

# SPRING INTO A HEALTHY LIFESTYLE!

---

*YANKTON SCHOOL  
DISTRICT*

*CHILD NUTRITION  
PROGRAM*

Follow us on Instagram:  
[@ysdchildnutrition](#)

---



## **SPRING IS HERE!**

After a long winter in South Dakota, it is finally nice that the weather is starting to look up. It is starting to get warmer and soon the grass, trees, and plants will begin to grow. With spring comes opportunities to improve your child's health. Become an active part of your child's healthy lifestyle by encouraging your child to eat healthy and move more!



---

*THE RECOMMENDED DAILY AMOUNT OF SERVINGS OF FRUITS AND VEGETABLES IS 4-5 SERVINGS. TRY TO MAKE HALF OF YOUR CHILD'S PLATE FRUITS AND VEGETABLES!*

*HELPFUL HINT: SCHOOL LUNCH CAN PROVIDE UP TO 3 SERVINGS OF THE DAILY RECOMMENDED SERVINGS FRUIT AND VEGETABLES!*

---



## **EAT YOUR FRUITS AND VEGETABLES:**

Making sure that your child eats all of their fruits and vegetables can be hard. Adding these foods as snacks can help to increase their daily intake! Encourage your child to eat a variety of colors of fruits and vegetables as each have different health benefits. Fruits and vegetables are packed full of vitamins, minerals, and fiber which are important for your child's body. Fruits and vegetables are also a smart choice as they are low in calories, fat, added sugar, and sodium.

Having fruits and vegetables as snacks does not have to be hard! Prepping fruits and vegetables by washing, cutting, and packing in refrigerated containers can save time during the week. This can also make it an easy option for your kid to munch on vs. other options that may not benefit their health. Having your child help in the preparation of fruits and vegetables can also encourage them to eat more throughout the day!

## **HEALTHY SNACK IDEAS & TIPS:**

Here are some healthy snack ideas that can increase your child's intake of fruits and vegetables throughout the day:

- **Apple Pizzas** – cut an apple in circular slices, top with yogurt or peanut butter and add toppings like berries, nuts, or granola
- **Ants on a Log** – use celery sticks and top with peanut butter, cream cheese, or hummus; add raisins, Craisins, nuts, or whatever you prefer!
- **Frosty Fruits** – cut up chunks of fruit like pineapple, watermelon, cantaloupe, or honey dew and stick on a kabob; freeze and enjoy!
- **Veggie Kabobs:** use a kabob and pick a variety of vegetables: pair cherry tomatoes, zucchini slices, broccoli, cauliflower or more; use plain yogurt and ranch seasoning to make a dip!
- **Green Slime Smoothie:** use yogurt, milk, spinach or kale, and strawberries



---

*CHILDREN AND ADOLESCENTS SHOULD DO 60 MINUTES OR MORE OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY EACH DAY!*

---

## **BE PHYSICALLY ACTIVE:**

Exercise is important for your child's health. Being physically active can help reduce the risk for many diseases and help to strengthen bones and muscles. Exercise can also help improve grades, school attendance, concentration performance, memory performance, and classroom behaviors. You should encourage your child to be physically active for at least 60 minutes each day! Try to include different types of physical activity in those 60 minutes listed below:

- **Aerobic:** Most of the 60 minutes of exercise each day should focus on aerobic exercise. What is aerobic exercise? Aerobic exercise keeps your child's body moving enough to increase their heart rate and breathe harder.
- **Muscle-Strengthening:** Add to daily exercise 3 times a week. Muscle-strengthening activities make muscles work a little harder than what they usually do with daily activities.
- **Bone Strengthening:** Add to daily exercise 3 times a week. Bone-strengthening exercises increase force on the bones, which help to promote growth and strength.

## **ACTIVITIES FOR EXERCISE OUTSIDE:**

- Family bike rides
- Family walks
- Kickball
- Baseball/softball
- Tug-of-war
- Soccer
- Basketball
- Swinging on playground equipment
- Jump rope
- Hopscotch

