



May 2008

# HCSF Newsletter

May is here and summer is just around the corner. With the weather warming up, read on for ideas to keep your family active - indoors and out! Check out our latest healthy snack recipes to keep everyone in top shape.



## Let the Games Begin!

Tired from being cooped up indoors all winter long? Jumpstart your summer with some of these fun activities!

**Game marathons:** Jump Rope, Hopscotch, Tag, Hide and Seek, Zoo Movements (jump like a kangaroo, hop like a bunny...), Freeze Dancing..Red Light, Green Light....



**Play catch:** Toss around a baseball or football with your kids! If it's hot, cool down AND have fun by tossing around a water balloon.



Turn **house cleaning into a race:** Assign each kid one chore and see who can finish first.



**Bubbles!** In a pinch, wire hangers bent to make wands (**adult supervision please!**) with a ½ cup of dish soap and a bucket of water will do the trick.

**Play \_\_\_\_:** Let your kids' imaginations fill in the blank! Play pirates, cowboys, superheroes...



## HCSF- Lac du Flambeau Group Session: Pack Your Pantry for Meals in Minutes!

April 30, 2008



Swapping recipes.

Lac du Flambeau families learned how to stock their pantry so that healthy meal prep would be a snap! They also exchanged recipes. The kids got to play games and then picked out a sport prize to take home with them.



Maybe horseshoes...



Setting up for a fiesta burrito dinner!



Hmm... Badminton or baseball?



Check out the Zoo Movements game in action - Jump like a kangaroo!

# Healthy Snacks

## Cottage Cheese and Apples



### Ingredients:

- 1 apple, any kind your family likes
- 4 oz (1/2 cup) of low-fat cottage cheese

### Directions:

Slice the apple and top with low-fat cottage cheese.

**Health Bonus:** Provides protein, calcium, and fiber.

## Mini Triscuit Pizzas

### Ingredients:

- 4-5 Reduced-Fat Triscuit crackers
- Salsa or tomato/spaghetti sauce
- Shredded cheese (e.g. Jack, or reduced-fat Mozzarella)



### Directions:

- Take 4-5 crackers and arrange them on a microwaveable plate.
- Add a spoonful of salsa or tomato sauce onto each cracker.
- Add a teaspoon of shredded cheese on top
- Microwave until warm or cheese is melted  
**(Caution: the sauce may be hot!)**



## Rain, Rain, Go Away!

On those rainy days you can't go outside to play, **don't park the kids in front of the TV or video games.** Check out these fun indoor activities instead.



**Make your own "I'm Bored/Rainy Day" box:** Find a shoebox, empty coffee can, or paper bag and get creative – use construction paper, glue and glitter, stickers, markers or crayons to decorate it. In the box, place slips of paper with activities that kids get to select when they come to you and say "I'm bored!"

**Some ideas to get you started:**

**Make your own play dough** (See instructions below!)



**Create Treats for Nature Friends:** Even on a rainy, boring day, our bird friends need to eat. You could make a garland of bird treats to string up on an outside tree. You could use dried fruit, popcorn or cranberries. Try spreading peanut butter on the outside of a pine cone or toilet paper tube, and then dip it in bird seed. Just slip a piece of yarn through it, then you will be able to hang it up outside for the birds.

**Draw and Color** (in coloring books or on blank paper)



## Edible Peanut Butter Play Dough

### What You'll Need:

- One 18-oz jar creamy peanut butter
- 6 Tbs honey
- $\frac{3}{4}$  cup non-fat dry milk



### Directions:

Mix ingredients together, using varying amounts of dry milk for desired consistencies. Knead it with fingers, forming desired shapes, adding other foods like raisins or peanuts for eyes, mouths, etc. Great fun for the whole family to try!

**Storage:** When not using, **MUST** be stored in an airtight container.

FamilyCorner.com

## "Object Hide and Seek"

A new twist on an old game! This is similar to a treasure hunt, but so much easier to do...

FUN  
GAME!

- Just find a bunch of objects, 2- 3 for preschoolers, 5 objects for five and six year-olds.
- Either use separate items for each kid, or use different rooms for each child so no one has their stuff "found" by someone else.
- They close their eyes, while you hide the objects.
- Start hiding things in easy places and then make it more difficult as they learn your tricks and you can see how well they do at finding things.
- If they are struggling, just use the "hot-cold" game to help them get closer.

**Some favorite objects to hide?** Try matchbox cars, action figures, crayons, hair bows, LEGOs... just don't hide anything that you don't want to lose for awhile!