



Healthy Families

Fall 2017



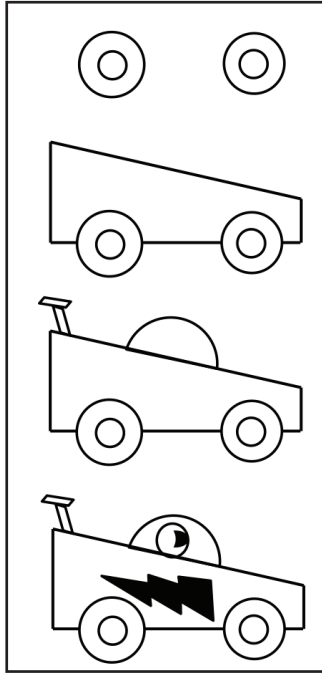
healthy kids
a journey to healthy habits
Sarah Bush
Lincoln

A healthier tomorrow starts today!

Building Healthy Habits

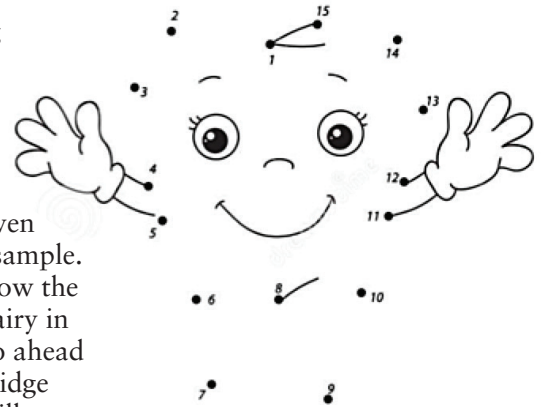
October – Fuel Your Engine

We kicked off our first Healthy Kids lesson by understanding how our bodies work like a car and we need energy to move just like a car needs fuel to move. Your body gets energy by the nutrients it receives, from the food you eat! It is important to eat food from all parts of the MyPlate (fruits, vegetables, grains, protein and dairy) to ensure our body gets all the good nutrients for our bodies to run at its peak performance. Students participated in a game in which they “fueled” their car across the race track by identifying where certain foods would fall on their MyPlate. It was important to remember that even though some foods technically fall under a section of the MyPlate they aren’t always the good nutrients our bodies need to get good energy! (A doughnut is still a grain, but not a good grain).



November – Dairy and Dental Health

Did you know that there is more to caring for your teeth than just brushing and flossing? Eating and drinking plenty of milk and other dairy can make your teeth stronger and more decay resistant! Not only does dairy contain calcium, but also proteins and casein, which combine together to form a protective film on the enamel (surface of your teeth). This coating on your teeth helps prevent your teeth from suffering decay caused by bacterial acids. The students not only learned the importance that dairy has on strengthening their bone, but also protecting their teeth! At the end of our lesson, students were given string cheese to sample. Now that we know the importance of dairy in our daily diet, go ahead and stock that fridge full of low-fat milk and cheese!



Kidsfest 2017

On September 19 and 20, SBL was thrilled to host Kidsfest 2017! Approximately 1,900 students at four schools throughout East Central Illinois participated in the world's only rock and roll nutrition show, Jump with Jill. Jump with Jill encourages kids to eat healthy while dancing and rocking out to songs about superpower vegetables and fruit that they like to call “nature’s candy”. The show has been performed to nearly a million kids all around the world. Jill Jayne, MS, RD, is the Rockstar Nutritionist who created Jump with Jill more than 10 years ago. For more information, activities and all the music, visit www.jumpwithjill.com.



Students at Carl Sandburg Elementary, Williams Elementary, Neoga Elementary and Cumberland Elementary enjoyed the exciting performances by Jump with Jill.



Kids in the Kitchen

Sloppy Joe Baked Sweet Potatoes

Ingredients

4 medium sweet potatoes, washed and dried	1 clove of garlic, minced
½ lb 93 percent lean ground beef	½ tbs. red wine vinegar
1 tsp. seasoned salt	½ tbs. Worcestershire sauce
1/3 cup chopped carrot	8 oz. can tomato sauce
1/3 cup chopped onion	2 tsp. tomato paste
2 tbs. chopped red bell pepper	1/3 cup water

Directions

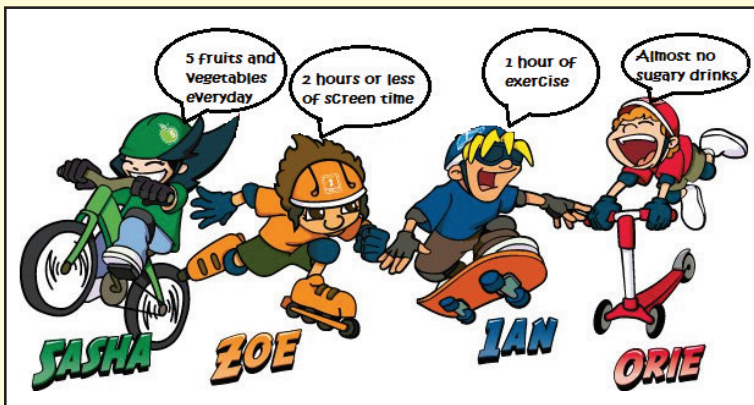
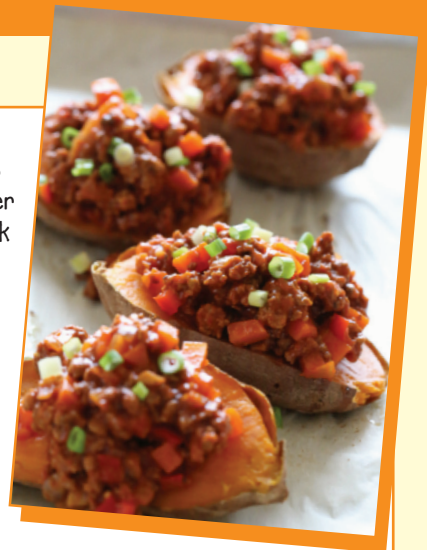
Cook sweet potatoes by poking holes all over with a fork, then cook in microwave 7 to 10 minutes.

Heat a medium skillet over medium high heat. Add the meat and steak seasoning to the pan and cook, breaking it up into small pieces.

Add the onion, garlic, carrots, and red peppers to the skillet. Reduce heat to medium and add red wine vinegar and Worcestershire sauce. Cook 4 to 5 minutes.

Add tomato sauce, paste, and water to the skillet, stir to combine. Cover and reduce heat to simmer and cook until carrots are tender, about 15 to 20 minutes.

To serve, cut sweet potatoes open, sprinkle with a pinch of salt and top each with ½ cup of meat.



WAYS TO WELLNESS: Fabulous Fall Activities

All around us fields are being harvested, leaves are turning vibrant colors, and cooler temperatures are blowing in. These events all signal one thing. Fall is here! And with fall comes all kinds of great outdoor activities. Not only are these activities fun, but they are great exercise too as they keep our bodies moving and stop us from getting stuck on the couch. Listed below are five fun activities to try with your family and friends. So get moving and enjoy those cooler temperatures. You will have a great time and your body will feel great too!

1. Go on a nature hike

The best thing about fall is seeing the leaves turn all sorts of amazing colors. Going on a hike through a park or nature preserve is a great way to see all the amazing changes that fall brings to the forest. Also, with the cooler weather it feels even better to be out and about enjoying the woods. Who knows, you may even see some furry friends while on your walk together!

2. Rake leaves

Raking leaves may sound like a boring chore, but it is actually quite fun. Before you help bag them, put the leaves in piles and try jumping into them! You can also have a leaf fight with your siblings and friends or make a "leaf maze" for younger kids to try. You could even put a pile of leaves at the bottom of a slide and "slide" right into them. There are so many possibilities.

3. Enjoy a local orchard or pumpkin patch

Going to an orchard or pumpkin patch can be great fun! You get to walk and pick apples or pumpkins too. Also, many of these places have fun activities like corn mazes, hay rides, and different animals to see. After all that walking your body will be in tip-top shape!

4. The great pumpkin search

This game can be done outside in a backyard or even inside if needed. Simply hide pumpkins or gourds of various shapes and sizes around your backyard, then challenge the kids to find them! This could even be a team game in which the team that finds the most pumpkins/gourds wins. You could also allow kids to be the "hiders" too. Then, you could switch roles for the next game.

5. Family sports time

Although this could be considered a summer activity, there is nothing better than playing a sport outside in the fall when it is not so hot! You could play basketball in your driveway or head to the park and start up a game of kickball with your family or friends. Maybe your family likes baseball! Try a small game outside together using "ghost runners" when needed. Not only is this great for your body, but even better it will give you quality time to spend together. So hurry up and get outside for a fun fall time!

Got info or photos of your family being healthy?

Contact Jenna Hilligoss, Healthy Kids Educator,
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