

POWER UP

Monthly Minder

APRIL 2022



FUEL UP WITH SNACK TIME

A snack is a small amount of food eaten between meals. Snacking can be healthy, depending on what and how much you eat. Fruits, vegetables, and whole grains make great snacks. Another healthy snack option is combining foods from multiple food groups. Items like parfait, tortilla chips with salsa, ants on a log, or apples with peanut butter can provide a variety of nutrients. This will help fuel our bodies for the day without causing us to feel too full.

SNACK HEALTHY!

There is no right or wrong snack. Snacking is about making healthy choices MOST of the time.

Limit sugary beverage options during snack times to avoid excess sugar and calories.



We'd love your feedback!



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Monthly Recipe

Just Peachy Salsa

In a bowl, combine 2 cups diced peaches, 3/4 cup diced cucumber, 1/4 cup diced red onion, 1/4 cup chopped cilantro, 1 diced jalapeno, 2 Tbs lime juice, and salt and pepper to taste. Mix well. Enjoy with your favorite whole grain tortilla chips! Refrigerate leftovers.

Activity Corner

Play "Sports on the Move"!

Game leader calls out a sport and related movement to act out. For example, baseball - swing a bat. All players mimic the movement for 30 seconds. Repeat with new sports and movements. You can also have players call out sports or movements to keep kids engaged.

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