

Healthy Snacks

Make Your Snack Colorful with **Fruits & Veggies**

~ Fruits and veggies make great snacks ~
They are full of nutrition and low in calories!

- Fresh fruit assortment
- Fruit and low-fat cheese kabobs
- Frosty fruits: freeze your own fruits for a frosty treat
- Sliced fruit with spiced yogurt: 1/4 tsp cinnamon per one cup of low-fat vanilla yogurt
- Prepackaged fruit packed in 100% juice
- Prepackaged natural applesauce
- Fresh vegetables: carrots, snap peas, grape tomatoes, celery, pepper strips, cucumbers, zucchini, jicama - with hummus or low-fat vegetable dip
- Yogurt Parfaits: Low-fat yogurt layered with fresh fruit and/or low-fat granola
- Raisins or Dried Fruit Mix

Wholesome Whole Grains

~ first ingredient should be a whole grain ~

- Low-fat or air-popped popcorn
- Whole grain crackers
- Whole grain cereal bars
- Whole grain cereals
- Whole grain tortilla chips with salsa or bean dip
- Whole grain mini bagel or English muffin
- Whole grain raisin bread

Low-Fat Dairy and Protein

Dairy foods help build strong bones and teeth and protein packed snacks keep bodies feeling full for a longer period of time!

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Low-fat or fat free milk / flavored milk
- Hard-boiled egg
- Trail Mix (with no candy pieces)
- Nuts / Seeds
- Peanut Butter / Hummus for dipping

Promote Health!

- Eat a variety of fruits & Veggies each day
- Aim for 2 cups FRUIT and 2 ½ cups VEGGIES daily
- Choose whole grains & Low fat dairy

Support School Wellness

Keep your snacks tasty and nutritious by choosing items that have less than 200 calories per serving!

Jazz Up Your Water

Avoid sugary beverages filled with empty calories. Add sliced lemons, limes, oranges, kiwi, berries, melons or a spring of mint to water!

Safety First

Consider avoiding snacks that might be harmful to those with allergies!

Healthy snacks give kids energy to

LIVE, LEARN & PLAY!

Question or comments?

Call or email us at:

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Healthy and Active Celebrations

Celebrate the Birthday Person!

- Create a special birthday event. For example, the birthday child wears a sash and crown, sits in a special chair or visits the principal's office for a special birthday surprise, such as a pencil, sticker or birthday card!
- Assign the birthday child to be the teacher's assistant for the day to complete special tasks such as deliveries to the office, line leader, or choosing and leading an active game.
- Ask child for their favorite book or parents to purchase a book for the classroom in the child's name. Let the birthday child invite a special guest to read it to the class.
- Make a "Celebrate Me" book. Ask classmates to write stories or poems and draw pictures to describe what is special about the birthday child.

Keep the Celebration Active!

- Host healthy and active classroom parties. Ask parents to provide game supplies/prizes such as pencils, erasers, stickers, etc.
- Allow extra recess time.
- Craft stations with music in the background. Ask parents to provide supplies or assistance.
- "Free choice" activity time at the end of the day.
- A scavenger hunt for items or information around the classroom or school. Children search for items related to a party theme.
- Complete a special community service event/project, etc

Healthy Food Celebrations

- Fresh fruit assortment.
- Fruit and low-fat cheese kabobs.
- Sliced fruit with spiced yogurt: 1/4 tsp cinnamon per one cup of low-fat vanilla yogurt.
- Fresh vegetables: carrots, snap peas, grape tomatoes, celery, pepper strips, cucumbers, zucchini, jicama - with hummus or low-fat vegetable dip.
- Yogurt Parfaits: Low-fat yogurt layered with fresh fruit and/or low-fat granola.
- Jazzed Water: Add sliced lemons, limes, oranges, grapefruits, kiwi, berries, melons, cucumbers or a sprig of mint to add natural flavor to water.

Non-food Celebrations...

Support teachers' focus on teaching, promote equality among students and protect those with food allergies!

Party with Perspiration...

Incorporating activity into celebrations can improve students' focus for learning!

A Little Friendly Competition...

Foster teamwork and support physical activity through a favorite team event!

Cash in on Fitness...

Enable students to earn "(School mascot) Dollars" to spend on extra recess time!

Inspiring Artists...

Reward with art; students can earn "star bucks" which can be traded for items or events such as face painting, chalk drawing and/or dance parties.

Question or comments?

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Phone 701-371-9644

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Kids Move 60 ●●●

PLAY:

- Hide & Seek
- Four Square
- Basketball
- Baseball
- Football
- Wii
- Catch
- Ultimate Frisbee
- Frisbee Golf
- Tennis
- Golf
- Simon Says
- Red-Light, Green-Light
- Limbo
- Musical Chairs
- Follow the Leader
- Tag

GO:

- Ice Skating
- Roller Blading
- Roller Skating
- Biking
- Swimming
- On a Nature Walk
- Snow-shoe
- To the Park
- Cross-country ski
- Sledding
- Puddle Jumping
- For a Walk

USE:

- Pogo Sticks
- Hula-hoops
- Hacky Sacs
- Jump Ropes
- Scooters
- Balls
- Bubbles

DO:

- Jumping Jacks
- Make chores active- race to see who finishes first
- Walk the dog or the neighbor's dog
- Walk/ride bike to friend's houses or school
- Visit walking friendly places (zoo, museum)
- Walking backwards races
- Pretend to be animals
- Make an obstacle course
- Act out a song or book
- Yoga
- Race up and down stairs
- Stretch while watching TV/movies
- Have a Scavenger Hunt
- Run through the sprinkler
- Dance

Nearly 23% of children in MN are obese. By 2030, adult obesity rates in Minnesota could reach 54.7% and health costs related to obesity could increase 15.7 percent according to a report from the Trust for America's Health and the Robert Wood Johnson Foundation released this summer, 2012.

Teach children the importance of 60 min/day of physical activity from a young age and they will have the tools to remain healthy throughout their lives.

The word **fitness** refers to your overall health. When you are fit you have...

- Energy to do what you want to do
- Reduced risk of health problems
- Increased self-esteem
- Fewer sick days
- Increased brain power
- Consistent weight control
- Stronger bones and muscles
- Better sleep
- Fewer injuries



Physical Activity Guidelines for Children

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week.

Aerobic Activities: Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity intermittent aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week.

Muscle-strengthening Activities: Include on at least 3 days/week, as part of the 60 or more minutes.

Bone-strengthening Activities: Include on at least 3 days of the week, as part of the 60 or more minutes.

2. Children should participate in:
 - Several bouts of physical activity lasting 15 minutes or more each day.
 - A variety of age-appropriate physical activities each day.
3. Extended periods (two or more hours) of inactivity are discouraged for children, especially during the day.

Overcoming Obstacles

- Every little bit counts- 5 minutes at a time can add up to 60 minutes during the day
- Limit screen time- gets kids moving
- Motivate- remind kids that it feels good to be active and that what the body can do is impressive. Teach kids to be proud of their body.
- Be an example- make being active a family event.
- Explore- allow kids time to explore their surroundings, especially the outdoors.



For more information, contact PartnerSHIP 4 Health,
www.partnership4health.org