



Healthy Families

Winter 2024



healthy kids
a journey to healthy habits



A healthier tomorrow starts today!

KINDERGARTEN

October: **MEET THE HEALTHY HEROES!**

What if super heroes could give us the power to make healthy choices and live a healthier life? Good news—they can! With the help of Sasha, Zoe, Ian and Orië, we can learn fun ways to stay healthy and active. During the October lesson students got to pick clues from a bag that each Healthy



Hero will teach their class about in the upcoming months. Some of the clues were fruits and veggies—to learn about healthy eating, electronic toys—to learn about limiting screen time, sports balls—to promote exercise and soda bottles—to discuss sugary drinks. After all of the Healthy Heroes were introduced the students were able to train to be like the Healthy Heroes by promising to make healthy choices and creating their own Healthy Hero masks!



November:

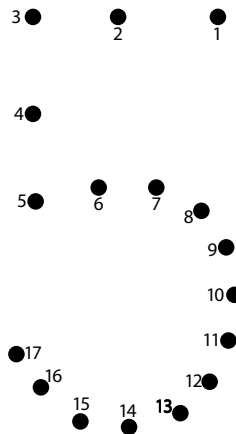
Healthy Hero Sasha made an appearance during our November Healthy Kids lesson to help us remember that it's important to not only eat a rainbow of fruits and vegetables, but healthy foods from ALL five food groups! After reading the book "The Two Bite Club" students got to create their own MyPlate placement by coloring each food group and identifying foods that go into each food group with stickers.

MyPlate



Kids: How many servings of fruits and vegetables does Sasha say that we need each day?

Connect the dots to find out!



Sasha's Race to Build a RAINBOW

Carrots	Go to any fruit or vegetable of your choice!	Corn	Celery	Eggplant	Go to an fruit or vegetable of your choic
Red Peppers					
Grapes					
Broccoli					
Go to any fruit or vegetable of your choice!					
Pineapple					
Oranges					
Strawberries					
Start	Go to any fruit or vegetable of your choice!	Honeydew	Blackberries	Lettuce	Go to any fruit or vegetable of your choice!
					Yellow Squash

December:

Just like a rainbow has a pot of gold at the end of it, eating a rainbow of fruits and vegetables leads us to have golden health and supports healthy bodies! Each color group helps our body in different ways. This month kindergarteners learned more about the importance of fruits and veggies by reading the story *The Rainbow Bunch* and playing the *Sasha's Race to Build a Rainbow* game. The goal is to move around the game board to collect as many fruits and vegetables of all of the rainbow colors.

ELEMENTARY

October: GOING SEASONAL

We were so excited to be back in the classroom teaching healthy kids lessons in October! We started the year off by talking about habits and what it means to form "healthy eating habits." The students offered a lot of good examples like reading nutrition labels, filling our plates with fruits and vegetables and even using fresh ingredients!

That's why our lesson was all about Going Seasonal with Fruits and Vegetables. Some of the main reasons are they are



tastier, of course, and healthier! There is more variety and they are even less expensive when you buy in-season produce. At the end of the lesson, students got to test their knowledge by identifying different produce. After the description card was read students raced to find the



correct answer (ball) and shoot their basket! Apple slices were the healthy snack of the month.

November: Go, Slow, Whoa!

During our November Healthy Kids Lesson, we continued the topic of making healthy eating choices, learning about *Go, Slow and Whoa* foods. The students learned that just like a stoplight can control traffic on the road, it can help us control are food choices and make informed decisions.

A stoplight visual aid was used to represent: "GO" (green) foods, which are the healthiest option. These are whole foods with little to no added ingredients such as sugar, salt and fat. They are not processed or packaged with long ingredient lists, and should be included on our plates with every meal. "Whoa STOP" (red) foods are the least healthy and should be limited to special occasions and only enjoyed as a 'treat'. These types of foods contain a lot of added sugar, unhealthy fat, sodium and are highly processed. In-between, are the "Sometimes" (yellow) foods that provide our body with some essential nutrients, but still has enough added ingredients that



we should not be a part of every meal. Always choose more "Go" foods when you can!

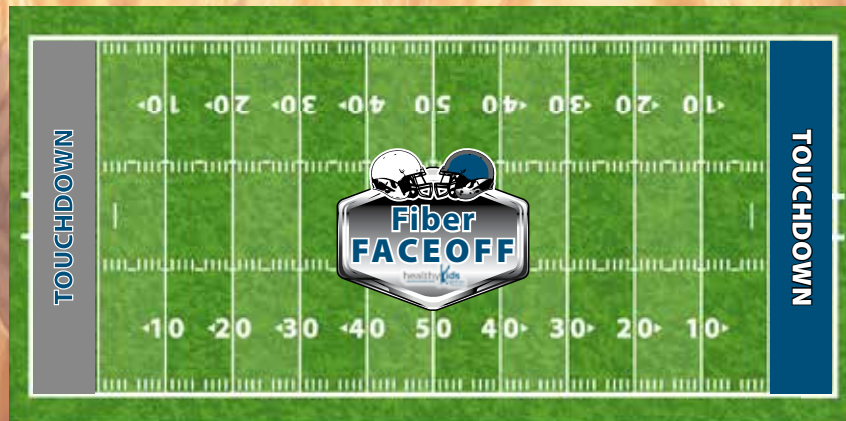
The class played "Go, Slow, Whoa" Bags toss. This two-part game where students had to use their knowledge to match the different foods to the different stop light colors, and then score points for their team doing the bags toss.



December: Whole Grains

Be sure to ask your student the difference between enriched grains and whole grains. Which one is healthier for our bodies? That's right: whole grains! Healthy Kids always teaches the importance of choosing whole-grain products over any "grain" that is advertised as enriched. Students continued to learn the importance of choosing whole grain and the benefits it has on our bodies by learning about all three parts of the grain (bran, germ, and endosperm). Whole grains are high in essential

B-vitamins and packed with fiber, two nutrients our bodies need. Students were given the tools to make healthy decisions when it comes to choosing whole grain products by looking for whole grains on packaging, reading ingredient lists (the first ingredient should be whole grain), and checking that the amount of fiber is at least 3 grams or more. The game of the month was *Fiber Face Off* where two teams competed with a football-themed game. Advances on the field were made by how many grams of fiber each team's food card listed on its nutrition label.



Sport World Outreach with Tom Gilles

Sarah Bush Lincoln's Healthy Communities is proud to once again partner with Sports World Outreach, which provides a motivational youth speaker and former pro athlete! We had the opportunity to visit 11 schools for assemblies and two church groups hosting a family and youth night reaching over 2,500 students.

Our guest speaker, Tom Gilles a former pro snowboarder, spoke to students about real life issues relevant to life consequences and choices, academic excellence, relationships, peer acceptance and guidance. Each assembly engaged students to encourage positive choices, equipping them for transformation and empowering success.

The greatest of all is that students who were struggling mentally, emotionally or physically had the opportunity to be heard confidentially at the end of each assembly with the use of comment cards. Every card was collected and read and help was provided immediately to students who were asking for help. There were 293 at-risk cards identified. These assemblies were made possible by generous donations from: Dr. James Polek, Dr. Abby Welsch, Cari Fearday, PA-C, and Linda Keeler.

We are looking forward to bringing Sports World speakers back in the coming months to more schools.

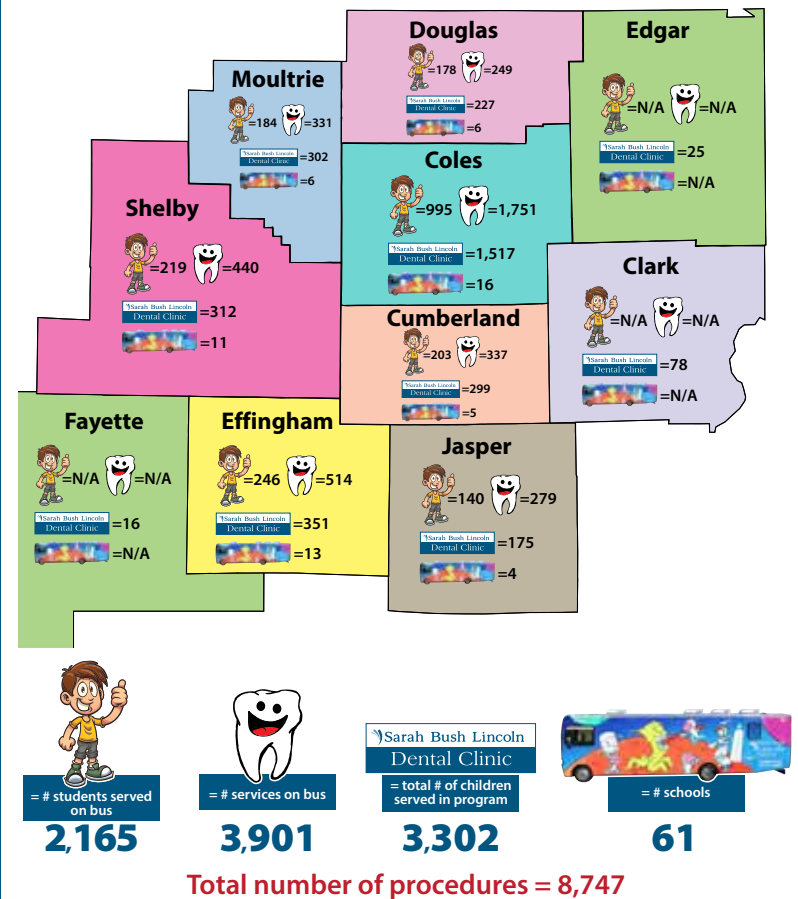


Meet the new Healthy Kids Educator



Hi everyone! My name is Miranda! I'm the newest Healthy Kids Educator here at Sarah Bush Healthy Communities. I went to EIU for my Bachelor's degree, and I'm nearing the end of my Master's in public health with an emphasis on health promotion and education. So naturally, I love all things medical, health and education-related. In my free time, I love to hike and spend time with my husband, Ryan, and our daughter, Clara. Of course, you'll now be seeing me in local schools as the new Healthy Kids Educator, but you may also see me working in the Sarah Bush Lincoln clinics as a nurse. What a privilege it is to be able to serve you in so many different capacities. Please feel free to say "hi!" if you see me! I'm so excited to see you all and take on a new role here with Sarah Bush Lincoln Healthy Communities.

Sarah Bush Lincoln Dental Services 2022-2023



Cooking Classes – coming to a school near you!



Healthy Kids kicked off this year's cooking classes with Ms. Princko's FACS classes on October 3 at Mattoon Middle School! Her 6th, 7th, and 8th graders got to learn how to make a healthier hamburger and how nutritious a burger can actually be with lean meat, whole-wheat buns, and plenty of vegetables, both inside and on top of the burger. Future stops this semester for our Healthy Kids Cooking Classes include the Bridges Schools in Lerna, Shelbyville and Paris. Our hamburgers got rave reviews from MMS staff and students, so we want to share the recipe with all of our Healthy Kids families. See below to make your own HK burgers at home!



Spinach Burgers

Ingredients List

- 1 ½ lb ground beef
- 1 tsp salt
- ¾ tsp black pepper
- 2 tbsp grated parmesan cheese
- 1 cup frozen spinach, well drained

Directions

1. Cook the spinach from frozen and remove moisture with paper towels.
2. In a large bowl combine ground beef, salt, pepper, grated parmesan cheese, and spinach.
3. Make 6 equal patties, not too thick so they cook in the center.
4. Heat a large nonstick skillet on high heat. When hot, lightly spray with oil.
5. Add burgers to the pan and reduce the heat to low.
6. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through.

***You can also cook on a grill or a George Foreman Grill as well.

Prep Time: 10 minutes **Cook time:** 15 minutes

Quick Pickles

Ingredients List

- 1 mini cucumber
- 5 teaspoons white distilled vinegar
- ½ teaspoon sugar
- ¼ tsp of dried dill weed
- Pinch of salt



Directions

1. Cut ends off of cucumber. Slice thinly crosswise.
2. In a jar, combine, vinegar, sugar, dill and salt. Gently shake ingredients together.
3. Add your cucumber slices, close the jar, and shake the contents of the jar to combine everything.
4. Set aside and let cucumbers marinate for 15-20 minutes.
5. Serve and enjoy!



Have info or photos of your family being healthy?

Contact Harley Powley, Healthy Kids Educator,
at (217) 345-6822 or hpowley@sblhs.org.