

Healthy Lifestyles Gazette

Spring 2009 A newsletter for childcare providers and families of preschool children Volume 13, Issue 2



YOUR LIBRARY ... SO MUCH MORE THAN JUST BOOKS!

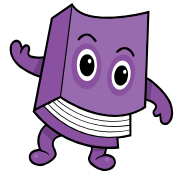


All of the libraries in Bergen County participate in the Bergen County Cooperative Library System [BCCLS]. BCCLS has made finding the help you need as easy as clicking on a button. BCCLS has expanded their website to include information on topics from how to apply for food stamps and affordable health care to where you can find assistance for housing expenses.

Log onto www.bccls.org. Scroll down until you see the yellow "Get Help" button on the left-hand side.

Click on the "Get Help" button to find tons of valuable information and links to needed services.

Remember, if you do not have a computer or have difficulty finding the information you need, simply visit your local library to use the computer or ask the Librarian for assistance.



EATING RIGHT

WHEN MONEY'S TIGHT



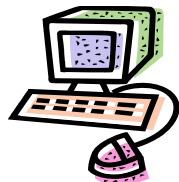
Children and adults can feel stress. Eating a healthy diet and staying physically active can help

lower stress levels.

The USDA [United States Department of Agriculture] offers some great tips to help families stretch food dollars through budgeting, food selection, and low-cost recipes. If you are struggling to put food on the table, USDA's nutrition assistance programs may help.

Visit these sites to learn more:

- www.snap.nal.usda.gov - Menus, recipes, tips on buying and serving healthier foods.
- www.snap-step1.usda.gov - Learn if you qualify for benefits.



TIPS: BEST BUYS FOR COST AND NUTRITION

Breads and Grains

- * Look for bargains on day old bread. It costs less but is still nutritious.
- * Buy regular rice, oatmeal and grits instead of instant as a less expensive and healthier choice.



Vegetables and Salad

- * Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- * Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.



Meat, Poultry, Fish and Beans

- * Chuck or bottom round roast has less fat and is cheaper than sirloin.
- * Buy meat in large bulk packages to save money. Freeze unused portions to prevent spoiling.
- * Buy meat on sale for big savings.
- * Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- * Canned salmon and sardines are nutritious and inexpensive.



Fruits

- * Buy fresh fruits in season, when they generally cost less.
- * Frozen and canned fruits are a smart choice all year round. Avoid those packed in syrup.



Low-Fat Milk Products

- * Buy fresh, low-fat milk in the largest size that can be used before spoiling. Large containers cost less than smaller ones. The USDA recommends that preschoolers drink 2 cups of low-fat or non-fat milk each day.



When a child is taught from an early age to eat right and play hard, the benefits last a lifetime!

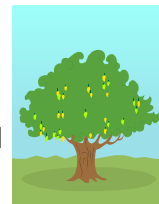
Spring Into Fun

HAVE FUN AND GROW HEALTHY AND STRONG BY DOING THE ACTIVITIES ON THIS PAGE.

STORY TIME WITH TEDDY

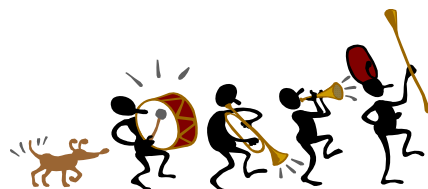


It's nice to cuddle a favorite stuffed animal while you listen to a book being read. But did you ever tell a story to your teddy bear? Spring is a great time to go outdoors and tell your bear a story. Ask an adult to take you outdoors. Find a shady spot under a tree to sit and tell your teddy a story. You can show Teddy how smart you are by telling him all the things you need to do to grow healthy and strong. You can talk about eating lots of fruits and veggies and not eating too much ice cream, cake, candy and fast food. You can tell him how you make your body strong by running, jumping and playing on the jungle gym. Teddy will love to hear you tell him a story!



March to the Park

Lead your family on a fun-filled parade to the park. You can bring along a whistle. Blow the whistle and tell everyone to lift their knees up high and follow you as you march to the park. Swing your arms up towards the sky. Fill a bag with a ball for tossing, some chalk for drawing and bubbles for chasing. One of the adults can carry the bag to the park. Don't forget to bring along some fruit, nuts and water for snacks. Have fun!



EAT A RAINBOW



Your body needs lots of fresh fruits and veggies to grow strong and stay healthy. Be sure to eat a rainbow of fruits and veggies every day. Here are just a few of the many things you can munch on to eat a rainbow!

RED: apple, strawberry, watermelon, pepper, beet

ORANGE: mango, orange, carrot, yam

YELLOW: banana, pear, squash, corn

GREEN: grapes, kiwi, peas, broccoli, spinach

BLUE: raspberries, blueberries, eggplant, blue potato



MAKE A SMOOTHIE



This treat is simple to make and yummy to drink.

Use a blender to mix:

- ◆ Low fat vanilla yogurt
- ◆ Frozen berries [freeze your own or find bags on sale in the freezer section of your market]

Blend to the consistency you like and serve. Add 100% orange juice to thin. Serve these smoothies as an alternative to ice cream, cake and cookies.

County of Bergen • Dennis McNerney, County Executive
Bergen County Board of Chosen Freeholders

The Gazette is written quarterly by the Bergen County Department of Health Services'
Office of Health Promotion Michele Hart-Loughlin, Editor
201-634-2692 • e-mail: mhartlo@co.bergen.nj.us



The Gazette is printed through funds provided by The Bergen County Cancer Coalition. The Coalition is made possible by a grant from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention. The mission of the Bergen County Cancer Coalition is to implement the New Jersey Comprehensive Cancer Control Plan in Bergen County. For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.