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FOOD & FUN FOR EVERYONE

Eating right and staying active can be difficult when you're stuck at home. Here are some ideas to help you keep your family healthy while having fun!

Making Snacks & Meal Times Fun

- Stay safe by washing everyone's hands in warm, soapy water. A good way to know if you are washing them long enough is to sing Happy Birthday two times and then rinse.
- Let them help with food prep! Here are some kid-friendly kitchen jobs:
 - Tear lettuce & add salad ingredients together
 - Measure non-liquid ingredients for a recipe
 - Cut or spread soft foods with a butter knife or plastic knife
 - Stir foods together or whisk eggs
- Turn snack time into art time! Let kids make faces, trees, or animals with pieces of fruit, veggies, cheese, and cereal.



Find a site to get **FREE** grab & go meals for your children

Visit: <https://health.ri.gov/diseases/ncov2019/about/foodsites/>

Call: 2-1-1

Let kids help prepare these tasty nutritious snacks!

Yogurt Parfaits

1 cup low fat vanilla yogurt
½ cup fruit (berries, banana slices, or canned peaches are good!)
¼ cup whole grain cereal

1. In a small cup, spoon in half of the yogurt.
2. Layer half of the fruit in next.
3. Spoon in the rest of the yogurt, then the rest of the fruit.
4. Top with the cereal. Enjoy!

PB Banana Bites

4-6 whole grain crackers
1 tablespoon peanut butter
½ banana

1. Using a butter knife, spread a thin layer of peanut butter on each cracker.
2. Using the butter knife, cut the banana into slices.
3. Place 1 slice of banana on top of each cracker. Serve with a glass of low fat milk.



More kid-friendly recipes at <https://uri.edu/SnapEd>





Ideas to Keep Kids Active

- Do the carrot hop! Place some carrots at one end of the room and have kids hop like bunnies to collect the carrots. After playing, scrub the carrots clean and eat them as a healthy snack!
- Play simple games with easy instructions that preschoolers love, such as “Red Light, Green Light.” Use healthy foods ideas as a green light movement and less healthy treats as the red light.
- Freeze Dance! Play that music loud and dance dance dance! Stop when you turn the music off.
- Remember, you can still go outside. Outside walks allow kids to use their imaginations. Running and playing are great ways to move!



Try these online resources for fun, family activity ideas!

GoNoodle: <https://family.gonoodle.com/>

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Have limited space? Be creative!

- Use a hallway like a bowling alley or for hopscotch
- Have your kids use their imaginations, just think...
 - A chair can be a mountain
 - A pile of blankets is a pile of leaves
 - A long sheet is a river they can jump over. Don't get your feet wet!
- Turn up the music and have a dance party with stuffed animals or dolls.

Treasure hunt time!

- Treasures can be as simple as a rock, leaf or dandelion
- Have children “hunt around” like an animal...waddle like a duck, jump like a frog, or crawl like a crab.
- For older children have them look for certain shapes or colors of objects.
- If raining outside, look for treasures inside using objects from around the house.