Get Up and Move! Initiative Begins Year Two

Welcome to Series 2 of the Get Up and Move! initiative sponsored by University of Illinois 4-H Youth Development. Each month includes a leader activity guide, activity guide, recipe, and calendar as well as any supplemental sheets. Get Up and Move! Series 2 materials are available on the web at [www.4-h.uiuc.edu/ opps/move](http://www.4-h.uiuc.edu/ opps/move) or the printed version may be ordered through the local Extension office via 4-HDMS. The Get Up and Move! Leader Activity Guide Series 2 (LB0301) is a set of masters to copy while the second publication contains Calendar Masters (LB0311).

Clubs/groups who are just starting this program may want to refer to the Series 1 materials. These are available in the same manner as Series 2. The Get Up and Move! Leader Activity Guide Series 1 (LB0300) is a set of masters to copy while the second publication contains Calendar Masters (LB0310).

For clubs/groups that completed Get Up and Move! last year, there is still time to send your Get Up and Move! Club Chart to the State 4-H Office. Send the completed chart to 302 E. John St, Suite 1901 Champaign, IL 61820.

Healthy Lifestyles Background Information

The Dietary Guidelines for Americans recommend that school age children should be physically active at least **60 minutes a day**, most days of the week. The National Association for Sports and Physical Education recommends that physical activity should be broken into periods of 15 minutes or more throughout the day. School age children should not be inactive for periods longer than 2 hours. Adults can help youth

- participate in a variety of activities that are appropriate for their age
- allow enough time for free play
- keep a variety of games and sports equipment on hand
- be active together as a family
- limit time spent in sedentary activity
- focus on fun activities
- establish a regular schedule for physical activity and
- incorporate activity into daily routines.

Starting with adolescence, activity levels often decrease. Childhood and adolescence are pivotal times for preventing sedentary behavior by maintaining the habit of physical activity during the school years. The goal of the Get Up and Move! Initiative is to encourage physical activity to help create healthy individuals, families and communities.

Club Roll Call

For a roll call suggestion for September, ask each youth to name a fall activity or event that includes physical movement.
Physical Activity Pyramid

Distribute the Physical Activity Pyramid (Move It! Poster): [http://teamnutrition.usda.gov/library.html](http://teamnutrition.usda.gov/library.html) to each family. The Physical Activity Pyramid provides examples of various types of physical activity. Less time should be spent on sedentary activities such as watching TV or playing games on the computer, which are found in the upper triangle of the pyramid. More time should be spent on activities ranging from stretching/strengthening activities in the second level to more vigorous activities in the third and fourth levels.

Physical Activity Calendars

Distribute the September Physical Activity Calendar to each member (parent and leader). Have individuals record the types of physical activity he/she completes each day and the number of minutes spent on each activity. Individuals will tally his/her total minutes for each week and then the month. Individuals should bring the September Physical Activity Calendar to the October meeting. Leaders should record each person’s monthly total on the Get Up and Move! Club Chart, which is also posted on the Illinois 4-H web site at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move). The chart will be used for club challenges and evaluation later in the year. The September Physical Activity Calendar can be found on the Illinois 4-H web site at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move).

Have a short discussion to review the Physical Activity Pyramid and discuss ideas for physical activity that members might complete in the next month.

**Reflection Questions:**

How might you get at least 30 minutes of moderate activity each day?

How might you get at least 15 minutes of more intense activity, 3 times a week?

Do you think you’re getting enough physical activity? Why? Why not?

How can you fit more regular physical activity into your life?

What types of physical activities might you do with your siblings? Parents?

Educational Activity

Each month the Educational Activity Guide will provide clubs/groups with fun, short physical activities that can be conducted at the meetings. These activities could be led by older youth, junior leaders, or adults. The idea is to get people “up and moving” as well as talking about how individuals can incorporate physical activity into their daily routine. This month’s activities include two relays—a “Healthy Lunch Choices” relay and a “School Supply” relay. The Educational Activity Guide can be found at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move).

Recipes/Snacks

Apple Crisp is the featured recipe this month. The recipe can be cooked in a conventional oven, in an electric skillet, or in the microwave. Clubs are encouraged to make and serve the recipe at their monthly meeting and to send the recipe home with 4-H families. The recipe can be found at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move). For more information on apples, check out the web site Apples and More found at [www.urbanext.illinois.edu/apples/](http://www.urbanext.illinois.edu/apples/).
Ties to 4-H Projects
Get Up and Move! can be tied to several other 4-H projects. As members are going through the process of selecting 4-H projects for the year, they might consider enrolling in the Foods and Nutrition project – Fruits and Vegetables. This project includes activities related to nutrition, buying and preparing fruits and vegetables, specialty fruits and vegetables, and garnishes as well as numerous recipes.

Get Up and Move!

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

10/05
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Back to School Activity**

See how many new words can you make from: Back to School

For more resources visit: www.4-h.luc.edu/ops/move

What activities have you started since returning to school?

Physiological activity

Total minutes of

September

Each day fill in what physical activity you did and how many minutes you did it.

Name

University of Illinois Extension provides equal opportunities in programs and employment.

University of Illinois at Urbana-Champaign

Local Extension Council

Department of Agriculture • U.S. Department of Health • U.S. Department of Education

For more resources visit: www.4-h.luc.edu/ops/move
Apple Crisp

4-1/2 cups sliced apples (about 6 apples)

Topping:
½ cup quick oats, uncooked
¼ cup all-purpose flour
¼ cup brown sugar (packed)
½ teaspoon cinnamon
3 Tablespoons margarine

1. Put fruit in 8-inch square pan.
2. In a small bowl, combine oats, flour, brown sugar and cinnamon. Cut in margarine until mixture is crumbly.
3. Sprinkle topping over the fruit.
4. Bake at 375ºF 30 minutes or until apples are tender and topping is golden.

Serves 9.

Serve with a small scoop of ice cream or frozen yogurt.

To prepare in **electric skillet**:
Place apples in electric skillet.
Sprinkle topping over fruit.
Cook on medium temperature until mixture bubbles.

To prepare in **microwave oven**:
Place apples in 8-inch glass dish.
Sprinkle topping over apples.
Microwave on high 8 to 13 minutes or until apples are tender and bubbly.

**Nutrition information** per serving of Apple Crisp:
220 calories, 4 g fat, 0 mg cholesterol, 45 mg sodium, 47 g carbohydrate, 3 g fiber.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (98g)</th>
<th>Servings Per Container: 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories: 130</td>
<td>Calories from Fat: 20</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate: 28g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars: 16g</td>
<td></td>
</tr>
<tr>
<td>Protein: 2g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500
<table>
<thead>
<tr>
<th>Total Fat:</th>
<th>Saturated Fat:</th>
<th>Cholesterol:</th>
<th>Sodium:</th>
<th>Total Carbohydrate:</th>
<th>Dietary Fiber:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less Than</td>
<td>Less Than 20g</td>
<td>Less Than 300mg</td>
<td>Less Than 2,400mg</td>
<td>30g</td>
<td>25g</td>
</tr>
<tr>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>30g</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat: 9 • Carbohydrate: 4 • Protein: 4
Back to School Relays (20 minutes)

Items needed for this activity:
- Pictures of possible school lunch items (available on web), plastic food models, toy food
- Pictures of possible school supplies (available on web), or actual school supplies
- 2 grocery bags (if using two teams)
- 4 containers to put food or supply items or (2 for each team)

Background information for presenter:
The start of a new school year is a busy time. Being prepared for the school day can refer to many different things. It can mean getting enough sleep the night before so that youth aren’t nodding off in the classroom and can focus on learning. It can refer to having a healthy breakfast and a healthy lunch so youth are able to think clearly and not be distracted by an empty-feeling stomach. It can also refer to having the right tools and supplies that are needed to complete their schoolwork.

Step 1: Information to share with club members (1 minute)
Most of you have probably already started the new school year and we hope you are all off to a great start. One of the things that happens when the school year starts is that after having time to be physically active every day, you suddenly don’t have as much time to be active. Instead you are asked to spend much more time learning new information. Even though you are in school, it is important that you still get at least 60 minutes of physical activity each day. Today we are going to incorporate some of that activity into our club meeting.

Step 2: Group Activity (10 minutes)
Healthy Lunch Choices Relay – Today we are going to start by seeing how many of you can tell the difference between “healthy” lunch choices and “less healthy” lunch choices.

The teams of fruits and vegetables should form two straight lines on this side of the room. I will place a grocery bag on the ground in front of each team. You can’t look in your bag until I start the relay, but what you will find in your bag are pictures of food items (or food models, real food samples, etc.). Your goal is to look at the food item that you pull out, decide if it goes in the “healthy” lunch choice or in the “less healthy” lunch choice. Run to the other end of the room and place your item in either the “healthy” lunch container or the “less healthy” lunch container. Then run back to your group, tag the hand of the next person in line, run to the end of your team line and sit on the ground. The next person CANNOT reach into the bag to get their food item until their hand has been tagged. The team that finishes first wins! Members need to sit on the ground once they have run to help identify the winning team.
Now that everyone understands the rules, team members should form a line and the first person in the line should get ready to reach into the bag to get their food item and be ready to run when I say Go!
Ready, set, GO!

(Once the relay is over, follow-up with the following discussion).

Everyone has put his or her food item in either the “healthy” food container or the “less healthy” food container. Let’s see how you did. I’ll need a volunteer to help me pull the items out of the bag.

As the volunteer pulls the items out of the bag, tell the group what the item is. Do all of these food items seem like they really should be in the “healthy” lunch container? Let’s review the “less healthy” food container. Do all of these food items really fall into this category?

While you may eat some foods that don’t fall into the “healthy” choices category, we want to encourage you all to think about all of your food choices and really try to make “healthy” choices most of the time. When you are in school, you work hard and you need to have the energy to think clearly. You want to eat foods that fill you up (make you feel satisfied) and also foods that give you on-going energy. Not just a burst of energy that stays with you for a short period of time, then leaves you feeling empty and hungry again. When you feel hungry it is more difficult to focus and concentrate.

**Step 3: Group Activity (10 minutes)**

*School Supply Relay* – One thing that goes hand-in-hand with “back to school” is getting the right school supplies. Today we are going to focus on having some fun as we “get active” and pick useful school supplies. Your teachers will expect you to come to school prepared to learn and having the correct supplies can impact whether or not you are “prepared.”

To do this we are going to have a relay race. First, we will need to form two (or more if needed for your group) teams. Since we are talking about school supplies, we are going to count off by saying pens, pencils, pens, pencils, etc., (if involving more than two groups, add in additional items such as paper or folder to equal the number of teams).

Now that we have identified our teams, I want each group to form a single line. Once you are in your line, I am going to place a large grocery bag in front of each line. You can't look in your bag until I start the relay, but what you will find in your bag are pictures of supplies (or actual supplies). Your goal is to look at the item that you pull out and decide if it falls into the “school supply” category or the “not-a-school supply” category. Run to the other end of the room and place your item in either the “school supply” container or the “not-a-school supply” container. You then run back to your group, tag the hand of the next person in line, and then sit on the ground at the end of your line. The next person CANNOT reach into the bag to get their item until their hand has been tagged. The team that finishes first wins!

Now, make sure that you have formed a straight line. The first person in the line should get ready to reach into the bag to get their item and be ready to run when I say Go!

Ready, set, GO! (Once the relay is over, follow-up by checking the bags).

Everyone did a great job! Now let’s review the items that are in the supply containers and see how you did. (If you want you can select a volunteer from each team to pull the items out of the containers). Review and as a group decide if all of the items are in the correct container.

Great job! Good luck in the new school year.

*Get Up & Move!* 

---

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
Healthy Lunch Choices

Less Healthy Lunch Choices
School Supply Category

Non-School Supply Category
Power Lunches
Now that school is starting, it is a good time to think about how to help your children make nutritious food choices while at school. Encourage your children to make healthy lunch choices by talking with them about healthy lunches they enjoy and by allowing them to help pack their own lunches. Remind your children that eating a healthy lunch will give them extra energy to do all of the activities they enjoy during and after school!

Top Ten Tips for Healthy Lunches
1. **Encourage your children to choose 1% or fat-free milk.** Choose 1% or fat-free milk instead of 2% milk to keep children’s hearts healthy and to reduce the amount of saturated fat that they are eating.
2. **Leave the cheese off sandwiches, unless it’s low-fat or fat-free.** Although it supplies calcium, cheese is another source of saturated fat in children’s diets. Alternative sources of calcium include lower fat yogurt and fat-free and 1% milk.
3. **Switch from fatty lunch meats to low-fat alternatives.** You can find low-fat, fat-free, and reduced sodium lunch meats at most grocery stores. You can also choose meat alternatives, such as veggie burgers, tofu, and nut butters.
4. **Include at least one serving of fruit in every lunch.** Try including a new type of fruit each week to let your child discover new favorites. Try pears, sliced melons, cups of applesauce, grapes, or pineapple (fresh or canned in its own juice). Try serving fruit in slices, cubes, or with a yogurt sauce.
5. **Sneak vegetables – like lettuce or slices of cucumber, tomato, green pepper, roasted peppers, or zucchini – into sandwiches.** Eating fruits and vegetables reduces your child’s chances of heart disease, cancer, blindness, and stroke later in life.
6. **Use whole grain bread instead of white bread for sandwiches.** Choose breads that list “whole wheat” as the first ingredient. If the main flour listed on the label is “wheat” or “unbleached wheat flour,” the product is not whole grain.
7. **Limit cookies, snack cakes and other sweet baked goods.** Sweets are a leading source of sugars and saturated fats in Americans’ diets. Low-fat baked goods are good substitutes, but fruit is even better.
8. **Limit potato, corn, tortilla, or other chips.** Save chips for a weekend treat. Fruits and veggies should be the main side dish packed in lunch boxes.
9. **If you pack juice, make sure its 100% juice.** All fruit drinks are required to list the “% juice” on the label. Try to avoid packing juices that aren’t “100% juice.”
10. **Avoid pre-packed lunch items.** Most pre-packed lunches get two-thirds of their calories from fat and sugar. Making your own healthy alternative is as easy as packing whole-grain crackers, low-fat lunch meat or meat alternative, a piece of fruit and 100% juice.
Making School Lunches Healthier:
The school cafeteria may allow your children access to less healthy foods. The vending machines also allow children to choose higher calorie, less nutrient dense foods, such as chips, cookies, and candy. You should discuss with your children how to make healthy choices when they are at school if they purchase school lunch or items from a vending machine. You should explain how eating a nutritious lunch will give them energy to finish the rest of the school day and enjoy after school activities. Here are some suggestions for how to guide your children:

- Look over the cafeteria menu with your children and ask them what they like. Steer your children to the healthier options, but do allow them to have a treat occasionally.
- Have your children help pack their own lunches so they learn that they are in control of the food choices they make.
- Take time to brainstorm lunch ideas with your children before you help them pack a lunch or before you go grocery shopping.

Lunch Swaps
Below is a list of common foods that are usually packed in children’s lunches and some more nutritious alternatives for these foods.

<table>
<thead>
<tr>
<th>Typical Lunch</th>
<th>Nutritional Upgrade</th>
<th>Why it’s better</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef bologna on white bread</td>
<td>Lean turkey on whole wheat</td>
<td>Less fat and more fiber</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Lettuce and mustard</td>
<td>Less fat and fewer calories</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Carrots and celery with light dressing</td>
<td>Less fat and a serving of vegetables</td>
</tr>
<tr>
<td>Fruit cup in light syrup</td>
<td>Fresh grapes or other fruit</td>
<td>Less sugar and fewer calories</td>
</tr>
<tr>
<td>Chocolate sandwich cookies</td>
<td>Homemade trail mix</td>
<td>Less fat and more fiber</td>
</tr>
<tr>
<td>Fruit punch drink</td>
<td>Skim milk</td>
<td>Fewer calories, less sugar, plus calcium</td>
</tr>
</tbody>
</table>

Packing with Care
It is important to make sure that the food is safe to eat. That means keeping hot foods hot and cold foods cold. One study found that less than a third of parents added a cold pack when packing yogurt, deli-meat sandwiches, and other foods that need refrigeration. Here are some suggestions on how to keep lunch food safe:

- Wash your hands before you prepare the food.
- Use a thermos for hot foods.
- Use cold packs or freeze some foods and drinks overnight.
- Wash out lunch boxes every day (try to use a reusable lunch box or bag).
- Add some moist towelettes to your children’s lunch bags to remind them to wash their hands after they eat.

Source: (www.cspinet.org; www.kidshealth.org)
Get Up & Move!

Healthy School Lunches
This month you have learned about the importance of eating a healthy lunch, especially when you are at school. This month’s family activity allows you to take what you have learned about packing a healthy lunch and put it into practice!

This month you and your family can pack healthy lunches together. You can use the suggestions in the charts below to mix and match and create your own healthy lunch. Your lunch should include a grain selection, a filling and a condiment, one or two vegetables, a fruit, and an optional treat. This chart and other health lunch ideas can be viewed at www.healthychild.com.

<table>
<thead>
<tr>
<th>Breads and Grains</th>
<th>Spread &amp; Condiments</th>
<th>Fillings</th>
<th>Fruits (Dried and Fresh)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel</td>
<td>Nut butters</td>
<td>Chicken</td>
<td>Apples</td>
</tr>
<tr>
<td>Cracker</td>
<td>Low-fat cheese (both hard and cream)</td>
<td>Chicken salad</td>
<td>Oranges</td>
</tr>
<tr>
<td>English muffin</td>
<td>Hummus</td>
<td>Egg salad</td>
<td>Bananas</td>
</tr>
<tr>
<td>Pita bread</td>
<td>Jam</td>
<td>Hard boiled egg</td>
<td>Pears</td>
</tr>
<tr>
<td>Rice cakes</td>
<td>Pizza or tomato sauce</td>
<td>Low-fat hot dogs</td>
<td>Grapes</td>
</tr>
<tr>
<td>Tortillas</td>
<td>Pesto</td>
<td>Shrimp salad</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Pizza bread</td>
<td>Honey</td>
<td>Smoked salmon</td>
<td>Melon</td>
</tr>
<tr>
<td>Pasta</td>
<td>Mayonnaise/mustard</td>
<td>Tuna salad</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Rice</td>
<td>Mashed avocado</td>
<td>Tofu</td>
<td>Peaches</td>
</tr>
<tr>
<td>Couscous</td>
<td></td>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td>Oatmeal</td>
<td></td>
<td></td>
<td>Strawberry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Treats</th>
<th>Miscellaneous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce</td>
<td>Applesauce</td>
<td>Baked tofu</td>
</tr>
<tr>
<td>Tomato</td>
<td>Baked chips with salsa</td>
<td>Bean burrito</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Dried fruit</td>
<td>Cottage cheese with fruit</td>
</tr>
<tr>
<td>Carrot</td>
<td>Fruit bar</td>
<td>Garlic toast</td>
</tr>
<tr>
<td>Peppers (green and colored)</td>
<td>Granola</td>
<td>Smoothies (made with or non-fat or low-fat milk or yogurt)</td>
</tr>
<tr>
<td>Celery</td>
<td>Homemade cookies</td>
<td>Quesadillas</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Popcorn</td>
<td>Homemade soups, stews</td>
</tr>
<tr>
<td>Green beans</td>
<td>Pretzels</td>
<td>Chili</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Trail mix</td>
<td>Guacamole dip</td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>Vanilla yogurt</td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>Notes from home</td>
<td></td>
</tr>
</tbody>
</table>

University of Illinois  •  U.S. Department of Agriculture  •  Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment. 09/08
You may want to take some time to brainstorm ideas with your family before you begin preparing the lunches. If you are having a difficult time thinking of creative lunch ideas, here are some suggestions:

- Roll-up sandwich, pasta salad, fruit salad
- Tuna sandwich, cucumber slices, sliced melon
- Bean and cheese burrito, sliced mango, green salad with dressing on the side
- Whole-wheat fruit pancakes, hard-boiled or poached egg, 100% maple syrup, steamed yams
- Half bagel with cream cheese, smoked salmon, a face made of raisin eyes, cashew nose, and an apple smile, pan-fried potatoes and herbs, applesauce

You can also use the suggestions listed above as inspiration for your own ideas. When you are cooking, make sure that you have a parent or older sibling to help you if you are using knives or other sharp utensils. Also, make sure that you wash and prepare foods safely. You can learn more about food safety and sanitation at www.cdc.gov if you search under “healthy living” and “food safety.” Making healthy lunches will help you to get more creative with your meal planning this year. Throughout the month, try to pay attention to how eating a healthy lunch gives you more energy. The extra energy that a healthy lunch can provide you with will help you to meet your goal of getting 60 minutes of physical activity every day. Remember to record your physical activity minutes in your September calendar!

Source: (www.healthychild.com)
Get Up & Move!

Community Activity  Series 2:  September

Promote Healthy Lunches
This month you have learned about the importance of eating a healthy lunch. Unfortunately, many children do not have access to the resources to make healthy lunches. This month your club can help more children to be able to make healthy lunches.

Your club can organize a drive to collect freezer packs and reusable lunch bags for youth who may not be able to afford them. You can organize your drive so that the supplies go to the school, and they can be responsible for distributing the supplies to the students. Your club might want to consider contacting local stores to see if they will donate some freezer packs and reusable lunch bags.

The drive is also about helping children understand what foods make up a healthy lunch. Some children may not know what foods are safe and healthy to pack in their lunch. You might want to include a handout about healthy lunch foods inside the lunch bags that will be distributed. Below are some ideas for what to include on a health lunch handout:

**The Basics for a Healthy Lunchbox:**

**Try to include:**

1. One serving of vegetables or salad and one serving of fruit (fresh, canned, or dried can all count).
2. One serving of a low-fat or fat-free milk or dairy item such as a low-fat cheese stick, a yogurt cup, or some cottage cheese.
3. One serving of meat, chicken, fish, eggs, peanut butter, beans or another protein source.
4. A healthy drink such as water or 100% juice.

**Easy, quick ways to pack a balanced healthy lunch:**

**Healthy Sandwiches:**

- Swap the white bread for whole wheat varieties for added boosts of fiber. Whole wheat bread can also be more filling.
- Switch from bologna, salami, pastrami and other fatty luncheon meats to low-fat alternatives such as lean turkey or chicken breast.
- Sneak in veggies like lettuce, cucumbers, and tomatoes in between slices of lean turkey or ham on a sandwich.
- Use peanut butter in moderation: 2 tablespoons (about the size of a ping pong ball) provides about 190 calories and 16 grams of fat.
• Try using a thinner layer of peanut butter and substituting jelly with banana or thin apple slices for a healthier spin on an old favorite.
• Skip the high-fat mayonnaise. Consider a small serving of reduced fat mayonnaise or try using something like mustard instead.

Pack a Salad:
• Make it colorful: start with a base of dark greens then load up on bright veggies such as pepper, cucumbers, tomatoes and carrots.
• A salad can be a main entrée by including a lean protein like hard-boiled eggs, beans, or grilled chicken.
• Pack low-fat or fat-free dressing in a separate container to prevent salad from becoming soggy.
• Consider buying bags of lettuce or precut vegetables if you want to cut down on preparation time.

Healthy Drinks:
• If you pack juice, make sure its 100% juice. All fruit drinks are required to list the “% juice” on the label. Many juice drinks contain no more than 10% juice and are mixed with a lot of sugar.
• Water and low-fat milk are the best drinks for children. They can be frozen to help keep foods in the lunch box cool and will usually be defrosted for drinking by lunch time.

Energy Snacks:
• Swap traditional fried chips for baked potato or corn chips.
• Pack salt-free, dry roasted nuts that provide a dose of heart-healthy essential fatty acids – be sure to include only ¼ cup since nuts are high in calories.
• Try a low-fat or light yogurt in exchange for the full calorie varieties. If you want to avoid artificial sweeteners, try packing fat-free plain yogurt mixed with fresh fruit.
• Select whole grain granola bars that are low in fat and sugar.
• Aim to make snack treats occasional rather than everyday items. A small serving of animal crackers are lower in fat and sugar than regular cookies, doughnuts, brownies and other baked goods.

Source: (www.healthiergeneration.org )