



# March



Move More Watch Less



Do you wonder if your child is active enough?



fit families

Eat Healthy

Be Active

Your kids are watching

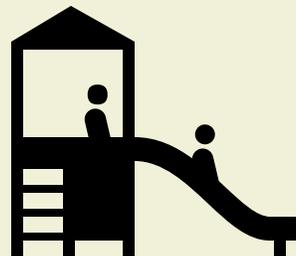
1. My child plays outside several times a day or inside where he or she is free to move: **Yes No**

2. I make sure my child's TV and screen time is less than 2 hours a day: **Yes No**

3. I make sure my child is actively moving for at least 60 minutes a day: **Yes No**

4. When actively playing, my child breathes quickly or sweats: **Yes No**

If you can usually answer yes to these statements, your child is probably getting enough active play.



# Make Every Bite Count

## Simple Roasted Baby Carrots

### You'll need:

- 1 pound baby carrots
- 2 tablespoons vegetable oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Directions:

- 1.) Preheat oven to 450 degrees F.
- 2.) Mix together carrots, vegetable oil, garlic powder, salt, and pepper.
- 3.) Spread mixture on a baking pan.
- 4.) Roast for 10 minutes, remove from oven, and stir.
- 5.) Return to oven and roast for 10 more minutes or until just soft.

Veggie  
of the  
Month

Carrot



Strawberry

Fruit  
of the  
Month



## Strawberry S'mores

### You'll need:

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 Tbs low-fat vanilla yogurt

### Directions:

- Rinse and slice the strawberries.
- Add the yogurt and strawberries to 1/2 of graham cracker.
- Top with the other 1/2 of graham cracker

# Make Every Sip Count

## Limit Sugary Drinks

Soda, energy drinks, sport drinks, fruit drinks and other drinks with added sugar.

- There can be 10 teaspoons of sugar in a 12 ounce can of soda. That's a lot of sugar!
- Fruit drinks may contain only 5 - 15% fruit juice - the rest is sugar water. Choose only 100% fruit juices..
- Limit sugary drinks in your house. If there are sweet drinks in the house, your family will want to drink them



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Family project.

As children grow, they may be ready for new activities:

By age 2

They can run, walk, gallop, jump, and swim with adult help.

By age 3

They can hop, climb, ride a tricycle or bicycle with training wheels and safety helmet, and catch, throw, bounce, and kick a ball.

By age 4

they can skip, swim, and complete an obstacle course.

