

May

Move More Watch Less

Tips to Reduce Family Screen Time



Eat Healthy

Be Active

Your kids
are watching

Limit TV Time: to two hours per day for kids age 2 and older. Discourage any screen time for children younger than 2 years of age, according to recommendations by the American Academy of Pediatrics.

Keep screens out of kids' bedrooms: Establish a media-use plan for your family that includes curfews at bedtimes.

Keep all televisions and devices off while eating: Instead, the whole family should focus on the food and the conversation. Families that eat dinner together at least three to four times per week are healthier and maintain a better weight.

Make decisions together: Sit down with your kids to help them select the specific shows they'll watch, giving them some control and helping them make decisions. Watch with them when you can.

Make Every Bite Count!

Orange Smoothie

Ingredients

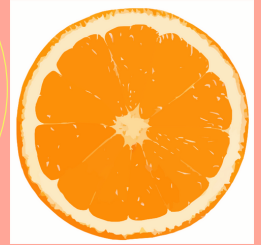
- 1 orange
- 1/2 cup yogurt
- 1/2 cup water, milk, soymilk, or almond milk

Directions

- 1.) Put the liquid ingredients in the blender, and then add a cut-up fruit ..
- 2.) Put the blender top on tightly. Turn the blender to medium speed and blend until mixture is smooth, about 2 minutes.
- 3.) Serve right away, or cover and refrigerate up to 4 hours.

Orange

Fruit
Of The
Month



Mushroom



Veggie
Of The
Month

Ways to cook with mushrooms:

- Cook mushrooms in sauces and pair with whole-grain pasta dishes.
- Combine mushrooms and vegetables in whole-grain wraps.
- Skewer mushrooms, peppers, squash and tomatoes; then, grill until slightly charred.
- Add dried mushrooms to risotto dishes and soups.



Make Every Sip
Count!

Orange flavored water

Dual the fruit of the month by adding 4 orange slices to flavor 1 cup water!



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Family project.