



May 2018

Healthy Living With Head Start



Spring is a great time to take a closer look at how we can clean up our health choices. Big lifestyle changes can be complicated and sometimes a little overwhelming, but making small changes for you and your family will be an easy start to a strong future. Start spring cleaning for health in these categories:

Physical Health

The best way to stay on top of your physical health is to keep moving. Children should be active for at least 60 minutes a day. Get out and play to encourage physical fitness in your family.

Nutritional Health

Choose foods that are less processed to improve your family's nutrition. Cleaning up your diet is easier as a team, so get your whole family on board by making small, gradual changes.

Social/Emotional Health

The cleaning process to stronger emotional health begins with pinpointing the things that are weighing us down. Take time to assess what behaviors you see in your own life that no longer serve a productive, positive purpose.

Oral Health

Making regular visits to your dentist is a great way to stay on top of your family's oral health. If it has been more than 6 months since your last visit, call your dentist today to make an appointment.

Cleaner Choices for Healthier Living

Small Changes for a Big Win

Clean eating may mean something different to everyone, but the main idea is pretty simple: eat fewer processed foods. Choose more whole fruits and vegetables, unprocessed meats, and whole grains to start healthier habits this spring. No matter how you view the clean eating trend, we could all take a moment to “clean up” some of our food choices by making some of these small changes our diet:

- * **Choose more whole grains.** Replace white bread, white rice, or regular pasta with whole grain options.
- * **Snack smarter.** Have easy-to-grab, healthy options in the refrigerator. Low-fat foods high in protein, like yogurt and cheese, will keep you feeling fuller longer.
- * **Cook at home.** Preparing meals will give you more control over food choices. You will be able to get rid of many processed foods in your diet just by cooking at home more often.

Stay Active at Home

Staying active does not always mean finding time to go to a gym. Increasing your physical activity during your day can be as simple as parking further away from the store or choosing to tidy up around the house. See how many extra calories you can burn in 30 minutes with these common activities:



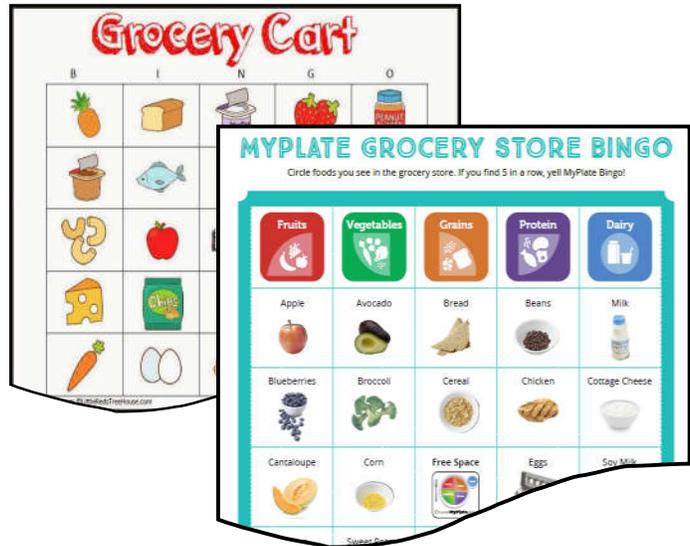
Cleaning the house	120 calories
Cooking a meal	60 calories
Going grocery shopping	70 calories
Doing the laundry	60 calories
Playing with children	120 calories
Washing the dishes	70 calories
Gardening	120 calories
Mowing the lawn	160 calories
Shoveling snow	180 calories
Taking a walk	100 calories

Grocery Bingo

This is a fun way to keep everyone moving, searching, and learning while you check everything off your list. Grocery Bingo will help keep everyone moving around the store in search of their next food item while teaching children about new foods.

Materials Needed:

- * Paper or printed Grocery Bingo Card
- * Markers, crayons, colored pencils
- * Stickers or pencils to mark found foods



Directions:

- * Make your own bingo card by drawing a grid with different fruits and vegetables in each square or print a ready-to-use card at <https://www.fns.usda.gov/tn/myplate-grocery-store-bingo>.
- * Before entering the store, provide each child with their own bingo card and stickers to mark off the foods as they locate them.
- * Help younger children recognize foods as you pass them in the aisles by pointing them out and talking about each food as you shop.
- * At the end of the shopping trip, see who was able to get BINGO.

Making Mealtime Memories

Frozen Yogurt Bark

Frozen yogurt bark is an interactive recipe full of protein and fiber to keep everyone active all day. Children can help measure and spread the ingredients making this a great activity to do as a whole family. Try using a variety of fruits to create as many different flavors as you can imagine.

Ingredients

- * 2 cups plain or flavored Greek yogurt
- * 1 cup chopped fruit
- * 1/2 cup granola or cereal
- * 1/2 cup shredded coconut (optional)



Directions

- * Line a baking sheet with wax paper.
- * Spread the yogurt in the prepared baking sheet to an even thickness.
- * Sprinkle chopped fruit and other toppings onto the yogurt.
- * Freeze for 2-3 hours or until firm.
- * Cut into pieces, remove from wax paper, and serve.
- * Return uneaten pieces to the freezer for another day.

Newsletter created by: Amy Losee

Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

 Find us on Facebook: [facebook.com/foinc](https://www.facebook.com/foinc)

This Agency is an equal opportunity provider

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.