient called potassium which benefits our bodies in many ways like lowering blood pressure, strengthening our bones and muscles and is even great for our heart. Kiwi is normally green in color, but did you know they can also be yellow?

Lemon - Lemon trees grow lemons all year round, but during the spring months they are the ripest! Lemons have a lot of Vitamin C in them and we know that means they help us to fight off germs. Squeezing some lemon juice in water is a great way to eat, consume this fruit and to stay hydrated.

Strawberries - They are the only fruit that grows its seeds on the outside. A strawberry can grow up to 200 seeds! Strawberries are sweet and delicious treats that you can enjoy in many different ways. You can add some in your oatmeal, add to a smoothie with some bananas, or on its own as a snack.



Check out farmers markets in your neighborhood, here: <https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/nyc-farmers-markets.pdf>

Dear Ms. FAN4Kids,

I am a working mom of 3 who needs some time saving tips for eating healthy while busy. My days are very jam packed with meetings, phone calls, picking up and dropping off kids. With all the running around, I'm having issues with eating healthy during these times. When I'm busy with work or my family, it is really easy for me to grab some unhealthy foods that are quick and easy or skip a meal altogether. After a long day, the thought of prepping, cooking and cleaning up a homemade dinner seems so daunting that I end up getting takeout. I know that these actions are not the best for myself or my family. How can I make my days easier so that I can eat healthy while busy?

Thanks, Nonstop Momma

Hi Nonstop Momma!

You are not the only one who is feeling this way! The main way to avoid these challenges is to always plan ahead and when you do fallback to old unhealthy habits to get right back on track and not dwell on the setback. Here are some tips and tricks to make eating healthier at home easier.

1. **Prep and Chop Everything at Once**- When cutting up veggies for a recipe, like onions or peppers, chop up the whole vegetable. This will save you time for future meals and will cut your prep time down. Peppers and onions are a great starter for soups, stews, chili's and stir fry's which can be excellent healthy meals to make during a busy week. Another great thing is that these vegetables freeze well so if you find you have too much chopped up that you don't want to go bad, put the veggies in a Ziploc bag and throw in the freezer for a later date.
2. **Cook in bulk and freeze**- This ensures that you always have something ready on hand for those busier days. On days where you have more time to cook and prep, make meals like stews, soups and chili and double the batch. Once the meal is done cooking, take half of it and put it in the freezer. On busy days when you know you won't have a lot of time to cook, take out one of those meals from the freezer to defrost and you are all set for dinner!
3. **Prep breakfast the night before**- As we all know, breakfast is the most important meal of the day. It is also a meal that is easily skipped or can quickly become unhealthy when people grab sweet pastries. Plan quick and easy breakfast meals that can be "grab and go's" to make it easier. When making a smoothie put all of your solid ingredients in a Ziploc, put in the fridge and in the morning toss all ingredients in a blender with liquid for a quick breakfast.
4. **Carry snacks with you**- If you are out and in a pinch, having snacks with you will be very beneficial. You will be able to eat something quickly that is healthy, not be enticed to "impulse purchase" unhealthy snacks and will not need to spend additional money.
5. **Look beyond fresh produce**- Frozen and canned fruits and vegetables will still provide you with the necessary nutrients. They also have a longer shelf life which helps if you're the type of person to throw out unused produce that go bad.
6. **Meal Plan** - Find a day and schedule in time where you can sit down and plan out your weekly meals. This will help you to stay on track even during those busy days because you have a plan and hopefully have all ingredients prepped ahead of time.



★ ★ ★ ★ ★ FAN of the Month ★ ★ ★ ★ ★

Meet McKenzie Ara from Ms. Johnson's 1st grade class at P.S. 273 in Brooklyn, NY! She was chosen as our FAN of the Month! Despite having remote classes, McKenzie is always motivated to work out and participate in our FAN4Kids lessons. She is eager to learn and asks a lot of intelligent questions about fitness and nutrition. McKenzie does a great job remembering all of the muscles in the body and loves to exercise! Not only does McKenzie exercise during FAN4Kids class, but she has fun getting her family to be physically active with her at home as well. McKenzie has learned a lot from being a FAN4Kids student! She said, "FAN4Kids has taught me about my biceps and how to exercise them. I also have learned about the 5 food groups on My Plate. My favorite food group is fruits!" McKenzie has a perfect role model in her classroom teacher, Ms. Johnson, as she is always looking for new ways to become healthier herself. Ms. Johnson always participates in our FAN4Kids lessons and says, "The kids always enjoy the fitness and nutrition lessons and are excited for FAN4Kids each week!"

Congratulations McKenzie on being chosen at the FAN of the Month! Keep up the great work!



Question Corner

1. Which one of these foods is a plant protein?
a. Broccoli b. Chicken
c. Sunflower seeds d. Spinach
2. What two muscles work together when throwing and catching?
a. Quadriceps & Hamstrings b. Calves & Pectorals
c. Heart & Trapezius d. Triceps & Biceps
3. What part of our body do foods from the grains group give energy to?
a. Heart b. Brain c. Toes d. Fingers
4. What muscle do we use when we do a push up?
a. Pectoral b. Hamstrings
c. Calves d. Quadriceps

Answers

1. **C. Sunflower Seeds** - Seeds are a great form of protein. Another seed that provides our body with protein is pumpkin seeds.
2. **D. Triceps & Biceps** - Your triceps and biceps are located in your arms and they work together when you are performing any activity involving your arms, including throwing and catching.
3. **B. Brain** - The grains group not only gives you energy to exercise and play, it also gives your brain energy so you can learn.
4. **A. Pectoral** - The pectoral muscle is located in your chest. Push-ups are a great exercise to help strengthen your pectoral muscle.



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www.fan4kids.org

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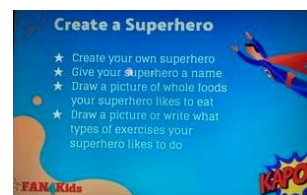
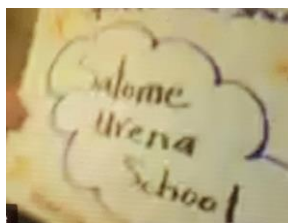
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above.

Have you been dancing away your Friday afternoons with FAN4Kids? This year FAN4Kids is hosting a monthly dance party for you and your family! At our first event in February we had so many people register that they crashed the system! See some great photos below... We had to have another ASAP to make sure everyone could get on the link that time. We had over 700 families register for the event! Did you know that dancing is a great form of exercise? Put on those dancing shoes and show off your best dance moves at our virtual dance party. The amazing "DJ Keith" will be playing cool tunes, your favorite FAN4Kids instructors will be partying with you & there will be prizes raffled off. Our next party is **Friday, March 26th at 12:30pm**.

We can't wait to see you there!

Register for the FAN4Family Dance Party here:

<https://us02web.zoom.us/join/register/tZwudOqpgj4iHNA9LbeHLOMDNYIPOOixu9Gp>



Students from P.S. 298 in Brooklyn, NY learned about whole foods and had a blast creating their own superhero during FAN4Kids! As you can see from the picture, students know that superheroes need to eat healthy foods and exercise to be able to even use their superpowers!



The New York City Council

NYC Healthy School
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Scan to visit
www.FAN4Kids.com

Special thanks to our core sponsors, partners and the school administrators at PS 69, PS 157, PS 382, PS 54, PS 35, PS 14, PS 77, PS 93, PS 161, PS 150, PS 368, PS 273, PS 298, HOPES, TALES, Peshine Ave. School, and Salome Urena School.