



A P R I L

2017 WELLNESS NEWSLETTER

4/7
Baseball
Tailgate
Luncheon

4/11
Family
Wellness
Night
6-8 p.m.

4/12
Early
Dismissal

4/14-17
Easter Break
No School

4/21
Cabaret
Night

4/29
Prom

**TEACHERS WEAR YOUR FAVORITE
BASEBALL ATTIRE TO CELEBRATE
OPENING WEEK! FRIDAY APRIL 7**

**April 12th Early Dismissal
Menu**

“Take Me Out To The Ball Game”

**Beef Hot Dogs
Poppy Seed Buns
Nacho Chips
Chili
Cheese
Apple Pie
Cracker Jack**

**Served with Guacamole, Salsa, Sour
Cream, Black Olives, Jalapeno Peppers,
Tomato, Onion and Pickles**

Baseball Tailgate

Trio Of Guacamole



Homemade Chipotle Salsa



Green Goddess Dressing



Homemade Tortilla Chips and Bean Dip



BBQ Nachos



Skinny Buffalo Chicken Dip



Nacho Bar



Skinny Roasted Red Pepper Goat Cheese Dip



Cauliflower Ranch Dip



Apple Grape and Pecan Pasta Salad



Smoked Almond Goat Cheese Stuffed Dates



Chicken Enchilada Dip



7 Common Nutrition Myths

Myth #1: It's healthier to eat egg whites rather than whole eggs.

Myth #2: Choose fat free or low fat dairy and other products.

Myth #3: Granola and yogurt is a healthy breakfast.

Myth #4: Multi-grain and wheat breads are a healthy choice.

Myth #5: Potatoes are bad for you.

Myth #6: Diet soda aids in weight loss.

Myth #7: Coffee creamer is a healthy alternative to half and half or whole milk.

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

April 2017

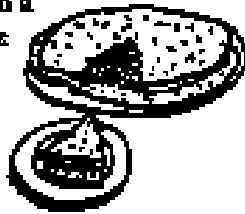
Coal City Community Unit School District
Food Service Department



FAST TAKES

Fusion fare

Encourage your teen to try "fusion" cooking by blending her favorite cuisines in a healthy way. If she loves Italian and Mexican food, she could put pizza toppings between two whole-grain tortillas for a personal pizzadilla! What other nutritious combinations can she discover?



Friendly competition

Play an energetic family game of Up and Down. Place plastic or paper cups all over the house, half right-side up and half upside-down. One team is "up," and the other is "down." At "go," race to flip the cups to your team's direction. Play a short song or set a timer to signal when to stop. Then, count your cups. The team with the most wins.

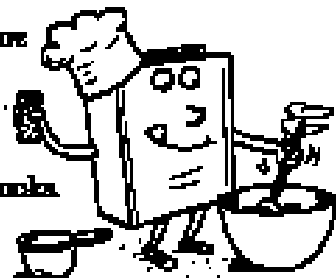
Did You Know?

What your teen or tween eats can affect his memory and ability to focus—two key ingredients for school success. Help him fuel his mind by following a balanced diet. Offer brain-boosting foods like eggs, walnuts, oatmeal and other whole grains, berries, and plenty of vegetables. His brain and body will thank you!

Just for fun

Q: What are the most delicious books?

A: Cookbooks.



Get outside and play!

Warmer weather makes now the perfect time to enjoy exercising outdoors. Share these ideas with your teen or tween to turn his childhood favorites into active play in the open air.



• Field Day-inspired fun will be a group hit.

Have your child and some friends set up their own events in a backyard or at a park. They could do a 50-yard dash and a long jump, arrange an obstacle course, or even organize wheelbarrow or sack relay races. Tip: Suggest that they hand out awards and make it a monthly event through the spring and summer.

• Playgrounds aren't just for little kids. Your teenager can use the equipment like he's at a gym. He might do pull-ups on the monkey bars or buckles push-ups on a bench (feet on the ground, hands on

the bench). Idea: Next time he's at a gym, ask him to notice anything that he may be able to do outside on playground equipment.

• Kite flying on a windy day helps your youngster get his heart pumping. With the running required to get a kite up and keep it flying, the activity is an excellent cardio workout and can also help with balance. Bonus: Kite flying is relaxing—relieving stress along with providing exercise. •

Food allergies on the road

If your child has food allergies, she may feel like there's no such thing as a casual meal or snack. Here are tips to help her handle her allergy—and feel more comfortable—when she's out and about.

Speak up. Encourage your teenager to be up front about her allergy. In a restaurant, she should tell the waiter, "I'm allergic to soy. What ingredients are in this dish?" If she declines ice cream at a party, she can simply say, "No, thanks. I can't eat dairy, but I'm enjoying this frozen fruit pop!"

Be prepared. Suggest that your teen plan ahead if she's staying overnight at a friend's or going on a trip. She should make sure to pack her allergy medications and keep them close at hand. Then, she can take along safe snacks so she won't feel left out when others are eating. •



Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2017



BEST BITES

Festivals of food

Expose new foods with your child by attending local festivals this spring. Whether they feature peaches or peaches-and-cream, cornfish or crepes, strawberries or salmon, these events showcase interesting foods from farmers, vendors, or restaurants. Look for ones with free admission—and enjoy the free samples!

Spring cleaning

With winter in the rearview mirror, April is a good time for active spring cleaning. Together, list indoor and outdoor tasks that will get everyone moving. For instance, your youngster might work with you to wash windows or move winter coats into storage. Outdoors, he could sweep porches or clear sticks from the yard.



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DO YOU KNOW?

Three types of fitness are important for children (and adults): endurance, strength, and flexibility. Encourage your child to develop all three with a variety of activities. Aerobic sports like soccer or swimming will help improve endurance. Sit-ups and push-ups can build strength. And dancing, gymnastics, and yoga all promote flexibility.

Just for fun

Q: What kind of flower doesn't go in a vase?

A: Cauliflower!



Coal City Community Unit School District
Food Service Department

Solutions for picky eating

Help your youngster choose to be less choosy about food! Consider these strategies to add variety to his diet.

Pass dishes around

Rather than putting bowls in the middle of the dinner table, pass each one from person to person. When a dish is passed to your child, the aroma may tempt him to try it. Or he might be more likely to serve himself a little just because it's in his hands. If not, at least he'll see others take the food. And over time, his curiosity may get the better of him.

Use a "food chain"

Slowly offer your youngster a series of foods that build on ones he already enjoys. Say he loves broiled macaroni and cheese. Start by replacing the powdered cheese with the real thing ($\frac{1}{2}$ cup grated cheddar). The next time, add pureed buttercut squash or broccoli



to the mac 'n' cheese. Finally, serve just the pureed squash or broccoli.

Try, try again

Your child won't touch steamed green beans? Offer new green beans with a yogurt-dill dip. Eggplant a no-go? Make it into "fries." (Cut a 1-pound eggplant into strips $\frac{1}{2}$ -inch wide, and toss with $\frac{1}{2}$ tsp. salt. Dip the pieces into 1 whisked egg white, then in breadcrumbs, and roast at 425° for 15 minutes.) In other words, try different ways of preparing foods, and eventually you'll hit on ones your youngster enjoys. 🍴

Track family fitness—in color

Let your child encourage your family to get fit—15 minutes at a time. Here's how:

1. Have her choose colored beads to represent different physical activities. She can draw a key, such as "Blue beads = walking the dog" and "Red beads = shooting hoops." Then, each family member could decorate her own "fitness jar."
2. Each person should aim for at least four 15-minute bursts of physical activity a day. For every one, she puts a matching bead in her container. The goal is to exercise at least an hour a day, or 7 hours a week.
3. Ask your youngster to count the beads weekly. Empty your jars, and start exercising again! 🍴

