

Coordinated School Health Programs Newsletter

What is a serving?

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

Kids

- Size of the palm of their hand

Choose with the seasons

- Buy fruits and veggies that are in season.
- Don't forget that frozen fruits and veggies are always available and are a healthy choice.

Family mealtime

- Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
- Get your family involved with meal planning.



Our Vision:

The RSU #2 CSHP will be a vehicle for sharing consistent information, coordinating activities, and influencing policy about wellness to all students, staff and community members.

Upcoming Meeting Dates:

- March 14 @ 3:15
Dresden
- May 9 @ 3:15
Monmouth

Every Day!

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

How can you celebrate a job well done without using food treats?

Here are ways to reward your child:

- * Make a list of fun, nonfood rewards that don't cost much and post it where the whole family can see it.
- * Have a separate list of special and inexpensive rewards for those really big achievements.
- * Give certificates or ribbons for healthy behaviors. Allow your child to have a few friends over after school to play sports.

No-Fuss Snacks

- Whole Fruit: grapes, apples, bananas, etc.
- Fruit Salad: 1/2 cup store-bought, fresh fruit, unsweetened canned fruit, or snack cup
- Frozen Fruit: 1/2 cup berries, etc.
- Dried Fruit: 1/3 cup
- Apple Sauce: 1 snack cup (unsweetened)
- Nuts: 1/3 cup of nuts such as almonds, peanuts, cashews, or mixed nuts
- Cheese: low fat string cheese, or 2 slices low fat cheese (like Cabot Creamery)
- Yogurt: 1 squeezable low fat yogurt (like Stonyfield Farm), or 1 low fat yogurt container (6 oz.)
- Pudding: 1 nonfat or low fat snack cup • Granola/Fruit Bar: 1 low fat, whole grain bar
- Cereal: 1 cup whole grain cereal (like Cheerios or Multigrain Chex)
- Trail Mix: 1/3 cup made with nuts, seeds, low fat granola, and dried fruit
- Pretzels: about 20 tiny twists

- * Invite a few of their friends to a sleepover.
- * Have a family game night.
- * Keep a box of special toys or art supplies that can only be used on special occasions.
- * Go to a sports game. Camp out in the back yard. Encourage the use of electronics that support physical activity, like Dance Dance Revolution. Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

Words of appreciation can go a long way. Children love to hear “You did a great job” or “I appreciate your help.”



CONTACT INFO

For questions, comments or interest, please contact either:

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