

BE ACTIVE KIDS®

For Parents and Families *Volume 12, Winter 2009*



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.

Have You Heard?

Do you ever have trouble distinguishing the nutritious foods from the less nutritious foods? Food Lion has just made your grocery shopping experience easier with the launch of the new **GUIDING STARS** program!



- **What is Guiding Stars?** It's the first of its kind! This is a brand new, easy-to-use nutritional navigational system which will guide you through your local **Food Lion** grocery store straight to the foods with the most nutrition for the calories!
- **How do you use Guiding Stars?** You can compare foods within a category based on the number of stars on food shelf tags:
 - **No Stars** = Does not meet the criteria for a star OR is not yet rated
 - **One Star** = Good nutritional value
 - **Two Stars** = Better nutritional value
 - **Three Stars** = Best nutritional value
- **Scoring criteria.** Food Lion foods are rated on a system of credits and debits. They are credited for having vitamins, minerals, and dietary fibers and debited for having saturated fats, trans fats, cholesterol, added sodium, and added sugars. A food receives either zero, one, two, or three stars based on the number of points it attains.
- **Which foods are rated?** All foods are rated regardless of brand, price or manufacturer with the exception of bottled water, coffee, tea, and spices.

(Source: www.foodlion.com/TheGoodLife/GuidingStars)

Physical Activities for Be Active Kids

The Federal Government has just released the very first Physical Activity Guidelines for Americans in 2008! The guidelines specify that children should participate in **1 hour** of physical activity every day to achieve health benefits. The following are 3 types of activities which all have significant health benefits and should be incorporated into your child's weekly physical activities:

- **Aerobic Activities:** Let's get those heart rates up! These activities cause the heart and lungs to work harder and help increase cardio-respiratory fitness. Some fun aerobic activities you can try with your kids include tag, dancing, jumping rope, hopping, and skipping.
- **Muscle-strengthening Activities:** Get a head start on building strong muscles! These activities require muscles to work harder than they normally do during our daily activities. Encourage your kids to try some fun unstructured muscle-strengthening activities like tug-of-war, climbing trees, or swinging on monkey bars and other playground equipment.
- **Bone-strengthening Activities:** It's important to gain as much bone mass as possible in those early years! Activities that require a forceful impact with the ground like hopscotch, jumping rope, and running will help to strengthen bones.

(Source: www.health.gov)



Fun Food Safety

Winter is here which means germs are everywhere! While your little ones are coughing and sneezing they can easily spread and pick up germs. Encourage your kids to cover their nose or mouth, with their upper arm when they cough or sneeze and provide them with disposable tissue when they are sick. Teach them to wash their hands frequently with soap and warm water for at least 20 seconds, especially before they eat or handle food.



Healthy Foods for Be Active Kids



Using the Guiding Star navigation system, look for some of these starred items at your local **Food Lion** to ensure that your child is eating the most nutritious foods!

- **Protein & Dairy.** These foods help build strong muscles and bones! Look for plain yogurt, starred peanut butter or sunflower butter, soy or low-fat milk, and starred macaroni & cheese.
- **Grains.** These foods will give your child lots of energy and brain power! Look for multigrain breads, whole grain cereals, soy crisps, energy bars, popcorn, and whole wheat crackers.
- **Fruits & Veggies.** Make sure your child gets plenty of vitamins, minerals, and dietary fibers by looking for Food Lion's starred apple slices, dried apricots, baby cut carrots, pineapple chunks, grape tomatoes, raisins, cucumber slices, and cinnamon applesauce.
- **Great snack ideas!** When shopping for healthier afterschool snack options, look for starred foods like carrots with hummus, celery sticks with natural peanut butter, grape tomatoes with low-fat dip, and 100% fruit juice.

(Source: www.foodlion.com/TheGoodLife/GuidingStars)

