





fit families

Eat Healthy

Be Active

Your kids
are watching



September

Move More Watch Less
Playing with your 2-4 year old!

Toys to play with:

- Light weight hand paddles
- Hula hoops
- Beach balls/large balls
- Tricycle
- Jump ropes
- Light weight bat and ball
- Child-size toys:
- Broom
- Rake
- Toy cars and trucks
- Blocks

Kids learn by:

- Copying
- Following examples
- Following simple directions
- Playing make believe
- Moving



Your child can do these activities:

- Catching
- Skipping
- Jumping
- Tumbling
- Dancing
- Kicking
- Tossing
- Hopping
- Throwing
- Galloping
- Crawling
- Climbing



Things at home to play with:

- Plastic coffee can lids as a frisbee
- Aluminum foil (make a ball)
- Empty boxes or baskets
- Newspaper balls
- Sock balls
- Dress up clothes
- Run through sprinkler



Why is it important for my child to be active and play?

- Children learn through play.
- Play helps them get along with others.
- Play helps them learn new skills and use their imagination.
- Play helps them learn about words, feelings and thoughts.
- Seeing and doing new things helps your child's brain to grow

How can I make activity fun and encourage my child to play?

- Play with your child. They will enjoy spending time with you! Find activities that you both enjoy.
- Be a role model for your child. They will watch you and want to be like you.
- Encourage your child to play outside every day. Fresh air is good!.
- Arrange for your child to play with other children often.



Veggie of the Month

Sweet Potato

Baked Sweet Potato with Maple-Oat Crumble

Directions

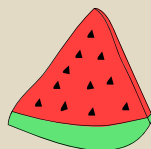
1. Heat oven to 400 degrees. Prick potatoes all over with a fork and arrange on a baking sheet. Bake potatoes until tender, about 45 minutes, and let cool slightly.
2. Meanwhile, combine oats, almonds, syrup, oil, and salt and transfer mixture to a baking sheet, spreading out flat. Bake crumble, stirring occasionally, until golden brown, about 12 minutes.
3. Split sweet potatoes with a knife and top with crumble.

Ingredients

- 4 sweet potatoes
- 1/2 cup old-fashioned rolled oats
- 1/4 cup raw almonds, chopped
- 2 tablespoons maple syrup
- 1 tablespoon extra-virgin olive oil
- Pinch coarse salt

Make Every Bite Count!

Fruit of the Month



Watermelon

Make Fruit Cubes

1. Blend fruit - try watermelon, strawberries, raspberries or pineapple.
2. Place in ice cub trays and freeze.
3. Add a couple fruit cubes to a glass of water and enjoy!

Flavoring water with fruit will add variety and vitamins!



Hot Apple Orange Cider

The Perfect September Beverage!

Ingredients

- 64 fluid ounces 100% apple juice (8 cups)
- 32 fluid ounces water (4 cups)
- 2 oranges
- 12 whole cloves
- 2 tsp allspice
- 6 cinnamon sticks

Directions

In a 4 quart stock pot, add apple juice, water, oranges (cut in half) and all the spices.
Bring to a boil and simmer for 2 hours.
Serve hot and enjoy!
Refrigerate leftovers within 2 hours.



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.

Make Every Sip Count