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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.'



Flu Fighting Tips

It's that time of year! Flu season is upon us! As we continue to take precautions with COVID-19, it is important to remember that these same precautions will help with fighting off the flu. More and more kids are absent from school because of a cold or the flu. Attending school regularly is very important and it becomes harder for students to keep up with schoolwork when they miss too many days of school. Here are some tips to fight off colds and the flu:

- 1. Wash Your Hands Regularly** - Children are exposed to many different bacteria and viruses everyday on the way to school, at school and even at home. Bacteria and viruses can be found on doorknobs, faucets or shared items. It is best to wash your hands regularly with soap and warm water for at least 20 seconds (you can sing happy birthday while washing to make it more fun). Hands should be washed before eating meals and snacks, and after bathroom visits. You should avoid touching your eyes, nose and mouth, as that is how germs are spread from one person to another.
- 2. Get Your Flu Shot** - With Coronavirus rates rising, it is important now more than ever for us to get our flu shots. Although the flu shot is not effective in preventing Coronavirus, it is effective in preventing flu illness, which will help keep your body healthy.
- 3. Wear a Mask** - Many health experts have repeatedly urged people to wear a mask to help stop the spread of Coronavirus. Wearing a mask can also help stop the spread of a cold or flu. Make sure to wear your mask while outside, on public transportation and inside of schools/stores. Your mask should be covering both your nose and your mouth so you don't breathe in any germs or spread your germs to others.



- 4. Eat a Well-Balanced Meal** - Eating foods from all 5 food groups is very important in living a healthy lifestyle. Not only do these foods keep our body's strong muscle wise, they also keep us strong by being able to fight off germs. The fruit and vegetable group help our bodies in this way. We want to make sure children are eating plenty of fruits and vegetables so that their bodies can fight off a cold, the flu or any other virus.
- 5. Get Active** - Being active makes our immune system stronger, which means our bodies can fight off germs and not get sick. Even though it may be cold, don't be afraid to bundle up and go outside. Going outside gives kids a chance to get fresh air and not be cooped up inside all day surrounded by other germs.
- 6. Get Plenty of Rest** - When we don't get enough sleep it can make us more susceptible to catching a cold or the flu because our immune system becomes weaker. It is recommended that children ages 6-13 years get 6 to 11 hours of sleep every night.
- 7. Avoid Sharing** - We of course want to teach our children to share, however, when sharing a lot of items, it becomes a breeding ground for germs. It is ok to share toys, but we should be educating children to not share items like cups, straws, forks, spoons, hats and scarves; particularly items that come in contact with our mouth or face. Certain items should be disinfected to stop the spread of germs.
- 8. Drink More Water** - Drinking plenty of water keeps our body hydrated which can help our bodies fight off viruses. This becomes especially important when we are sick, as our bodies tend to lose water through sweat if we have a fever.



Please help your family stay healthy this winter by following these tips!

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

Ingredients

2 cups of diced unpeeled baby red potatoes
3 cups of trimmed and halved green beans
1 large head of broccoli
1 ½ cups of chopped bell peppers
13 oz smoked sausage
6 tablespoons of olive oil
¼ teaspoon of red pepper flakes (optional)
1 teaspoon paprika
½ teaspoon garlic powder
1 tablespoon dried oregano
1 tablespoon dried parsley
Salt & pepper



Alternatives

Chicken sausage, turkey or beef sausage can all be used
Sprinkle with Parmesan cheese at the end
Serve with a side of quinoa or rice

Instructions

1. Preheat the oven to 400 degrees. Prep all veggies. Cut and dice red potatoes, trim and halve green beans, chop peppers to 1 inch pieces and cut sausage into thick ½ inch slices.
2. Place all veggies and sausage on the baking sheet and pour the olive oil over ingredients. Add all seasonings to the pan.
3. Season with salt and pepper to taste. Using your hands toss all ingredients until they are evenly coated in seasonings and olive oil.
4. Bake for 15 minutes, remove from the oven to flip/stir and return to oven baking for another 10-15 minutes. Enjoy!

Source: www.chelseasmessyapron.com

Ingredients

6 cup of vegetable stock
1 cup of uncooked wild rice** (or white/brown rice)
8 oz sliced mushrooms
4 cloves of garlic
2 diced medium carrots
2 diced ribs of celery
1 peeled and diced sweet potato
1 diced small white onion
1 bay leaf; Salt, pepper to taste
1 ½ tablespoon of old bay seasoning
1 (14 oz) can unsweetened coconut milk**
2 large handfuls of kale



Alternatives: This recipe is meat free but you could add chicken
Can use other seasonings like Cajun or Italian seasoning

Instructions

1. Place the pot on the stovetop and heat it over medium heat. Once hot add the olive oil. Once the oil is hot (it will be shimmering) add the onions, garlic, carrots, and celery. Cook for 3-5 minutes stirring occasionally.
2. Add the leftover vegetables, turkey, chicken or vegetable stock, bay leaf, and salt and pepper (ADD THE TURKEY CARCASS IF USING NOW).
3. Bring to a boil. Once boiling, reduce to a simmer for about 30 minutes.
4. If rice is already cooked add just before serving to warm through (if you add the rice too soon it will become very mushy). If you are adding raw rice, add to the simmering liquid and let cook for 15 minutes. (If adding raw rice, you may need more chicken/vegetable stock, so the soup does not become too thick). Remove the turkey carcass from the soup once everything has cooked fully. Serve hot and enjoy!

Source: www.gimmesomeoven.com

New Year, New You... But How?

2020 is finally coming to an end and most people cannot be happier. It's been a long year and many people have taken this time to reflect on themselves. The New Year always brings New Year Resolutions that are made by many but often not followed or accomplished. Have you ever made a resolution you followed through on? Or, are you part of the many people who struggle to follow through? Whether your goals for the New Year are health related or not, here are some ways you can set goals and follow through on them for 2021.

1. Write your goals down - Write them on post-it notes and places you would see regularly. This can help you with commitment and for keeping up with your progress.

2. Set realistic and attainable goals - You want to make sure the goals you set are actually one's you are able to accomplish. For example, instead of making a huge goal of only eating healthy foods, you can start by replacing one of your snacks or desserts with a healthier substitute. A healthy alternative can be instead of having ice cream after dinner, you can have low-fat yogurt with fruit.

3. Identify the challenges - If you know your challenges ahead of reaching goals, it can allow you to plan accordingly. For example, let's say your goal is to cook more at home. However, most days you work late and are too tired to make dinner each night. To combat this challenge, you can plan to meal prep for the week so you have less cooking on days where you are tired.

4. Make goals measurable - It can be easy to set a goal like spending more time with your family, but how can you know you are actually meeting that goal? Instead, schedule in eating together as a family at least 5 days out of the week or every weekend you will do one family activity. This allows you to see that you are reaching your goal.

5. Prioritize your goals - write a list of all your goals and prioritize the ones you want to accomplish first. Having too many goals that you want to accomplish at once can be overwhelming and may lead you to not accomplish any of them. Figuring out what you believe are the important goals takes that stress away.

6. Schedule them into your days/Develop a routine - Setting a routine will help you to develop habits. Also, when scheduling them into your days, you have a set time blocked in your schedule for the specific goal. It's hard to not accomplish your goal when it is already scheduled into your day.

7. Find an accountability partner - Find someone who has a similar goal as you. You both will have more fun trying to attain this goal together. Check in with each other weekly and talk about any challenges you may have and they can help you come up with new ways to accomplish your goal. Motivate each other along the way and you will accomplish your goals in no time.

8. Allow for do-overs - It is perfectly normal to fall back on a goal and have to restart. Always remember that no process is perfect. This can be related to any goal, but when talking about eating healthier and working out, many people may have a point in time where they struggle and fall back on their goal. Don't give up! Restart and focus on those goals!

9. Don't focus on the reward of reaching goals - It's ok to start with your end goal in mind but sometimes this can cause you to try and rush your goal and you may end up missing important moments during that time. This allows for you to plan days where you slip up or you may not get things done and you'll realize it is okay.

10. Enjoy the process - Your goal may come with small victories along the way. Enjoy every moment as you reach your goal. Celebrate those small milestones and keep moving forward.

*Happy New Year
2021*

Dear Ms. FAN4Kids,

As you know it has been quite the year. As a family, we have decided to choose the fully remote model for school for my third grader. During normal times I usually allow only a limited amount of screen time, but with school being taught through the screen I have found that my child's screen time has increased significantly. In addition to school being through screens, the weather is getting colder and we are still quarantining, which means more time for my child to be in front of her tablet, the t.v. and video games. I know there are so many negative things that can come from too much screen time and I'm trying to figure out how I can change this. How can I set my screen time limits again and include movement throughout the day?

From, Too Much Screen Time Parent

Dear Too Much Screen Time Parent,

It is definitely tough times and so many parents are in the same boat as you. Having screen time limits and guidelines is a great thing to have. Kids who spend more time on screens are more likely to have weight and eye problems, as well as trouble with reading and language. But with kids spending hours online for school and with screen time being one of the few safe activities for children right now, it can seem hard to set those boundaries. It is recommended that children spend only 2 hours of screen time daily outside of school work plus 60 minutes of physical activity a day. Physical activity helps to relieve stress, and helps with better quality of sleep and performance in school. Here are some ways that you increase movement throughout the day.

1. **Make an agenda with your child:** come up with a daily agenda with your child as to when they will be doing their school work, screen time and physical activity. When children feel like they are in control of their day, they are more likely to want to follow through with the plan.
2. **Use timers:** Help your child to set timers or alarms so they know when to stop with their screen time and move onto the next activity on their agenda.
3. **Schedule breaks throughout the day that involve getting up and moving:** These movement breaks can be quick by performing a few exercises or stretching or even getting up to get water. It is recommended to get up out of your chair at least once an hour.
4. **Schedule in daily workouts that involve going outside as long as you can do it safely:** Getting fresh air can provide many benefits not only to your physical health but also your mental health.
5. **Plan an activity for the family that doesn't involve using screens:** If your family loves to play basketball together, plan a day where your family can enjoy this activity together.



From, Ms. FAN4Kids

★ ★ ★ ★ ★ FAN of the Month ★ ★ ★ ★ ★

We are so excited to announce our third grader from P.S. 382 in Bronx, NY; Omari Davis, as our FAN of the Month. Omari is an outstanding scholar and is committed to the mission of FAN4Kids. It has been a very different year for FAN4Kids and our students, as many students are now learning from home. Omari has transitioned wonderfully and is always ready to go for his virtual FAN4Kids lessons. Omari is an exceptional student who is always eager to participate and share his knowledge of information he has learned throughout his years in FAN4Kids. Omari's favorite vegetable is carrots and he loves to play and run with his family. Omari is a remarkable learner and is a joy to have in class. He always has a positive attitude and is always encouraging his classmates to participate in the lesson.

Way to go Omari! Keep up the great work!



Question Corner

1. True or False –

Breakfast is the most important meal of the day.



2. What is a good nutritious snack that gives your body energy?

- a. Oreo cookies b. Low-fat vanilla yogurt with berries
c. Doritos

3. Which of these foods help your eyes?

- a. Avocados b. Onions
c. Carrots



4. Which of these foods is actually a fruit and NOT a vegetable?

- a. Tomatoes b. Sweet Potatoes c. Broccoli

Answers

1. True! - Eating breakfast every morning gives your body energy to start off your day. It's best to have foods that are low in sugar and high in fiber and whole grains.

2. B. Low-fat vanilla yogurt with berries - This is a great snack to have in the middle of the day. These foods have a lot of nutrients and vitamins that are great for your body.

3. C. Carrots - Did you know that all of our orange and yellow foods help our vision?! These foods, like carrots, are rich in vitamin A. Try eating more orange and yellow fruits and vegetables to help with your eyesight.

4. A. Tomatoes - A lot of people think that tomatoes are a vegetable but because they have seeds, tomatoes are technically fruits. Some other foods that people may think are vegetables but are fruits are peppers, cucumbers, zucchini, pumpkins and many more.



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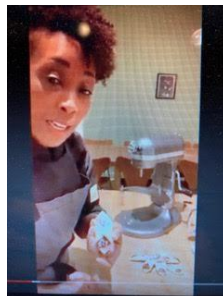
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childhood obesity.
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above.



Above are pictures from our successful virtual holiday cooking demo event on 12/10/20! We had so much fun learning about cooking healthy delicious holiday recipes. You can watch the recording of the holiday cooking demo on our FAN4Kids YouTube channel! Thank you so much to Chef Williams and Chef Arzeno for taking the time to teach us and share their love of cooking! Be on the lookout for more free virtual FAN4Family events coming soon in 2021!



Above is a picture of one of FAN4Kids awesome instructors, Ms. Cuffey, listening to students show off how much they know about healthy vs. unhealthy foods during a virtual FAN4Kids lesson at P.S. 157 Bronx, NY.

Take a look....FAN4Kids was featured on Channel 12 News for the important work we are doing for our students and families. Click the link to watch the segment!

<https://bronx.news12.com/brooklyn-organization-hit-hard-by-covid-19-pandemic-awarded-75-000>

FAN4Kids wishes you and your family a safe, healthy and joyous holiday and New Year! Cheers to a healthy and happy 2021 for all!



The New York City Council

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www.FAN4Kids.com

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