

FOOD & FUN FOR EVERYONE

Eating right and staying active can be challenging with COVID still around. Here are some ideas to help you keep your family healthy while having fun!

Springtime Healthy Tips

- **Make fruits and veggies fun!** The next time you shop at the grocery store or farmers' market, let your child pick a new fruit and vegetable to try. Cut vegetables and fruit into fun shapes, or try out the recipes below. They are sure to be a hit!
- **Grow your own vegetables or herbs.** Plant some seeds in paper cups or newspaper pots and transplant to larger pots later. Kids can be in charge of watering and watch the growing process. They will be excited to try the herbs and vegetables when they are ready.
- **Breakfast is an important way to start the day.** Have grab and go foods on hand if you are running out the door. If you have time, try the banana flats recipe below and allow kids to help. The more involved kids are in the meal prep process, the more likely they are to eat the food.



Find a site to get **FREE grab & go meals for your children**
Visit <https://covid.ri.gov/public/food-sites-children> or **Call 2-1-1**

Healthy and Delicious Kid-Friendly Recipes

Carrot Fries

2 pounds carrots, washed and peeled
2 tablespoons olive oil
1/4 teaspoon pepper
1/4 teaspoon salt
Non-stick cooking spray
1/4 cup parmesan cheese



- 1) Preheat oven to 400°F.
- 2) Slice carrots into strips, shaped like fries.
- 3) Place carrots in a bowl and toss with olive oil, salt and pepper.
- 4) Place carrots on baking sheet sprayed with non stick spray. Bake for 30-35 minutes, or until carrots are tender and golden.
- 5) Toss with parmesan cheese and serve.

Banana Flats

1 banana
2 large eggs
1/8 teaspoon baking powder
Non-stick cooking spray



- 1) In a large bowl, peel and mash the banana with a fork.
- 2) Whisk in eggs until well blended and add baking powder.
- 3) Spray a skillet with non-stick cooking spray and put over medium heat.
- 4) Using 1 tablespoon per flat, spoon the batter into the skillet.
- 5) Cook on medium heat for 1 minute, flip over with a spatula, then cook for another minute. Remove your flats and enjoy!



Ideas to keep kids active

- Take a daily walk and look for new plants and tree buds. Watch the changes throughout the weeks. Take pictures of the changes or make charts of the different plants' growth.
- Explore the different playgrounds in Rhode Island. The imPossible Dream in Warwick, Burnside Park and Roger Williams Park playgrounds in Providence are just a few of the many fun and creative playgrounds through out the state. Remember to follow all posted safety rules.
- Create an outdoor activity jar. Decorate and fill with fun and active ideas to do outside. Walking, biking, sidewalk chalk, and obstacle courses are just the beginning of the fun you can add to your jar.



Use your SNAP benefits at the farmers market to get **100% bonus to spend on fruits and vegetables**. Markets are currently open in Providence, Tiverton and Newport, with many more sites opening in June.

Visit: <https://guide.farmfreshri.org> to find a market near you!

What else can we do?!

Get Outside!

- Do some outdoor art and bring those messy projects outside! Playdough, paint and nature projects decrease the stress and increase the fun.
- Relax, grab a blanket or sheet and go outside to cloud gaze. What shapes and patterns do you see? Do it at night with the stars as well.
- Bring it outside! Homework, reading, and snacks can be done at a park, backyard or porch.

Explore Rhode Island

- At Lincoln Woods in Lincoln you can enjoy swimming at the fresh water beach, trout fishing, playing ball, hiking, jogging, horseback riding, or just relaxing under a shade tree.
- Snake Den Park in Johnston offers self-guided walking trails, beautiful trees, flowers, plants, and a working farm as well.
- Rocky Point is open to the public for picnics, hikes, swimming or just taking in the view from the Narragansett Bay Fishing pier.