

FAN4FAMILIES NEWS



A Resource for
Kids + Families

**FAN4Updates | FAN of the Month | Recipes | Q + A
Dear Ms. FAN4Kids | Events + Tidbits**

FAN 4 UPDATES



National Nutrition Month

March was National Nutrition Month. It is a great time to reflect on the foods you are consuming and any changes you would like to make. This year the theme was: "Celebrate a World of Flavors." During this time, we are celebrating the cultural traditions and recipes of all people. We are embracing cultures, cuisines and inclusivity. Here are some ways to observe this month:

- 1. Move your body** - Being healthy is not just about the foods we put into our bodies. We also need to make sure we are exercising. Find a fun way to exercise and get your body moving.
- 2. Eat the rainbow** - Make sure your plate is filled with colorful foods. Our fruits and vegetable colors help our bodies in so many different ways, plus it makes your plate look more fun.
- 3. Get in that H2O** - It's important for us to stay hydrated. Drinking water helps us to digest our food and is needed for our cells to work. We should be drinking 8 cups of water everyday.
- 4. Find inspiration** - Getting tired of making the same foods? Look up new recipes and try a new one each week. Pinterest is full of fun recipes or maybe you have a favorite food blogger you follow. Pick a recipe and have some fun.
- 5. Upgrade family favorites** - Embrace your culture and recipes and or try a new recipe from a different culture! Make some healthy swaps with some ingredients. In a lot of cultures, rice is a huge staple. Next time try using brown rice instead of white rice to get in some fiber and more nutrients.



FAN of the Month

Ms. Mangual, P.S. 35 Bronx

“ Ms. Mangual is the parent coordinator at P.S. 35. She is heavily involved in the health, wellbeing and safety of the students at P.S. 35 to make sure all of their academic and life needs are being met to ensure their academic success. Ms. Mangual has demonstrated an immense love and passion for F4K lessons, recognition, events, and spreading the word about how important nutrition and fitness is to our wellbeing. She has helped merge the gap between students, families and staff and promote unity among all in order for F4K's mission to be brought into fruition through creating long-lasting healthy lifestyle changes that last a lifetime. Lastly, Ms. Mangual's positive school spirit and energy with F4K activities has brought more excitement towards wellness within P.S. 35 and led to the creation of our F4K Bulletin where we are able to recognize students for their healthy lifestyle choices and create memories that last. Ms. Mangual believes that change not only occurs in the school, but at home. She feels in order for real change to occur, we have to work together with each family and make sure they have access to the resources they need in order to make better lifestyle choices. All in all, Ms. Mangual continues to be a changing agent in F4K and the P.S. 35 community as we take on a new year of health, fitness and wellness goals!

”

FAMILY MENU

YUMMY BUDGET FRIENDLY

HEALTHY + QUICK

Blueberry Zucchini Pancakes from www.pinkwhen.com

Ingredients

1 egg | ½ cup plain greek yogurt | 2 tbsp honey | ½-¾ cup almond milk (or milk of choice) | 1 cup whole wheat flour | ½ cup quick oats | 1 tsp cinnamon | 1 tsp nutmeg | 2 tbsp baking powder | ½ cup shredded zucchini | ½ cup blueberries (fresh or frozen)

Instructions

- Whip together yogurt, honey and egg
- Stir in milk until combined
- Add flour, oats, zucchini, cinnamon, nutmeg and baking powder. Mix well
- Heat pan over medium low heat and grease with coconut or olive oil.
- Pour even amount of batter in pan and top with blueberries
- Cook on each side for 2-3 minutes
- Enjoy with maple syrup or your favorite toppings



FAN4Kids Question Corner

Which of the following foods is a refined grain?

- a. Oatmeal
- b. Whole Wheat Bread
- c. Popcorn
- d. Chocolate Chip Cookies

The Grains group gives what part of our body energy?

- a. Brain
- b. Lungs
- c. Arms
- d. Legs

Which 2 muscles work together to help us balance?

- a. Triceps and Biceps
- b. Pectoral and Heart
- c. Abdominals and Lower Back
- d. Calves and Heart

What exercise helps our pectoral muscles get stronger?

- a. Squats
- b. Push-ups
- c. Crunches
- d. Running

Q + A

Got a question, ask us:
info@fan4kids.org

Answers

- D. [Chocolate Chip Cookies](#): Refined grains go through a process that takes out the nutrients and vitamins in grains and they become “sometimes” grains.
- A. [Brain](#): Eating grains gives our whole body energy, but especially our brains, which is great for when we are learning in school.
- C. [Abdominals and Lower Back](#): These 2 muscles work together to give our body stability while we are moving and standing still.
- B. [Push-Ups](#): Our pectoral muscles are located in our chest. Performing push-ups is a great exercise to help them get stronger.

Robert L. Oliver Jr. - Founder + CEO
Karen Schocklin - Program Director
Erin Johnson - Development Director
Saraswathi Cuffey - Program Coordinator + Lead Instructor

Who is Team FAN4Kids?

Alice Luo - F4K Instructor
Madeline Peguero - F4K Instructor
Natalie Tee - F4K Instructor
Alexa Wilson - F4K Instructor

Your most pressing wellness questions answered!

DEAR MS. FAN4KIDS



Dear Ms. FAN4Kids,

My 2nd grader has never been interested in eating any sort of meat. As a family, we have made the decision to become vegetarian. At this moment we are still eating dairy products and have not yet made the decision on if we will eliminate this from our diet. I know that while transitioning it is important to make sure we are getting the needed essential nutrients. I would love your advice on the type of foods we should be incorporating in our new vegetarian diets. Help!

From,
Veggie Mama

Dear Veggie Mama,

One of the great things about a healthy vegetarian diet is that it can still provide all the key nutrients needed for optimal growth and nutrition. A vegetarian diet is full of vegetables and fruits that provide our bodies with the essential nutrients we need. When eating a vegetarian diet it is important to include foods rich in protein, calcium and a few others. A lot of people tend to worry about getting in enough protein as our animal products are normally very protein dense. Here are some other foods that give your body high sources of protein: eggs, low-fat milk, tofu, nuts, dried beans and whole grains. Also, while calcium can be found in dairy foods, it can also be found in our leafy greens like kale, collard greens and broccoli. Good luck on your transition!

Sincerely, Ms. FAN4Kids



- Through hands on F4K projects, P.S. 69 Bronx, NY kindergarten students learned that all fruits have seeds and even got a chance to plant apple seeds as a class during one of their FAN4Kids nutrition lesson with Ms. Luo.
- Superhero! Students at P.S. 150, Bronx, NY created their own superhero and showed off what types of whole foods and exercises their superhero enjoys which makes them so strong and healthy!
- Virtual FAN4Family Dance Parties "Club F4K" is next month! Please join us as we promise your F4K instructors and DJ Keith will get you moving and having fun to some upbeat music! Families, students and staff are all welcome! Join the party, Friday, May 20th @ 1 pm EST.
[Zoom Link - https://us02web.zoom.us/j/82461516800](https://us02web.zoom.us/j/82461516800)
Meeting ID 824 6151 6800

EVENTS + TIDBITS

A special thanks to our partners and schools:

[Allen Foundation](#) | [Bai Water](#) | [Brooklyn Community Collaborative](#) | [CHALK NYP](#) | [Tisch Center Food Hub](#) | [Dircks Foundation](#) | [Empire BCBS](#) | [Eurofins Scientific](#) | [Good Coin Foundation](#) | [Kind Company](#) | [Maimonides Medical Center](#) | [Montefiore](#) | [New York Life](#) | [Novartis](#) | [NYC City Council](#) | [NYC Dept of Health](#) | [Stop and Shop](#) | [Target](#) | [Youth Inc](#) | [Walgreens](#) | [NYC Public Schools](#) | [Newark Public Schools](#)

P.S. 69, 157, 54, 382, 77, 161, 93, 35, 150, 207, 273, 298, 368, C.S. 134, TALES, Peshine Ave., Salome Urena

FAN4Kids is proud to inspire, educate and empower the children and families we work with. Proudly serving up to 3,000 kids per week with the help of our incredible partners and donors

Questions: karens@fan4kids.org



www.fan4kids.org

538 Clinton Avenue | Brooklyn, NY 11238