



Dear NutriPacks families,
Happy Spring! This month we want to focus on the importance of physical fitness for children.
Get outside and enjoy spring. Take a walk; plant a garden; ride bikes, play tag. Go outside and get moving.

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BE PHYSICALLY ACTIVE THIS SPRING

Being physically active is one of the best steps all people can take to improve their health. Children especially benefit from being physically active.



3 parts of physical fitness:

Flexibility – the ability of the muscles and joints to stretch and move freely. For example: Being able to bend over to pick a flower.

Strength - having muscular power; being strong in body. For example: Being able to pick up a heavy rock.

Endurance – the ability of the heart, lungs, and muscles to work hard for long periods without stopping; also called stamina. Any activity that makes our heart beat fast and make us breathe hard for extended periods is aerobic (using oxygen) and builds endurance. For example: Being able to run one mile without stopping.

Children benefit from being physically fit 60 minutes at least 3 days a week with:

- Stronger muscles and bones (strength)
Exercises that involve lifting the weight of our bodies builds muscle. Think push-ups, squats, etc.
Exercise builds bone by allowing calcium to be put into our bones. Strong bones built in childhood help prevent fractures as we age.
- Stronger heart and lungs (endurance)
Allows our blood to carry oxygen to our brain, muscles, and all parts of our bodies better. Young brains need oxygen to think and learn.
- Flexible, long muscles (flexibility)
Flexible muscles allow children to reach for the monkey bars, do somersaults and splits, and reach the cabinet on their own.
- A leaner body; less body fat
We measure body fat with the BMI (Body Mass Index). A lower BMI is linked with better health and a lower risk of getting diabetes, heart disease, and blood pressure issues later in life.
- Better Sleep
More and more research is being done on the importance of sleep for children and adults. Find recommendations by age here: <https://www.healthychildren.org/English/news/Pages/AAP-Supports-Childhood-Sleep-Guidelines.aspx>
- A positive outlook on life; positive Self esteem
- Ability to handle stress better



Any physical activity is better than none!

<https://health.gov/paguidelines/pdf/paguide.pdf>
<http://kidshealth.org/en/parents/exercise.html>

LIMIT SCREEN TIME

Electronic media usage is interfering with our children’s fitness and health because children are spending more time on electronic devices than on playing and being active. Inactivity increases the risk of poor health. Limit electronic media usage to reduce this risk.

The American Academy of Physicians (AAP) recommends:

Age of child	Screen time
under 18 months	Avoid
18 to 24 months of age	None - except for supervised high-quality educational programs watched with the child.
2 to 5 years	No more than 1 hour per day of high-quality programs watched and explained to the child.
6 and older	Place time limits on media and the types of media. Balance media time with healthy behaviors - physical activity, sleep, and academic learning.



The AAP suggests that each family make media-free times and media-free locations at home. Consider making dinner-time, the car, and bedrooms electronic-free. Also, discuss being safe online and how to treat others with respect online and offline frequently. Children learn by watching what adult do. Adults should stick to the rules too!

<https://www.aap.org>; <https://health.gov/paguidelines/pdf/paguide.pdf>

FEED YOUR FUNNY BONE



Why is milk the fastest thing in the world?

Because it's pasteurized
(past your eyes) before you see it!



KIDS TRY THIS

Let's grow green beans!
Gardening is fun and cost-effective, too!
www.Gardenguides.com



You will need:

- 1 deep 12 inch diameter plastic flower pot with drainage holes
- All-purpose potting soil
- Green bean seeds (bush type for easy picking; or climbing type to grow more beans)
- 3 or 4 dowels, bamboo sticks, or small braches fallen from a tree

Directions:

1. Create a teepee or trellis shape with the dowels, bamboo or tree branches.
2. Fill your container with fresh potting soil.
3. Secure your trellis or teepee into the soil in the pot.
4. Poke the green bean seeds into the soil 1-1½ inches deep, 3-5 inches apart.
5. Water the container enough to moisten the soil. Do not over water.
6. Put the pot in a sunny location until seeds sprout, or cover the pot with plastic wrap until the seeds begin to grow.
7. Remove the plastic wrap when the seeds sprout.
8. Water often to keep the soil moist, but not wet.
9. Fertilize regularly with a general purpose, water soluble fertilizer (ex: Miracle Gro).
10. Enjoy your homegrown green beans!

Try growing tomatoes, lettuces, and more in containers

It's Spring!

Time to Go Outside and Play!

Physical activity reduces stress, strengthens muscles, the heart and lungs, and burns calories. Here are several places to go for outdoor exercise and family outings:

- **Wildwood Park** in Harrisburg - <http://www.wildwoodlake.org/>
- **Boyd Big Tree Preserve Conservation Area** - www.parkvisitor.com/parks/PA/boyd-big-tree-conservation-area
- **ZooAmerica and Hershey Gardens** in Hershey – www.zooamerica.com www.hersheygardens.org
- **PinnacleHealth Cardiovascular Institute Wellness Trail** West Shore Hospital campus – www.bit.ly/1viXHsg
- **The US Army Heritage and Education Center** in Carlisle – www.carlisle.army.mil/ahec
- **The Ned Smith Center for Nature and Art** in Millersburg – www.nedsmithcenter.org
- **Community parks and PA State Parks**
 - <http://www.visithersheyharrisburg.org/outdoor-activities/hiking-biking-trails.asp>
 - <http://www.dauphincounty.org/government/Parks-and-Recreation/Dauphin-County-Parks/Pages/default.aspx>
 - dncr.state.pa.us



Recipe Connection

Always wash your hands before cooking.

Broccoli Tater Tots

Servings 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Kids love tater tots! These homemade broccoli tater tots are easy to make and freezer-friendly. Recipe created by Christine Pittman in partnership with Produce for Kids.

Ingredients:

2 medium russet potatoes, peeled, cut into 1/2-inch cubes
2 cups broccoli florets
1 large egg
1/2 cup panko breadcrumbs
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder

Directions:

1. Preheat oven to 400°F.
2. Place potatoes in large stockpot and add enough cold water to cover. Cover and bring to boil over high heat. Reduce to low and simmer 3 minutes. Add broccoli; don't stir. Cover and cook 4-5 minutes, or until tender. Drain.
3. Mix egg, breadcrumbs, salt, pepper and garlic powder in large bowl until just combined.
4. Add potatoes and broccoli to food processor. Pulse 8-10 times until finely grated. Add to breadcrumb mixture and stir to combine.
5. Use tablespoon to scoop potato mixture into 40 mounds. Shape each into an oval and place on parchment-lined baking sheet.
6. Bake 10 minutes; flip and bake 10 minutes, or until golden brown.

<https://www.produceforkids.com>

Banana Sushi Rolls

Servings: 2

Prep Time: 5 minutes

Kids won't be able to resist this banana sushi! It's simple – roll, cut and add sliced strawberries and kiwi for added flair. You can swap the peanut butter for soybutter or sunbutter!

Ingredients:

1 large (6-inch) whole wheat tortilla
3 tbsp. natural peanut butter, divided
1 banana, peeled
2 Wish Farms® strawberries, sliced
1/2 kiwi, sliced
1 tbsp. unsweetened shredded coconut

Directions:

7. Lay tortilla on flat surface. Spread with half of the peanut butter. Place banana on one end of tortilla and roll up. Cut into even slices and place strawberries and kiwi sliced on top.
8. Microwave remaining peanut butter on HIGH 30 seconds, or until melted, and drizzle over banana sushi.
9. Top with shredded coconut.

<https://www.produceforkids.com>

