



Fall Issue 2013



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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.'



What's In Season? September through December: Fruits & Vegetables

It is always best to shop for foods that are in season; they are usually less expensive, fresher and delicious tasting! Here is your guide to choosing fruits and vegetables that are in season:

Apple- we've all heard the saying, "an apple a day keeps the doctor away," apples are packed with cancer fighting agents called antioxidants, vitamin C, and fiber.

Artichoke- filled with ample amounts of minerals such as potassium and phosphorous, and vitamins B and C.

Broccoli- provides optimum nourishment with potassium and vitamins A, B, C.



Brussels sprouts- provide sufficient nutrients in the form of potassium, vitamin C, and niacin when cooked or boiled.

Cabbage- low in saturated fat and cholesterol and a great source of calcium, iron, and magnesium. Also, an excellent form of dietary fiber.

Cauliflower- good source of protein, phosphorous, and potassium; also enriched with vitamins C, B6, and pantothenic acid.

Cherries- wonderful source of dietary fiber and minerals copper and manganese, loaded with vitamins A and C as well.



Cranberries- rich in antioxidant compounds that prevent certain cancers and adequate amounts of vitamins C, E, and K.

Eggplant- used to make delicious dips while simultaneously being a great way to get the necessary vitamins and nutrients; it presents the body with vitamins C, B6, and K and minerals like phosphorous and manganese.

Figs- good source of potassium and dietary fiber.



Grapes- serve as a source of vitamins C and K.

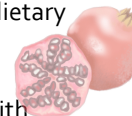
Green beans- bright, green, & crunchy veggies filled with protein, calcium, iron, magnesium, potassium, & vitamins A, C, and K.

Guava- extremely low in saturated fats, sodium, and cholesterol; most importantly comprises of potassium, dietary fiber, and vitamin C.

Mushrooms- extremely tasty when tossed in stir fries & consist of thiamin, niacin, riboflavin and minerals such as potassium, zinc, copper, and selenium.

Pear- packed with essential nutrients and vitamins including calcium, potassium, and dietary fiber; also includes vitamin C and magnesium.

Pomegranate- a red and vibrant fruit whose benefits include vitamins C and K, folate, and dietary fiber.



Pumpkin- a great autumn vegetable packed with thiamin, niacin, vitamins A, C, E, and B6, and minerals magnesium, iron, and manganese; it is delectable in soups and desserts.

Raspberries- a great "to-go" snack that is rich in vitamin K, magnesium, and dietary fiber.

Squash- acorn and butternut squash are popular in the fall, providing high levels of vitamin A, B6, C, potassium, and manganese.



Sweet potatoes- consist of optimum levels of vitamins A & B6, dietary fiber, potassium, and manganese; can be incorporated in desserts like pies and puddings.

Turnips- another fall veggie high in calcium, copper, potassium, dietary fiber, manganese, and vitamin C.

Who are we at FAN4Kids?... Rob Oliver (CEO and Founder), Karen Schocklin (Program Coordinator and Instructor) and Instructors: Justin Jones, Annette Pufall, Andre Harris, Tara Benitez & Gisele Gaulden... That's who!

★ FAN of the Month ★

Your fitness and nutrition program, (FAN4Kids), is excited to be instituting an incentive program for the various school communities our organization serves. Beginning this month (October) we will be honoring one person with in our total school population who will be selected as the "FAN Of The Month." This person whether it be a student, parent, teacher or other staff member will be chosen based on criteria such as the below examples:

- ✓ Helping others' to or having personally accomplished a desired health and fitness goal.
- ✓ Someone who takes a FAN4Kids idea and helps implement it into the school culture.
- ✓ Someone who implements extension activities based on the FAN4Kids healthy living philosophy.
- ✓ Creative implementation of FAN4Kids healthy choices philosophy across the curriculum.
- ✓ A parent organization member who brings an idea for a parent association activity that reflects good nutrition and or fitness for students and families (i.e.; apple picking, healthy food choice fundraisers or Olympics day).
- ✓ A person who promotes the benefits of FAN4Kids to the community at large in a creative way.
- ✓ A student who goes above and beyond in their FAN4Kids class and gives 110% effort.

Each winner will be acknowledged on our website and in our quarterly newsletter. Also, a certificate will awarded to each honorees school.

Janet McKee P.S. 81, Brooklyn, N.Y. October "FAN Of The Month"

Janet McKee, a school safety agent at P.S. 81 in Brooklyn, N.Y. is FAN4Kids first ever "FAN Of The Month" for October! Janet has made major health changes in her lifestyle. She was tired of not feeling well, having low energy and being out of shape. Janet was determined to become healthier. Over the last year she has lost over 40lbs., and transformed her body. She started by making healthier choices and going to the gym at least 5 days per week. "People keep asking me if I'm sick and why I've lost weight. I tell them that I just really like fruits and vegetables now and stopped eating so much junk. I just made going to the gym and being active part of my daily routine. I stopped eating junk food as much as possible. I try to prepare more of my food and bring healthy meals and snacks with me to work most days." Janet says she feels great and is not going back to her old poor eating habits and inactivity. Her tremendous accomplishments have not only helped herself to feel better physically and emotionally, but she is also now a role model for students, staff and parents at PS 81. Thanks not only to FAN4Kids fitness and nutrition workshops at PS 81 lead by instructor, Justin Jones, but through motivation and dedication, Janet learned how to lead a healthier life and feels great!



Congratulations to Janet McKee.....

Keep up the great work!

If you know someone who deserves to be nominated as a "FAN Of The Month", please let your FAN4Kids instructor know or send us an email to: info@fan4kids.org

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As we begin our 10th year, I want to express my gratitude to all those who have joined in our effort to reverse the tide of child obesity in the New York/New Jersey metropolitan area: Corporations, foundations, principals, teachers, government officials, parents, partners, friends, family, volunteers, and most importantly, FAN4Kids instructors and the children they teach. During the 2012-13 school year, FAN4Kids served 2,300 children across New York City and in Newark, NJ, making this our largest individual year ever. I am humbled, honored, and tremendously excited about our accomplishments, and energized to make sure that the next 10 years are even more successful.

FAN4Kids has found that educating children at an early age about healthy eating and active lifestyles is the most effective way to prevent and reduce childhood obesity. The education is infectious. FAN4Kid's impact is measured by data and through numerous anecdotes reported by teachers, administrators, parents, FAN4Kids instructors, and kids, that show FAN4Kids helps to: a) create healthier nutritional and physical activity habits; b) reduce disruptive behaviors and increase focus in the classrooms; c) influence families to modify and improve their health behaviors; and d) inspire transformations in the "health culture" in all of our schools. FAN4Kids is determined to make even greater strides as we take root in more communities.

I have heard countless times from parents and children that "all schools should have FAN4Kids", and I could not agree more. We need your continued support, in all aspects, from spreading the word about FAN4Kids, to helping create health policies at your school, to introducing us to a new school, or to someone who may be interested in getting involved in our MOVEMENT, or to simply embracing a healthy lifestyle. Stay involved with FAN4Kids, "like" us on Facebook, check-in on our (soon-to-be updated) website, and try our recipes. Remember, this is just the beginning, and living healthy can be fun and delicious.

Dear Ms. FAN4Kids,

I have been trying to regularly get my family to eat a healthy and relaxed dinner together, but I have yet to be successful. It is difficult to get everyone to eat together because of time constraints and differing schedules; however, do you have any advice to help me serve a family dinner that is both fun and nutritious?

Sincerely, Frustrated Mom

Dear Frustrated,

There is no doubt that getting your family to eat together is a daunting task. In the midst of soccer games and after school activities, parents are suddenly forced to feed their children granola bars and “on the go” snacks. If your attempts to bring your family together to the dinner table have been a perpetual failure, take a look at the following alternatives for some inspiration!



- One of the easiest ways to motivate children to come together at the dinner table is to include them in the preparation of food. By allocating a certain role in the preparation process, a child will feel they have a responsibility in preparing dinner and will aspire to excel in it. For example, allow them to set the table, help count how many cups of a certain ingredient is needed, or even bake something simple for dessert!
 - ✓ Because apples are a common fruit in the autumn season, **applesauce** makes a delicious and nutritious snack that children can make easily, almost without any help!
- How do you manage to keep children at the table and not running off to watch television or play their favorite video games, do you ask? This is difficult, but a few conversation triggers will keep them going. For example, engage your child by asking them questions such as, how did you make the apple sauce, how many apples did you use to make the apple sauce, did you know that apple sauce contains vitamins B6 and C, folate, calcium, and potassium?” Young children love to hear that by consuming healthy foods they will be stronger and have bigger muscles than those who do not.
- Another way to assure that children and the whole family enjoys a peaceful and nutritious meal at the dinner table, is to take children grocery shopping. Having your child accompany you while you buy ingredients will allow them to appreciate fresh foods and the time it takes to prepare meals.



Meal times give parents the opportunity to expose children to different foods and expand their tastes. Young children have the tendency to emulate their parents; if parents are consuming healthier foods on the table, they will as well. Dinnertime can focus on the benefits and nutritional content of foods; hence, children will see it as a fun learning experience and look forward to it every night!

Apple Sauce Recipe: this is a healthy recipe, which uses a seasonal fruit, is simple and quick to make:

1. Combine twelve cooking apples, (peeled and sliced), one-quarter cup of honey, half a cup of water, and one teaspoon of cinnamon in a bowl.
2. Cover the bowl with wax paper and microwave for nine minutes and stir.
3. Finally, microwave again until apples are soft. (Can be served hot or cold)

Enjoy this fun and nourishing snack for the entire family!

Healthy Butternut Squash Soup

Prep: 10 mins **Cook Time:** 1 hr

Yield: 6 servings

Ingredients

1 butternut squash • 1 yellow onion
32 oz. chicken (or veg.) broth- low sodium
2 tablespoons olive oil • Salt and pepper

Preparation: Preheat oven to 450 F • Peel, seed, and dice the squash into cubes that are about 1 inch wide • Peel and dice the onion • Place the squash and onion onto a foil-lined baking sheet • Drizzle with oil & season with salt and pepper • Roast in oven for 45-50 minutes until squash is lightly golden and fork-tender • In a large pot, bring the broth to a simmer. Add the roasted veggies. Puree using an immersion blender, a regular blender, or a food processor • If you are using a regular blender or food processor, blend in batches so that your container doesn't overload • Finish with a drizzle of oil or spoonful of plain Greek yogurt for a creamy touch!



Low-Fat Fig Granola

Makes 6 cups

By Linda Romanelli Leahy

Dried Figs are available year round from California. They are packed full of nutrition—3-5 figs contains 20% of your daily fiber, no fat, cholesterol or sodium, plus they provide calcium, magnesium, antioxidants and potassium. Granola is a delicious cereal that can be used as a topping for breakfast yogurt or frozen yogurt. It will add “crunch” to salads.

Ingredient: 3 cups old-fashioned rolled oats • 1 cup sliced almonds ½ cup shredded unsweetened coconut • ¼ cup canola oil • 1 Tbsp cinnamon • 1/3 cup agave or maple syrup 2 tsp vanilla extract • 1-1/2 cups dried golden (Calimyrna) or black (Mission) figs (about 15), stemmed and diced

Prep: Preheat oven to 325 F • Coat a 10x15-inch jelly roll baking pan with vegetable oil spray • Combine oats, almonds, coconut and cinnamon in a large bowl • Mix syrup, oil and vanilla in a 1-cup measure; pour over oat mixture and stir well • Spread mixture into a thin layer on prepared pan • Bake 30 minutes, stirring occasionally • Turn off oven and leave tray another 10 minutes before removing • Place on rack and cool completely • Stir in figs; store in an airtight container.



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Free Flu Shots: The CDC recommends that everyone who is at least 6 months of age get a flu vaccine this season. Please visit the CDC website for more information: <http://www.cdc.gov/flu/index.htm>. Here are a few free flu shot locations in NY, however, you can visit <https://a816-healthpsi.nyc.gov/DispensingSiteLocator/mainView.do> for more locations.

Bronx: Tremont Health Center, 1826 Arthur Ave, 1st floor

Brooklyn: Homecrest Health Center, 1601 Avenue S, 1st floor

Queens: Corona Health Center, 33-34 Junction Blvs, Basement

Newark, NJ: Please visit the city of Newark, NJ website for full list of dates/ sites where the free flu shot is being given:

www.ci.newark.nj.us/government/city_departments/health_human_services/flu_shot_schedule.php

At P.S. 69 in Bronx, N.Y., students, staff, FAN4Kids and Wellness in the Schools celebrated National Kale Day on October 3, 2013. Students and staff tried different types of Kale recipes; students made Kale hats and learned the benefits of Kale. The students also performed some fun exercises. It was a fun and healthy day!



On September 26, 2013 FAN4Kids schools participated in the JAM (just a minute) world record fitness break. At 10:00am, students and staff all over the world performed the same 1-minute fitness routine.

This event was another way of reinforcing the importance of exercise! Here is a picture of P.S. 73 Bronx, N.Y. students and staff having fun while participating in the 1-minute worldwide fitness break!



Special thanks to our sponsors, partners and the school administrators at PS 69, PS 157, PS 73, PS 244Q, PS 81, The Wilson Avenue School, Hawkins Street School, and HOPES.



Have a healthy and safe Halloween!