



# Healthy Lifestyles Gazette



Summer 2006 A newsletter for childcare providers and families of preschool children Volume 7, Issue 3

## Make a Rainbow on Your Plate!



Readers of the Healthy Lifestyle Gazette know that fruits and vegetables are a delicious and colorful part of a healthy diet. But did you know that different colors provide different healthy nutrients?

It's important to eat a wide variety of colorful vegetables and fruit every day. The color groups are orange/yellow, red, green, white, and blue/purple. By eating vegetables and fruits from each color group, you get special benefits each offers. **The more color the better!**

Make a trip to the food store or farmers market to see the different colors of the fruits and vegetables. Then pick out a new fruit or vegetable you and your child would like to try and prepare it together.

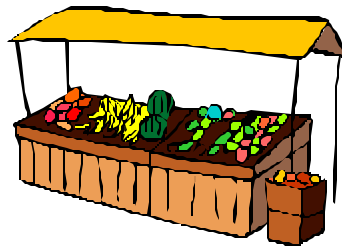
### Bergen County Farmer's Markets

#### Englewood

Depot Square Park  
N. Van Brunt & Demarest Ave.  
201-871-6645  
Fridays, 12 pm - 7 pm

#### Hasbrouck Heights

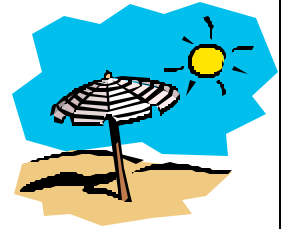
Washington Place & Boulevard  
201-288-5464  
Tuesdays, 12 pm - 6 pm



#### Ridgewood

Garber Square (NJ Transit Station)  
201-445-2600  
Sundays, 9 am - 3 pm

## Protect the Skin You Are In!



### Sun Safety Tips

Summer time means longer hours of daylight and more time to play outside. We all have to be careful of the sun's rays because they can be harmful to our skin and health. Here are some sun safety tips.

? The sun's rays are the strongest between 10 a.m. and 4 p.m. Limit time in the sun during these hours.

? Clouds do not stop the sun's rays, so put on sunblock even on a cloudy day.

? Take breaks in the shade and drink lots of water

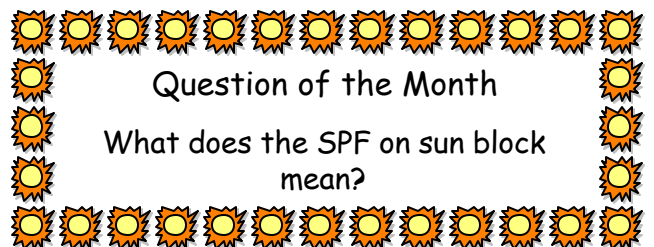
? Use a "broad spectrum" sunblock that blocks both UVA & UVB and has a an SPF (sun protection factor) of at least 15

? Put on sunblock 30 minutes before going outdoors and reapply sunblock every 2 hours and after being in the water

? Wear sunglasses with UV protection

? Put on a hat with a brim to shade your face and neck

? Keep babies under 6 months old out of direct sunlight



### Question of the Month

What does the SPF on sun block mean?

## Seeing Fruits With Your Hands!



Children can learn about different kinds of fruits and the feel and shape of the fruits in this simple, but fun game.

Put a different type of fruit in each brown paper bag or colored grocery bag. Make sure that you cannot see inside the bag you choose. Have your child guess what fruit is in the bag by letting them reach into the bags and feel the fruit. They can only touch the fruit, but cannot peek into the bag.

After guessing all the fruits, you can talk to them about how each fruit helps keep their bodies healthy. Remind them to eat 2 cups of fruit daily. After washing the fruits, you can make a fruit salad with them!



## Kids Fruit Salad

### Ingredients (individual serving)

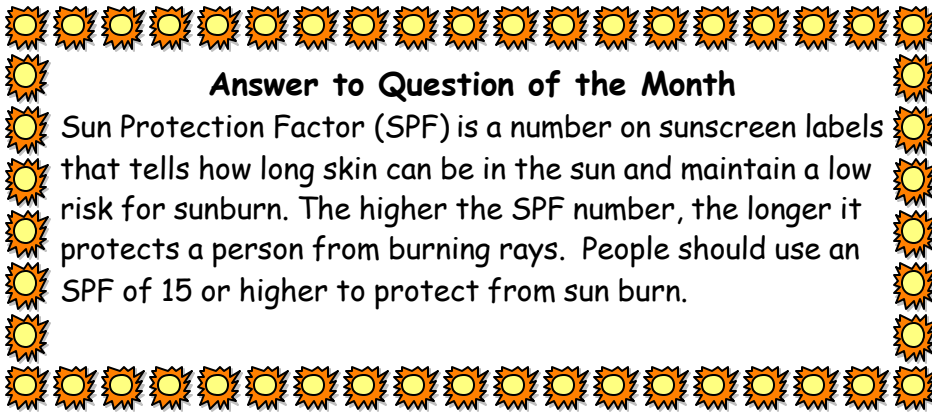
- Bananas
- Apples
- Peaches/nectarines
- Orange
- Strawberries
- Blueberries



Wash all the fruits. Cut the fruits into small pieces. Your child can help you mix the fruits to make a refreshing fruit salad!

\*Eat the fruit salad with cheese to get your daily serving of calcium!

\*You can substitute fruits as you'd like.



### Answer to Question of the Month

Sun Protection Factor (SPF) is a number on sunscreen labels that tells how long skin can be in the sun and maintain a low risk for sunburn. The higher the SPF number, the longer it protects a person from burning rays. People should use an SPF of 15 or higher to protect from sun burn.



### We want to hear from you!

Dear Parents and Childcare Providers: Let us know how you encourage a healthy lifestyle in your home or daycare.

We want to share your ideas with the rest of Bergen County in future issues.

Contact Robin Chou, Healthy Lifestyles Gazette Editor, Bergen County Department of Health Services, at 201-634-2694 or email: [rchou@co.bergen.nj.us](mailto:rchou@co.bergen.nj.us)

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