Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

A Newsletter for Healthy Eating

Volume 1, Issue 4 FCS212

In This Issue

Why Exercise?

Kids' Activity Pyramid

How Can Parents Help?

Food Safety Corner

Right Bite Recipe

A to Z Word Find

Stretching Leftovers

Get Up, Get Moving

Heart disease is one of the leading causes of death in the United States….and lack of physical activity is a major risk factor for heart disease. Regular exercise can reduce the risk of heart disease and other health problems like diabetes and obesity. Even a moderate activity like walking is helpful when done regularly for at least 30 minutes on most days.

DID YOU KNOW?

Smokers who start exercising regularly are more likely to cut down or even stop smoking completely!

Be Fit

Other Benefits of Exercise

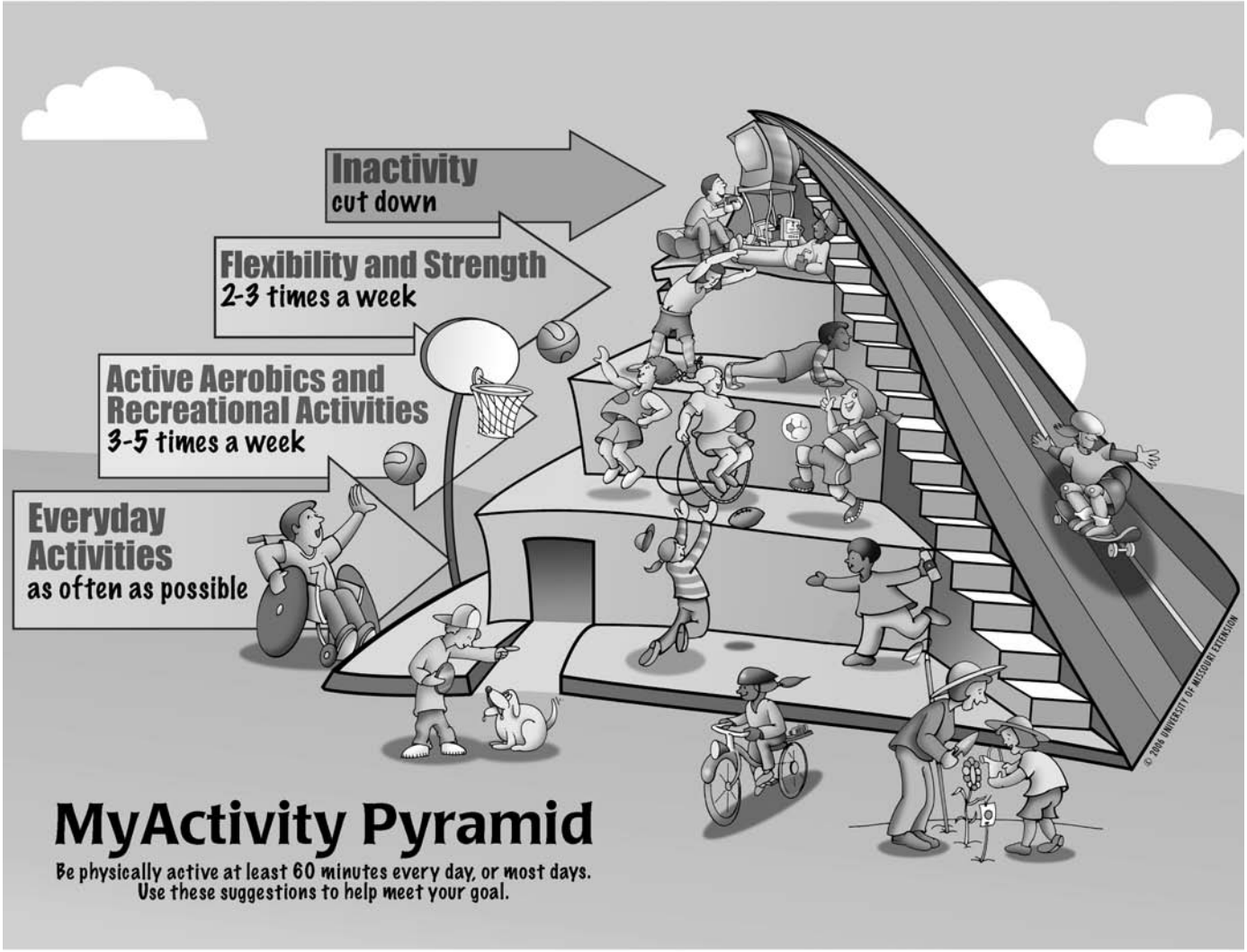
- **STRENGTH:** Exercise builds strong muscles that are needed to support and move your body.
- **FLEXIBILITY:** Exercise helps prevent injuries to muscles, joints and tendons.
- **ENDURANCE:** Exercise allows you to be active longer without getting really tired.

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

University of Arkansas, United States Department of Agriculture, and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. USDA is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). 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 *https://access.arkansas.gov/*.

MyActivity Pyramid for Kids



How Can Parents Help?

- Set a good example by being active yourself.
- Limit activities like TV watching and playing video and computer games.
- Plan active family outings.
- Assign household chores (mowing lawns, raking leaves, mopping floors, etc.) that require physical exertion.
- Park at the end of the parking lot instead of near the door.
- Make sure your children are physically active at school.

Food Safety Corner

Kitchen
Safety Tips

- Store raw meat, poultry and seafood on a plate or tray in the refrigerator so that raw juices don't drip onto other foods.
- Use one cutting board for raw meat products and another one for salads and other ready-to-eat foods (or wash cutting boards in between each use).
- Never place cooked food on a plate that has held raw meat, poultry or seafood unless the plate has been washed.

Right Bite Recipe

On the Run Breakfast Burrito

Ingredients

1 flour tortilla
1 tablespoon creamy peanut butter
2 teaspoons strawberry jam
1/2 banana

Directions

1. Spread peanut butter and jam on flour tortilla.
2. Roll the tortilla around the banana.
3. Wrap the burrito in a paper towel and microwave for 35 seconds or until warm. (Can also be served cold.)

Physical Activity…From A to Z

Can you find these activities?

Z	Z	Q	N	P	I	S	V	V	I	D	J	F	Y	C	S	I	N	X	X
J	C	R	Y	K	T	M	R	M	V	P	P	J	G	B	I	Z	T	U	O
G	O	E	P	X	S	J	H	K	I	M	D	O	N	N	W	H	W	M	T
R	Y	G	Y	M	N	A	S	T	I	C	S	A	R	D	I	Z	O	A	K
Y	K	L	R	I	C	C	T	U	S	P	T	N	N	T	Y	K	T	A	W
N	U	E	Z	N	J	O	H	A	Y	C	Z	G	B	C	O	R	L	U	V
Q	A	A	Z	S	A	Q	C	W	O	R	O	U	H	K	I	K	O	A	R
Y	W	P	F	R	U	E	J	J	Y	G	G	P	P	N	Z	N	C	S	W
C	P	F	A	U	M	H	R	L	D	B	H	T	Q	K	L	T	G	Y	A
J	R	R	S	J	B	N	X	O	O	T	A	U	Y	L	S	Z	R	J	Y
Z	F	O	G	O	I	Y	N	T	B	Y	R	S	G	B	F	Z	P	A	X
X	F	G	Y	G	R	L	R	U	M	I	E	R	E	V	R	O	V	K	H
P	K	U	G	G	K	D	Q	S	E	U	C	V	J	B	Y	B	R	H	M
W	Y	U	N	I	A	L	V	O	I	Z	S	S	D	N	A	B	U	W	D
E	Q	X	I	N	V	O	L	L	E	Y	B	A	L	L	P	L	A	H	P
R	V	J	T	G	N	X	O	V	N	L	J	H	Z	J	P	J	L	L	I
O	H	P	A	F	P	P	H	T	U	J	R	G	C	B	A	T	Z	M	B
A	F	S	K	C	I	W	U	A	D	E	Y	E	K	J	L	P	X	B	H
Q	L	V	S	V	L	G	Z	A	T	S	T	A	Q	B	B	U	P	I	O
W	D	Z	R	U	N	N	I	N	G	Y	H	B	E	I	B	I	F	M	C

AEROBICS
BASEBALL
DANCING
GYMNASTICS
JOGGING
LEAPFROG
RUNNING
SKATING
VOLLEYBALL
WALKING

Cooperative Extension Service
2301 South University Avenue
Little Rock, AR 72204

Tips for Stretching Leftovers

Or How to Find Money in Your Refrigerator!

Leftover chili: Serve over a baked potato or mix with noodles for another great meal.

Leftover pancakes or waffles: Put aluminum foil between them, place in a freezer bag and freeze. For a quick breakfast, remove what you would like from the bag and microwave for 1 to 2 minutes. No more buying expensive frozen pancakes and waffles.

Leftover noodles, rice or potatoes: Add them to soup for a hearty meal.

Remember to quickly refrigerate or freeze leftovers in shallow containers. Always label and date leftovers.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.

Printed by University of Arkansas Cooperative Extension Service Printing Services.