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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.'



Smart Food Safety Practices

With warm sunny summer days ahead, many of us are looking forward to taking advantage of cooking, hosting BBQ's and eating outdoors with friends and family all season long. Eating outdoors can be fun and social, but we need to remember to take precautions to keep our food safe. With warmer temperatures, cases of food poisoning, typically increases. Foodborne illness is a significant public health concern in the United States. In fact, around 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne illness each year. Those at risk are young children, the elderly, pregnant women, and people with diseases that involve the immune system. Before you get ready to dine under the stars this summer, check out these tips:

Preparing Foods:

Clean - Wash your hands often and make sure there are plenty of clean utensils and platters on hand; wash fruits and vegetables thoroughly.

Cook Thoroughly – Cook food to a safe internal temperature; use a food thermometer. Undercooked beef can cause very serious illnesses, specifically for those most vulnerable.

Separate – Separate raw and cooked food to prevent cross-contamination.

Store foods properly - Make sure the temperature in your refrigerator is 41° F or below and 0° F or below in the freezer.

Grilling Foods:

-Marinate foods in your refrigerator, not on the counter or outdoors. If you plan to use some of the marinades as a sauce, set aside a portion before adding the raw meat, poultry, or seafood. Never reuse marinade.

-Do not use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.

-If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

-Cook food thoroughly. The only way to know if it is cooked properly is to use a food thermometer. The correct temperatures for cooked foods are:

- Beef, veal, and lamb steaks and roasts – 145° F for medium-rare, 160° F for medium, and 170° F for well done.
- Ground beef and pork – 155° F. -Ground poultry – 165° F.
- Whole poultry (take the temperature in the thigh) – 180° F.
- Fish – 145° F, or until the flesh is opaque and separates easily with a fork. Shrimp, lobster, and crab... the meat should be pearly and opaque.

-Clams, oysters, and mussels – cook until the shells open.

Grilled food can be kept hot, until served, by moving it to the side of the grill rack, away from the coals.

To Serve Food Safely:

-Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.

-Hot food should be kept hot, at or above 135° F.

Wrap well and place in an insulated container.

-Do not let perishable food sit out longer than two hours.

-Food should not sit out for more than one hour in temperatures above 90° F. The hotter the day, the quicker food can become hazardous.

To Transport Food Safely:

-Keep cold food cold. When you leave the supermarket, place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 41° F.

-Pack meat, poultry, and seafood while it is frozen so that it stays colder longer.

-Keep raw meat, poultry, and seafood securely wrapped by using separate containers or heavy-duty zip lock bags. This will prevent the juices from contaminating cooked foods or foods eaten raw, such as fruits and vegetables.

-Rinse raw fruits and vegetables in running water before packing them. Dry fruits and vegetables with a clean cloth towel or paper towel.

-Keep the cooler in the air-conditioned passenger seat, rather than in a hot trunk, or in the shade. Limit the times the cooler is opened. Putting a towel over the cooler also helps to keep the cooler contents chilled.



Keep in mind these healthy tips as you enjoy many delicious and healthy meals outdoors this summer!

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

1 large zucchini
 ½ tablespoon olive oil
 2 tablespoons spreadable cream cheese
plain or herb & garlic flavor
 ¼ teaspoon garlic powder
 salt & pepper to taste
 1 tablespoon parmesan cheese *grated*
 parsley and parmesan cheese for garnish *optional*



Instructions

1. Cut the ends of the zucchini and spiralize using the medium noodle blade (not the smallest blade). If you do not have a spiralizer, you can use a vegetable peeler, carve with a knife or shred with a grater.
2. Preheat olive oil over medium high heat. Add zucchini noodles and garlic powder (no salt). Cook 3-5 minutes, stirring with tongs until slightly softened/wilted.
3. Move noodles to one side and add cream cheese, stirring until melted. Toss with zoodles and season with salt and pepper to taste.
4. Stir in grated parmesan cheese. Garnish and serve. Feel free to add grilled shrimp or chicken and serve as a meal!

Ingredients

2 (15 ounce) cans black beans, rinsed
 1 teaspoon ground cumin
 ½ teaspoon garlic powder
 8 hard taco shells (can substitute whole wheat tortillas)
 ¾ cup shredded Mexican cheese blend
 Feel free to add your favorite toppings: lettuce, tomatoes, guacamole, salsa, etc.



Instructions

1. Preheat oven to 325 degrees F.
2. Mash half of the beans in a large bowl. Add whole beans, cumin and garlic powder; stir to combine. Fill each taco shell with about 1/3 cup of the bean mixture. Top with cheese. Place the filled tacos on a baking sheet and bake until the beans are hot and the cheese is melted, 12 to 15 minutes.

Technology and Healthy Resources

In today's day, we can learn so much right from our living room. At a young age, our children are learning how to navigate the internet, which can be a very educational tool if used properly! This past year and a half has forced us all to become experts on how to use technology. So....why not use it to our advantage. There are many educational sites that are beneficial for kids of all ages in many different subjects. As you know, FAN4Kids focuses on fitness and nutrition and we pride ourselves on being your fitness and nutrition "experts"! In addition to FAN4Kids social media and website, below are some educational, reputable and fun sites for you and your child to review and learn about staying healthy!



Arthur Family Health- (ages 4+)

<https://pbskids.org/arthur/health/>

Nourish Interactive- (ages 8+)

<http://www.nourishinteractive.com/kids/kidsarea.html>

Center for Disease Control and Prevention- (teenagers/adults)

<http://www.cdc.gov/bam/index.html>

GoNoodle-Interactive Fitness Activities- (all ages)

<https://www.gonoodle.com/>

Be a Fit Kid-Kids Health- (elementary and middle school)

<https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg#catfit>

USDA MyPlate- (adults)

<https://www.myplate.gov/eat-healthy/what-is-myplate>

Health for Kids- (elementary and adults)

<https://www.healthforkids.co.uk/>

Question Corner

1. What does it mean to be flexible?
 a. To eat vegetables each day b. To run super fast
 c. Being able to move muscles through their full range of motion d. Having fun while playing
2. What does it mean to eat the rainbow?
 a. Eating different colors of fruits and vegetables
 b. Eating lots of colored candy
 c. Eating all types of food
 d. All of the above
3. What can you do to keep yourself hydrated?
 a. Drink any fluid including coffee b. Eat foods with salt
 c. Eat 3 meals each day d. Drink 64 oz. of water each day
4. What type of exercise will help strengthen your abdominals?
 a. Squats b. Lunges c. Toe raises d. Crunches



Answers

1. C. Flexibility is the ability to move muscles through a full range of motion. To improve flexibility it is important to stretch your muscles each day. Good flexibility helps to prevent injuries, makes one feel better, and improves posture.
2. A. Eating the rainbow means to eat fruits and vegetables of all different colors. Different colored fruits and vegetables have different health benefits. Challenge yourself to eat at least 3 different colored fruits and vegetables each day.
3. D. Drinking water is the main way to keep your body hydrated. Our bodies are made up of 60% water and we need to drink 64 ounces of water each day. Water is the best drink of all! Always keep a bottle of water near by to make it easy to keep drinking throughout the day.
4. D. Crunches are a great way to strengthen your abdominals. The abdominal muscle is located in your stomach and provides stability for movement and supports your back and core.

Dear Ms. FAN4Kids,

I keep hearing the word "wellness" and I am not quite sure what this word really means? I see "wellness" used online, in newsletters, articles, food advertising, doctor's offices, etc. Wellness must be important as I keep hearing about it. I think I am doing all I can to keep my family healthy, but I do not want to miss out on anything I could be doing better. Can you please explain the definition of "wellness"?!

Sincerely, Wellness Wonder

Dear Wellness Wonder,

We all have heard the word "wellness", right?! You are correct! "Wellness" is a "buzz" word and is often used in articles or health related conversations. But what does "wellness" really mean? Wellness is practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you are thriving! Just because one might not be diagnosed with a disease, does not mean they are healthy. Good health is a combination of physical, mental and social well-being. Before adults can help their children attain good health, it is imperative to achieve wellness themselves first. Educating our children on health and wellness is important and the earlier we stress the importance of healthy habits, the more it will be ingrained and implemented into their lifestyles as they grow older.

Learning about health and wellbeing enables children to make informed decisions in order to improve their mental, emotional, social and physical wellbeing and experience positive aspects of healthy living. Below are key components of one's lifestyle that make up wellness:

Social Connectedness- Connecting with friends or loved ones is a great way to help improve your physical and mental health. Take 10 minutes to call someone you've been thinking about. This is a great way to connect and catch up with the people that matter most.

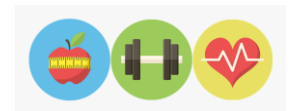
Exercise- Even 20-30 minutes of daily exercise can have a positive impact on your overall sense of well-being and help improve your mood. Don't know where to start? Try a brisk walk on your lunch break or opt for the stairs instead of the elevator when you can.

Nutrition- By adding wholesome ingredients to your plate, you'll be taking steps towards a healthier you. Some food for thought: pack an apple and raw veggies in your bag for healthy snacks on the go. This may help you avoid vending machines or fast food.

Sleep- Consider your sleep hygiene. Avoid caffeine after 12 pm, include quiet and calm activities before going to bed, and wake up at the same time every day. These are simple ways you can begin your journey towards becoming a successful sleeper.

Mindfulness- Did you know that practicing mindfulness is good for the body and mind, and can help with focus and change the brain. Take a moment right now to consider your own mind and how you are feeling. The more you tap into your own thoughts, the more you may become aware of how you react to stressful events- so start practicing mindfulness today!

In addition to individual wellness, it is important to focus on family wellness. Family wellness means that everyone in the family has healthy mental functioning, productive activities, and fulfilling relationships with one another and people outside the family. Family wellness allows everyone in the family to adapt and bond together to help one another through change and difficult times.



Steps to achieving family wellness:

- **Develop effective communication skills-** it is not easy, but practice communicating with one another and share feelings. This will not only create a healthy family environment, but will also teach children how to communicate with others outside the family.

- **Schedule routine health appointments-** keeping up with regular doctor appointments is important in disease prevention and maintaining your health. A great way to make sure to not forget your regular doctor visits, is to schedule your next appointment while you are already at the doctor.

- **Spend quality time together as a family-** spending time together as a family helps to build relationships, improve self-esteem and develop positive behaviors. Find activities that are fun for the entire family such as; a family walk, play a sport together, set up a family dance party or even just have dinner together with no distractions. With everyone having busy lives, it is helpful to schedule a routine family time each day and let everyone decide together what activities to do as a family.

Improving your family wellness will help family members to get closer and form unbreakable bonds that pass from generation to generation. Closer families enjoy peace and love within the home, which will also facilitate individual wellness. Now that you know what "wellness" means, think about how you can help yourself and your family achieve wellness to live healthy and happy lives!

Sincerely, Ms. FAN4Kids

★ ★ ★ ★ ★ FAN of the Month ★ ★ ★ ★ ★

Ms. Pardi, a wonderful first grade teacher at P.S. 150, Bronx, NY, has been chosen as the FAN of the Month! Ms. Pardi greets her students with a smile on her face and is always excited for FAN4Kids. She not only loves that her students get to be a part of the FAN4Kids program, but she also loves to participate in the FAN4Kids lessons for herself. She is always exercising with her class during F4K fitness lessons and is eager to share her own favorite foods or healthy meals she cooks at home or even ways she stays healthy. Ms. Pardi is a terrific role model for her students! When asked about her experience with FAN4Kids, Ms. Pardi said, "FAN4Kids is an amazing program where students not only learn about the value of nutrition but how nutrition is a life - long process that involves an active life. It encompasses great teaching, very cool games involving nutrition and health, and most importantly, it has active group participation." Ms. Pardi embodies the FAN4Kids mission and incorporates lessons about healthy eating and exercise into her everyday class. We appreciate her dedication to our goal of educating students and their families on how to lead healthy lives through fitness and nutrition!

Congratulations Ms. Pardi!



Our next FAN4Family Dance Party is Friday, June 18th at 12:30pm! Please join us as we all groove and move together with our awesome DJ Keith and special FAN4Kids instructors. This month's FAN4Family dance party theme is "summer beach", so wear your sunglasses or tropical shirt and join the fun!

<https://us02web.zoom.us/j/82461516800>





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Scan to visit
www.FAN4Kids.com

Attention Students: We want your feedback! Thank you to those of you who completed the FAN4Kids student survey! If you have not filled it out yet, please click the below link and fill out the survey.

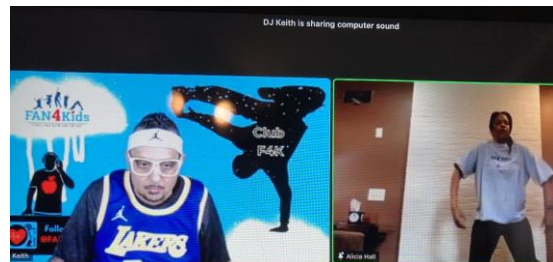
Grade Pre-K-2nd Grade:

https://docs.google.com/forms/d/e/1FAIpQLScDpg1EtjdgcF_B5MOwBUK-Ilh3Uuu7oOwmHunFqUkjNhDig/viewform?usp=pp_url

Grade 3-5:

https://docs.google.com/forms/d/e/1FAIpQLSc7hJFq4Dk-sGWAfZRXYhwY-zLZNcbwg1Su-5DXOr1S56vjeA/viewform?usp=pp_url

Parents had so much fun and learned a lot about healthy eating on a budget during a FAN4Parent workshop at P.S. 35!



Last month, everyone was moving and grooving during our rockin sports themed FAN4Family dance party and then ended with a relaxing cool down! Don't miss our next FAN4Family Dance Party Friday, June 18th at 12:30pm.

**Have a happy, healthy, active
and safe summer! We will
miss you, but look forward
to working with you in the**



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Special thanks to our core sponsors, partners and the school administrators
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