

# BE ACTIVE KIDS<sup>SM</sup>



**For Parents and Families** *Volume 2, Winter 2006*

Welcome to *Be Active Kids*, an innovative, interactive nutrition, physical activity, and food safety curriculum for children ages four and five. Find out more information at [www.beactivekids.org](http://www.beactivekids.org).

## Have You Heard?

**There are ways to be active and eat healthy without spending much money!  
Read below for some tips on how to make healthy choices on a budget.**



### Healthy foods do not have to mean expensive grocery bills!

- Take a few minutes to plan ahead and make a shopping list. Using a list will limit impulse shopping.
- Don't visit the grocery store hungry. When you are hungry, you typically buy more than you really need.
- Clip coupons and look for the stores that give "double coupon" rewards. Local farmer's markets are also a good place for low prices.
- Review weekly store ads before shopping and plan your meals around sale items. Apply for in-store saving cards for additional discounts.
- Try buying fresh foods that are in-season. In the winter months, look for carrots, white and red potatoes, sweet potatoes, onions, collard greens, or kale. Also buy canned and frozen fruits and vegetables, which last longer than fresh produce.
- Compare prices. Sometimes store brands are less expensive than name brands. Look at the unit price to be sure.
- Try choosing beans. Dried beans are inexpensive and are a good source of protein and fiber.

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### Spending time being active does not have to mean spending a lot of money!

- Find a local track at a school or park where you can walk or run.
- Grab a hula-hoop or a jump rope and head outside. If the weather is cold, be sure to cover your head and hands and dress in layers.
- Instead of sitting when you talk on the phone, walk around the house.
- Take the stairs.
- Park far away from the entrance to stores and walk.
- Look for inexpensive or free programs at your local recreation center or park.
- Walk your dog!



Source: *A Parent's Guide to Healthy Eating and Physical Activity*, available at <http://www.healthychildrenhealthyfutures.org/parentguidedownload.htm>

## Physical Activities for Be Active Kids

- Turn up the music and dance! You can hop on two feet, march, move low to the ground, move high on your tiptoes, and shake your whole body to the music.
- Create an indoor obstacle adventure! Use tape to mark a path on the floor, drape a sheet over a table for a cave, use blue construction paper for a river, or pretend that sheets of newspaper are parachutes. Use your imagination and take an exciting journey through the obstacles.
- How about an indoor bowling alley down your hallway? Use a soft ball or balled up newspaper and empty milk cartons for pins.
- Try hiding the TV remote control for one week—were you more active?
- Dress in layers, cover your head and hands, and head to the park—if you get moving enough it won't feel chilly!
- Lead your family in playing pretend! Act out a story about zoo animals and have different family members perform various animal movements.

## Fun Food Safety



Make it Bake! Help your children remember when baking cakes or cookies with raw eggs, that tasting is only allowed **AFTER** the dessert has been cooked. Raw eggs can have harmful bacteria that can make you sick if they are not fully cooked.



## Healthy Foods for Be Active Kids

- Create a tradition of family pizza night! Have everyone help pile the pizza crust high with low-fat mozzarella cheese and plenty of vegetables like mushrooms, green peppers, eggplant, zucchini strips, spinach, artichokes, olives, or tomatoes.
- Need a quick healthy dinner for chilly nights? Fix an easy pot of vegetable soup! In a large pot, add two bags of frozen mixed vegetables, a can of corn, and three cans of diced tomatoes. Fill the pot with low-sodium chicken broth. Add a little salt, pepper, or herbs to taste, and simmer until heated through. You could also add cooked ground turkey or lean ground beef. Serve a grilled cheese sandwich on the side made with whole grain bread and low-fat cheddar cheese.
- Drink more water! Even when it's cold outside and we don't feel thirsty, our bodies still need water. Replace sugared drinks and soda with water at meals and snacks.

