

Making Mealtime Memories

Kid-Friendly Salad Bar!

As summer quickly approaches, salads become the perfect light, healthy, go-to meal. If you're thinking, "My kids won't touch salad," reconsider with this kid-friendly salad bar, which includes toppings they might like (strawberries, clementines and blueberries!) Plus, if they're never exposed to new things, they'll NEVER learn to like/love them. For this salad bar, offer family-style serving and choose things your child might like, or try making it a rainbow!



Greens – Lettuce varieties (romaine, spring mix, etc.), spinach, kale
Vegetables – Beets, broccoli, carrots, cauliflower, cabbages, celery, cucumbers, corn, peas, mushrooms, onions, peppers, radishes, tomatoes, and zucchini

Fruits – Berries, apples, peaches, pears, apricots, grapes, plums, bananas, kiwi, citrus fruits
Proteins – Beans, meats (turkey, ham, chicken), tuna, cheese, hard boiled eggs, and nuts
Grains and breads – crackers, breads, bread sticks, tortillas, cereals, pretzels, bagels
Toppings – Nuts, seeds, sesame sticks, croutons, bacon pieces, trail mix, raisins, and dried fruits
Optional: yogurts, taco shells/bowls, baked potatoes, prepared vegetables and fruit salads

Finally, mix up one of the homemade dressings below with your child to top it off!

Healthy Greek Yogurt Ranch Dressing:

1/2 cup nonfat plain Greek yogurt
 1 teaspoon garlic powder
 1/4 teaspoon onion powder
 1 1/2 teaspoons fresh lemon juice (or can sub apple cider vinegar)
 1/2 teaspoon dried dill or fresh chopped chives
 1/4 teaspoon salt, plus more to taste
 2 tablespoons water to thin dressing
Optional: 1/4 teaspoon honey
 Add all ingredients to a bowl or a mason jar and mix until well combined. Refrigerate for up to two weeks.
 Whisk or shake before each use.

Honey Orange Dressing:

1/2 cup olive oil
 1/2 medium lemon
 1/2 medium orange
 2 teaspoon honey
 1/4 teaspoon orange zest
 Juice lemon and/or orange (if using). Mince garlic for the lemon version. Zest orange if desired for orange version.
 Whisk or shake together all ingredients until well blended. Pour on salad or use as a marinade.

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Healthy Living With Head Start

Spring Into Shape



As the weather gets nicer, it's the perfect time to consider starting an outdoor physical activity routine. Exercise is important for both our physical and mental health, and the earlier your child starts including activity into their daily routine, the more likely these habits will continue into adulthood! Below are some benefits of regular physical activity.

Improves brain health. Some of these benefits can be felt almost immediately after a session of moderate-to-vigorous physical activity. Benefits include improved thinking for children and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age, can reduce your risk of depression and anxiety and help you sleep better.

Helps manage weight. Evidence shows that physical activity can help you maintain weight over time. Try to get up to 150 minutes of moderate-intensity activity (brisk walking, light yard work, snow shoveling, actively playing with children), or 75 minutes of vigorous-intensity activity (jogging/running, swimming, skiing or competitive sports like basketball or soccer) a week.

Reduces the risk of disease. Heart disease and stroke are the two leading causes of death in the US. Getting at least 150 minutes a week of moderate physical activity can lower your risk for these diseases. It can also reduce the risk of developing type 2 diabetes and some cancers.

Strengthens bones and muscles. As your muscles grow stronger from exercise, they pull harder on bones. The harder they tug, the more your body strengthens those bones. The reverse is also true. If you don't work out, your muscles get weaker, and the force they apply to bones decreases.

Improves ability to do everyday activities Winded by grocery shopping or household chores? Regular physical activity can boost your endurance— which is great, especially if you are chasing around little ones all day!

S.M.A.R.T Goals

Wondering how to get started on taking the steps toward getting physically active? Start by setting S.M.A.R.T goals for you and your family!

Specific: Make sure that the goal you set is specific. For example, “I want to walk at least 2 times a week.”

Measurable: The goal must also be measurable, and something that you can track. For example, “I will walk 2x a week for 30 minutes each.”

Achievable: Is walking something you enjoy but you just haven't found the time? Make sure it is something that you know you want to and can achieve.

Relevant: Why do you want to start exercising more? Do you want to lose weight or set a good example for your child? If the goal does not have relevance in your life, the less likely you are to be committed to achieving it.

Time-Bound: Set a specific time-frame to achieve this by. Give yourself a start date such as “I will start walking on May 15th and end a month later.” After that, reevaluate and see what worked!

Remember to be flexible: If a conflict comes up during a time that you planned on doing something physically active, reschedule instead of canceling. Find a new time for the activity to replace what you missed. If the weather is bad? Try something inside. Never give up!

Simple activities to add to your routine that are easy to enjoy as a family:

- Bike to the library or park together
- Check out group youth sports for your child to participate in. They can socialize and be active at the same time! You can walk or bike to events to cheer for them.
- Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball game, a dance contest, or a Frisbee match.
- Sign up for a fun run/walk as a family— children love color runs!
- Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports—just get your family moving!

- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let kids run around for a while.
- Plan a scavenger hunt or nature walk.



April Showers Bring May Flowers

...or, vegetable plants? Spring is the perfect time to get a jump start on your flower or vegetable garden, and germinating seeds is a fun experiment to start with your child! This experiment is a fun way for kids to view how seeds transform into plants.

Materials Needed for the Germinating Seeds Experiment:

- Bean seeds are great to use for the experiment, because they germinate pretty quickly. However, if you are interested in growing other plants, starting any type of flower seeds indoors with small pots (or you can use items around the house like egg shells, egg cartons plastic milk jugs, etc.) is great to do with your child as well! Lettuce, beans, peas, radish, sunflowers or marigolds are great and easy plants to start from seed! Once they germinate and grow leaves, you can transfer outside (after the risk of frost) in larger pots or an in-ground garden!
- Small plastic zipper storage bag or jar
- Dried, uncooked beans, peas, or seeds
- Paper towels
- Water
- Tape

Directions

1. First, soak your bean seeds overnight in water. This will sort of “wake up” the seeds and get them ready to germinate and you'll get faster results. Drain the seeds before placing them in the bag or jar.
2. Dampen a paper towel and fold it into the bag or jar.
3. Place the seeds along one side of the bag, pressing them against the paper towel. Seal the bag tightly and hang in a window using tape. Make sure the beans are on the side of the window where you can see their seeds sprout.
4. Wait 24 hours. You should be able to see the seeds start to pop open and sprout after this time. Within 3 days to a week, you'll have fully sprouted seeds. At this point, your beans are ready to move to soil. Plant them in a garden, or another small planter and watch them continue to grow!

