



NEWS PARENTS CAN USE

Session 1

Welcome to the *Nutrition In Me!* Club

Hand Washing

Nutrition In Me Club Started Today

It's fun, it's exciting and it's in your child's classroom now! *Nutrition In Me!* is a six-week series that teaches kids about:

- ◆ Foods that build strong bodies
- ◆ Ways to keep food safe from germs
- ◆ What vitamins and minerals do in the body
- ◆ Healthy food choices
- ◆ Being physically activity every day

It's important that kids learn to make wise food choices so they'll grow up healthy and strong. Eating healthy food helps children do their best in school too. Each week you'll receive this newsletter so you'll know what went on in class.

This program is brought to your child's school by Washington State University Kitsap County Extension Food \$ense



Walk-Around Trail Mix

You can serve it in a bowl or a paper muffin liner or even a wafer-type ice cream cone!

Low-sugar cereals, two or three whole grain types



Reduced-fat cheese
Crackers
Pretzels
Sunflower seeds
Raisins

Mix all together and enjoy. Put some in resealable plastic bags to take to school or keep in the car or for an after school snack.

Just Do It!

Make a Snack Attack basket in your cupboard so children can easily grab their own healthy snack. Pack it full of healthy foods low in sugar and fat.

Quick-n-Easy Sanitizer

To get rid of germs on counter tops, faucets, cutting boards, sinks, and knives try this easy-to-make solution.

- 1-teaspoon bleach
- 1-quart (4 cups) water

Put bleach and water into a spray bottle and label it. Spray the surface you want to clean, leave on for 60 seconds, then rinse or wipe off. The mixture is dilute enough to not bleach clothing, but powerful enough to kill germs. Keep out of reach of children.

Parents Make a Difference

You have a big influence on what your children eat. Make smart choices about which foods are available to your children.

- Keep plenty of fruits and vegetables washed, sliced and ready to eat in the refrigerator.
- Choose low-sugar cereals, especially whole grain ones.
- Pick low fat crackers and snacks such as pretzels and whole wheat bagels.
- Limit the amount of foods such as potato chips, soda pop, fruit flavored drinks, cookies, and other sweets and fats.

Gayle Attemar, MS, RD 2006 (updated 2014)

Eating habits, both good and bad, start in childhood and can last a lifetime. Give yourself and your child the gift of lifelong health. Make sure your child's eating habits are healthy ones.



Families On The Move

Did you know...

- ◆ Walking is great for your health.
- ◆ Walk 20-30 minutes most days.
- ◆ Be smart, walk safely.
- ◆ Kids cannot judge distance and auto speeds accurately. Parents should alert children that cars move faster than they seem to.
- ◆ Avoid horseplay while waiting for the bus, and stay away from curbs and street.
- ◆ Children attending after-school programs should wear reflective clothing or tape. Apply reflective material to umbrellas, backpacks and lunch boxes.
- ◆ Only walk on well-lighted streets.

Tips from Amanda Scott-Thomas, Health Educator for the Kitsap County Health District

Inside Scoop

Ask your child when and for how long they should wash their hands. (Answer: To get rid of germs, wash hands before every meal for 20 seconds with warm water and soap.)

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). 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: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 ext 6264, jlevenson@wsu.edu at least two weeks prior to the event.