

For our first **Healthy Start newsletter**, we'd like introduce ourselves to those of you who don't know us. We're a partnership of committed individuals and organizations who strive to enhance the health of young children through daily activity and healthy eating. The movement started in Saskatchewan, and thanks to the support of the Public Health Agency of Canada we've been joined by childcare centres, researchers and other groups in New Brunswick who share our passion.

Healthy Start connects with educators, teachers and cooks in early learning centres and pre-k classes, and we also have resources for families.

We hope to share ideas with you and hear your stories about getting kids active and promoting healthy food.

Each newsletter will have information, recipes and tips for educators and parents. We also have a Facebook page (<https://www.facebook.com/HSDS.CA>) and a website (<http://www.healthystartkids.ca/>), please check us out and share your comments.

Are Our Children Moving Enough?

Preschool aged children need to be active for at least 3 hours a day*! Here are a few tips that will help get them moving:

- Limit the time that children spend in front of the TV and computer— preschool aged children are not recommended to get more than an hour a day of screen time a day; less is better.*
- Play outdoors, even in winter! If children and adults are well dressed in warm layers and outerwear, we can play outside even during the winter (if the temperature drops below -25 with wind chill, consider keeping young chil-

dren indoors). It's very important that children get fresh air and have a chance to connect with nature.

- Scatter bursts of physical activity through-



out the day. There are many easy way to be active with kids at home:

- Read a book and act it out together, encourage children to move in creative ways;
- Put on music and dance together;
- Play LEAP games! You can borrow a set of LEAP parent activity cards from your childcare centre, or consult the LEAP website to download your own free copies: <http://decoda.ca/children-families/leap-bc/>

*Physical Activity and Sedentary Time Guidelines are from the *Canadian Society for Exercise Physiology* (www.csep.ca)

Whole Wheat vs. Whole Grain

Did you know that there is a difference between whole WHEAT and whole GRAIN products? When you choose whole grain products, you are choosing better fibre, mineral, and antioxidant sources. An easy way to find the whole grain products is to read the ingredients. According to

Food Flair*, "whole grain foods will have the words 'whole' or 'whole grain' followed by the name of the grain as one of the first ingredients." Watch out for keywords like *bran*, *cracked wheat*, *multi-grain*, *100% wheat*, *seven grain* or *stoneground*, since those don't necessarily mean

whole GRAIN.

If you can't get Whole GRAIN products all the time, keep in mind that "in Canada, **whole wheat flour** may have much of the germ removed. Therefore, 100% whole wheat bread may not be whole grain - however, it remains a nutritious choice

that provides dietary fibre not found in white bread." (Health Canada)

This means, when choosing your grain products, whole wheat is good, but whole grain is better!

*Food Flair is part of the LEAP resource— Decoda Literacy (decoda.ca)

Let's make: Apple Gingerbread*

*Recipe adapted from *Better Food for Kids, Your Essential Guide to Nutrition for All Children from Age 2 to 10* by Joanne Saab and Daina Kalnins.



<http://tishbelle.blogspot.ca/2010/11/pumpkin-mousse-and-some-gingerbread-too.html>

Gingerbread is a comforting food for winter. Including apple makes this recipe extra moist and extra healthy, and molasses is a source of iron. Serve this gingerbread as a snack with applesauce, or as a dessert with real whip cream.

What you need:

2 cups All-purpose flour (or try a blend of 1 cup all-purpose and $\frac{3}{4}$ cup of whole grain flour)
 $\frac{1}{4}$ cup Granulated sugar
 2 tsp. Baking powder

1 tsp. Baking soda
 1 tsp. Ground ginger
 $\frac{1}{2}$ tsp. Ground cinnamon
 $\frac{1}{2}$ tsp. Ground nutmeg
 $\frac{1}{2}$ tsp. Salt
 $\frac{1}{2}$ cup Butter or margarine
 2 Eggs
 $\frac{1}{2}$ cup Molasses
 $\frac{1}{3}$ cup 2% milk
 1 Medium apple, peeled and grated

How to:

1. Preheat the oven to 350° F (180°C)

2. In a bowl, combine flour, sugar, baking powder, baking soda, spices and salt. Set aside.
3. In a large bowl, cream together butter, eggs, and molasses. Stir in dry ingredients, a little at a time, alternating with small additions of milk. Fold in apples. Pour into greased 13"x9" baking pan.
4. Bake in preheated oven for 35 minutes or until cake tester inserted in the centre comes out clean. Cool on a wire rack before cutting into 15 pieces.

Healthy Start@Home

This time of year can be busy!

Between holiday parties and school concerts, you might feel as though you don't have enough time to eat healthy foods. It's important to maintain a routine around meal times even when you're busy since it helps preschoolers learn to listen to their bodies and eat enough food for all they do in a day.

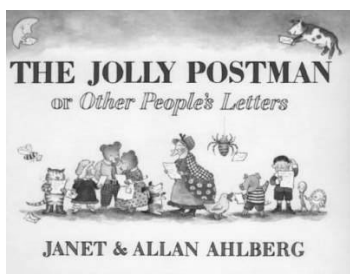
Try these quick, portable snacks suggested in Food Flair:

- Apple or pear slices with peanut butter
- Fruit cup and graham crackers
- Hummus and veggies
- Whole grain tortilla spread with peanut butter, rolled around a banana cut into circles
- Tuna salad with celery sticks for dipping

If you can't make it home for a meal, make sensible choices when you're out: drink milk and water instead of pop in restaurants and choose the salad option over the fries. Wherever you are, make sure you stop and enjoy eating; take a break and enjoy some conversation with your child(ren).

And remember, any moments when you're just sitting around can be moments for activity. Get up and take an active break! Ask your children to jump around, try to balance on one foot or move around like their favourite animal. Join in with them and reduce your sitting time. Every little burst of physical activity helps keep you healthy!

Active Books in your Library



A new take on classic stories you already know and love! The Jolly Postman delivers cards and letters to various fairy-tale characters.

This book is suggested by LEAP, approved by educators and available at the library! After

reading it, you and your child(ren) can play your own delivery game using toys. See "Special deliveries" on pp. 86-87 in LEAP HOP for ideas. Try it out and let us know what you thought!

Connect with us!

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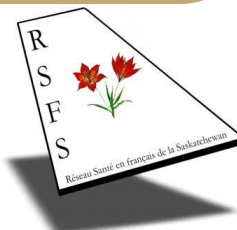
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