

# WELLNESS CHAMPIONS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHILD CARE RESOURCE SERVICE

HEALTHLINE

March 2015

[www.crs.ymca.org](http://www.crs.ymca.org)

SUPPORTING HEALTHY EATING AND PHYSICAL ACTIVITY IN EARLY CHILDHOOD EDUCATION.



## CELEBRATE NUTRITION MONTH

### March is National Nutrition Month!

Celebrate National Nutrition Month with MyPlate and create healthy meals for the little ones at your school. For a FREE nutrition education kit featuring MyPlate and to learn more visit: <http://www.fns.usda.gov/tn/grow-it-try-it-it>

### San Diego Harvest of the Month

Did you know that thanks to the beautiful San Diego weather we are able to grow different crops year round? During the month of March San Diego features peas and mandarins. For more information visit: <https://www.pediatrics.ucsd.edu/divisions/general-pediatrics/about/cch/harvest-of-the-month/Pages/Calendar.aspx>

### Daily Food Plan

Portion control is one of the ways in which we can prevent childhood obesity in our children. When trying to figure out what to serve for nutritious meals, you can visit <http://www.choosemyplate.gov/preschoolers/meal-and-snack-patterns-ideas.html> to give yourself a better idea of what to provide based on age and physical activity levels.

## PROGRAM HIGHLIGHTS

The Wellness Champion program provides training to improve best practices in the areas of healthy eating and physical activity.

## UPCOMING WORKSHOPS

All workshops are held on Saturday, from 9:00 AM-1:00 PM.

### Copley-Price Family YMCA

4300 El Cajon Blvd. San Diego

- March 28, 2015
- April 4, 2015 (Spanish)
- May 9, 2015
- June 6, 2015
- July 11, 2015
- August 8, 2015

### YMCA Youth & Family Services

2929 Meade Avenue San Diego

- April 11, 2015
- May 9, 2015

## HEALTH EDUCATOR

Norma Mendoza: 619-521-3055 x2212

E-mail: [nmendoza@ymca.org](mailto:nmendoza@ymca.org)

## FOLLOW US ON FACEBOOK

Learn about upcoming events!

[www.facebook.com/YMCA.CRS](http://www.facebook.com/YMCA.CRS)





## FAMILY TIME

Family time is an important part of the healthy development of children. Not only do children learn social skills, but they also benefit from the love and quality time of being with loved ones. Encourage families to set aside time for “family time”.

There are many activities that you, as a child care provider, can share with parents to encourage family time during the weekends.

### OUTDOOR ACTIVITIES

- Picnic at the park
- Bike rides at the park or lake
- Visit Balboa Park and the museums and botanical garden
- Take a trip to the beach and play on the sand, or go for a swim!

### INDOOR ACTIVITIES

- Family game night
- Have the family help with meal preparation from start to finish
- Movie night
- Play some music and dance

Help your parents by reminding them that when children play, they are practicing important skills, such as running, throwing, and kicking, role playing, and socializing. Large amounts of family play time means more time to develop and practice those skills. Before you know it, children will be the ones initiating the play and telling parents about family time.

## RECIPE OF THE MONTH

### LENTIL VEGGIE SOUP

#### Ingredients

- 6 cups vegetable broth, plus more if needed
- 1 cup assorted lentils (red and green)
- 1/3 cup barley
- 1/2 onion, peeled and finely chopped
- 1/4 cup finely chopped celery
- 4 small red potatoes
- 6 carrots peeled and thinly sliced
- 1 cup fresh or frozen peas
- 1 cup fresh or frozen corn
- 1 cup sliced white mushrooms
- 1/2 teaspoon parsley
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon cilantro
- 1/2 teaspoon cilantro
- 1/2 teaspoon sage



In a large stock or soup pot over moderate heat, combine the vegetable broth, lentils, barley, onion, celery, potatoes, carrots, peas, corn, mushrooms, parsley, oregano, basil, cilantro, and sage. Bring to a boil, lower the heat and gently simmer, stirring occasionally, until the lentils and potatoes are fully cooked, about 45 minutes.

For more fun recipes visit: <http://www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HealthyLunchtimeChallengeCookbook.pdf>

## STRUCTURED PHYSICAL ACTIVITY

### BUBBLE CHASE

#### Materials

- Bubble Solution (1/2 cup dish soap, 2 cups water) and bubble wands. (If you don't have bubble wands, make them out of pipe cleaners).

#### How to Play

- If needed, help children make bubble wands with pipe cleaners. Bend the top of a pipe cleaner to form a complete loop, leaving the bottom part straight for a handle.
- Dip the wands in bubble solution, then blow some bubbles! Direct and role model for children to **run, hop, jump, wave, bend,** and **kick** to pop the bubbles. Encourage and guide them to **reach** up high and **bend** down low to pop as many bubbles as they can, as fast as they can!

#### Possible Variations

- Divide children into pairs. Let one child blow bubbles while the other chases after him or her. Then have the children change roles.
- Let children run with their bubble wands to make a trail of bubbles.

# COMMUNITY EVENTS

## ScholarShare's Toddler Time Feast on Healthy Snack

### The New Children's Museum - March 20

Free with admission. Discover healthy food choices for your toddler from certified nutritionist with Child Development Associates.

## Family Drop-In Day: Exploring Shape and Form

### San Diego Museum of Art - March 22 & 29

Free after museum admission. Family-friendly activities. Topic of the month: Exploring Shape and Form.

## Free Crafts for Kids

### Lakeshore Learning-Hazard Center - Every Saturday 11:00-3:00

A new craft is offered every week, participation is free, materials included.



**CHAMPIONS  
for CHANGE™**

healthy  
**WORKS**  
Paths to Healthy Living

County of San Diego HHSA

an initiative of



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 2-1-1. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).