



Hi everyone! I hope you are all doing well. I've missed playing games and tasting new foods with you, so I'm sending a few Healthy Habits to focus on while we are apart. Enjoy! Mrs. Darcy

Let's Talk About Trail Mix!!!

Trail mix can be a healthy snack when you make it with low sugar cereals, nuts and dried fruit. Hey, What 3 food groups did I just mention? Don't forget to choose whole grains when you can!

Trail Mix

Servings: 6 | Total Time: 5 Minutes

Ingredients

- 3 cups cereal (oat circles, corn squares)
- 1/2 cup nuts (almonds, pecans, walnuts, etc)
- 1/2 cup dried fruit (raisins, reduced sugar dried cranberries, banana chips, etc.)
- 1/2 cup small pretzels
- 1/2 cup chocolate chips
- Note: replace all or some of the cereal with popcorn for a fun and healthy treat.



Instructions

1. Before you begin, wash your hands, surfaces and utensils.
2. Gather Equipment: Large bowl, Serving dish or airtight container for storage, Measuring Cups.
3. Mix all ingredients together and store in airtight container.

Nutrition facts:
6 servings/1 cup per serving
Amount per serving: Calories: 270
Total fat: 12g
Cholesterol: 0mg
Sodium: 210mg
Total carbs: 42g
Dietary fiber: 5g
Protein: 6g

Find more tasty, healthy recipes and videos at CelebrateYourPlate.org

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Oh and remember to keep safe, wash your hands for twenty seconds. What song are you going to sing or hum while you wash with warm water and soap? The Red Rider Fight Song is a good one to try 😊. And don't forget to put your serving into a separate bowl. Enjoy!

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Another whole grain food that is great for a snack is **POPCORN!!!** Just remember to choose the kind without all the extra butter and sugar. **WE CAN** choose **HEALTHY** 😊. Here's a game to play if you are just bored and not really hungry. Have fun.

THE POPCORN GAME:

Before You Start • Get a ball or soft throwable object and a few people to play with (you can also play this game on your own!)

Set Up • Find an area with space for your group to make a circle - preferably with a high ceiling. Make sure that you are keeping at least 6 feet away from any other person to practice safe social distancing. Playing outside works great, too!

How to Play

- One person starts the game by throwing the ball in the air, clapping one time, and then catching the ball.
- Once you've tried it one time, pass the ball to the person next to you in the circle so they can try. Continue this all the way around the circle, giving everyone a turn. If you drop the ball or don't clap the correct number of times, you were unsuccessful and that's okay.
- When it gets back to the first person, check in with everyone. If you successfully clapped and caught the ball, move up to Level Two. If you were unsuccessful, stay on Level One.
- Level Two means that you'll try to clap two times before catching the ball. Level Three means three claps, Level Four means four claps, and so on.



Playworks Play At Home Playbook

Popcorn



- Each time the ball comes to you, try the level you are on. If you're unsuccessful, stay on the same level and try again when the ball makes it back to you.
- The goal of the game is to see how many claps you can work up to and still catch the ball each time.
- If you're playing on your own, just work your way up and see how many claps you can get to! At-Home Accommodations
- Ball up a sock or crumple up a piece of paper to use as a ball.
- Play outside for more space.

<https://youtu.be/Ot40kdLBZhk>

Check one Snack Attack plan you think would most help balance your day.

- To keep snacking from becoming a nibbling marathon or solution for boredom, choose a set time to snack each day (at least 2 hours before or after a meal).
- During snack time, turn off the TV and video games.
- Dish up a snack portion and put the bag or box away.
- Eat slowly and pay attention to when the feeling of hunger is gone.
- Make it easier to choose fruits, veggies, and other low fat and no added sugar snacks

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