

# Krazy Kabobs

What could be more fun than eating from a stick? You may find that foods that are served on a plate that are not appealing to your child suddenly become tasty when served on a stick! Kabobs can be made for breakfast, lunch, dinner or snack. Mix and match your child's favorite foods to create the perfect treat, and let them be a part of the process by letting them chop and assemble the sticks! Grab bamboo or plastic skewers, the ingredients of your choice, and get to snacking!

## Breakfast or Snack Kabobs



- 1 Salad or Vegetables:** Mix and match vegetables of your choice, paired with a homemade dressing!
- 2 Fun Fruits:** Create caterpillars with grapes, strawberries and frosting for eyes! OR, mix and match with different fruits that your child likes.
- 3 Sandwiches:** Add slices of ham, turkey, cheese, tomatoes and/or cucumbers with bread to form mini sandwich kabobs!



## Lunch or Dinner Kabobs

With sunshine comes grilling! After marinating chicken for 20-30 minutes, assemble the kebabs. You can add, pineapple, peppers, potatoes or tomatoes— simply alternate between vegetables and meat. Cook kabobs on the grill (make sure to rub grate with oil so they don't stick) for 5-6 minute per side on medium-high



### Try this homemade Marinade:

- 1/4 cup olive oil
- 1/4 cup pineapple juice
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 teaspoon black pepper

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# Healthy Living With Head Start

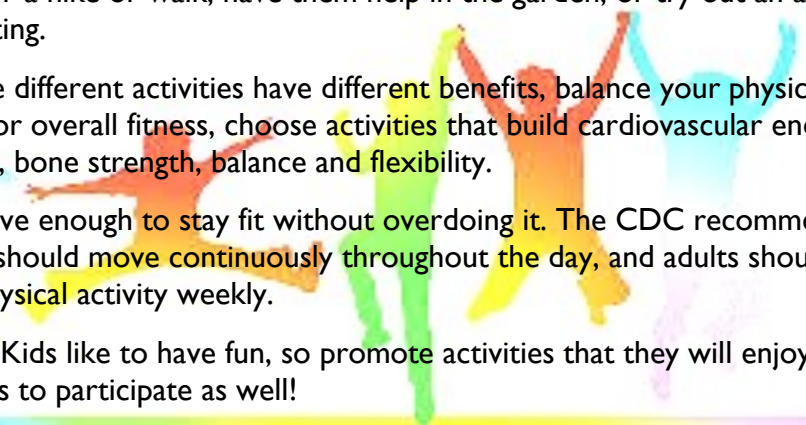
## Making Movement a Priority

Like good eating habits, regular physical activity is an important part of a healthy lifestyle. Now that spring is upon us, consider making movement a priority in your home. The goal is to make changes gradually so you can stick with them and won't have to repeat this process over and over. Consider these tips when making a physical activity plan!



### Tips for Consistency:

- **Routine.** Set aside a specific time each day for physical activity. Check the weather ahead of time and prepare/ plan accordingly. Make going for a walk, run or bike ride together a scheduled event.
- **Variety.** Try a variety of activities to move different muscles and to keep things fun. Take your child for a hike or walk, have them help in the garden, or try out an activity such as roller-skating.
- **Balance.** Because different activities have different benefits, balance your physical activity pattern. For overall fitness, choose activities that build cardiovascular endurance, muscular strength, bone strength, balance and flexibility.
- **Moderation.** Move enough to stay fit without overdoing it. The CDC recommends that children ages 3-5 should move continuously throughout the day, and adults should get 150 minutes of physical activity weekly.
- **Fun and Social.** Kids like to have fun, so promote activities that they will enjoy. Invite friends or relatives to participate as well!



# Spring Into Fitness!

## Now that it is getting nicer out, it is the perfect time to check out new outdoor activities



Sunshine and warm temperatures make it easier to get outdoors and to get your recommended amount of daily physical activity (and sunshine!). Consider these **local outdoor activities** to check out this spring.

**Farmers Markets** (such as the Oneonta Farmers Market,) are great outdoor events that often feature special activities for kids. The Oneonta Farmers Market is open from 9am-12pm on Saturday at the Foothills—but check out <https://agriculture.ny.gov/farmers-markets-county> to find a market near you! Many vendors take benefits such as WIC Vouchers and EBT/SNAP.

Take up a new **hobby** together, such as skating, tennis or hiking. **Check out local hiking trails** or try having a **scavenger hunt** as shown on the next page! Local hikes such as Table Rock or New Island Forest Trailhead provide great scenery and the perfect place to get some physical activity. Or, visit local parks for springtime walks and fun playground areas!.

Consider signing your child up for **local sports camps or swimming lessons**. Search for free local fun that your children can participate in.

And finally, try your luck at **gardening** and grow your own fruit, vegetables and herbs.

### Other ideas:

- Opt for Movement. Take the stairs instead of the elevator or escalator whenever possible
- Encourage your child to move around during commercials while watching TV
- Plan an active family vacation or a weekend outing (check out activities above)
- Run through the sprinkler when it's hot outside, and when it's raining, stay inside, turn on some music and have a dance party
- Give children toys that encourage physical activity such as balls, kites, hula hoops, Frisbees and jump ropes.
- **Be a Role Model!** Like with healthy eating, your child models your behavior. So if you move, they move!



# Embracing the Outdoors

## Spring Scavenger Hunt:

April rain is moving out and May flowers are moving in. Taking your little one(s) on a nature walk scavenger hunt is a great way to get outside and moving.

1. Start with a simple list of items (see the “Nature Walk Scavenger Hunt” list to the right). The list can include a butterfly, bug, leaf, flower and cloud. You can also have them identify colors to make it more fun!

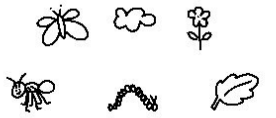
2. Once you have your list, grab a bag to collect items and head out for the hunt!



3. When home, empty the bag and look again at all of the beautiful things you found.

\*If you are interested in a printed scavenger hunt list, contact the Dental/Nutrition Specialist

## Nature Walk Scavenger Hunt



## Sidewalk Chalk Art!

Sidewalk chalk is a fun, interactive and affordable outdoor activity for the spring. Considering drawing circles to hop around on, and have them identify the colors.



Try making **chalk paint** that your child can use to write with on the sidewalk, using old paint rollers and trays. What you need:

- Sidewalk Chalk Pieces
- Paint roller and tray
- Water

1. Break up the chalk using a hammer or meat mallet
2. Put the powdered chalk into the base of the paint roller tray and add water.
3. Step outside and start painting!

