



# COLONIAL NEWS

Health Committee Newsletter

April 2018

## The April Edition

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month, this publication provides our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and live a healthy active lifestyle.

### Recipe of the Month: **Chocolate & Banana Sweet Potato Toast**

\*Don't skip the crispy cereal in this healthy sweet potato toast recipe-it may be only 1 teaspoon but it gives it the most delectable crunch.

#### Ingredients

- 1 large slice of a sweet potato (¼ inch thick & cut length-wise)
- 1 tablespoon chocolate-hazelnut spread
- 2 slices banana (cut length-wise)
- 1 teaspoon crispy brown rice cereal

#### Directions

Toast the sweet potato slice in a toaster or toaster oven until just cooked through and starting to brown (about 12 to 15 minutes).

Top with chocolate-hazelnut spread, banana and cereal.

Enjoy!



#### Nutrition Information:

Serving size: 1 toast

Per serving: 179 calories; 6 g fat(5 g sat); 4 g fiber; 31 g carbohydrates; 2 g protein; 14 mcg folate; 0 mg cholesterol; 18 g sugars; 9 g added sugars; 8,200 IU vitamin A; 12 mg vitamin C; 38 mg calcium; 1 mg iron; 23 mg sodium; 431 mg potassium

\*Nutrition Bonus: Vitamin A (164% daily value), Vitamin C (20% dv)

Carbohydrate Servings: 2

*Spring is a great time to try out new recipes and healthy eating habits!*



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## Fitness Tip of the Month : Spring Into Action!

# Spring into Action

Here are five ideas for family fitness that can get everyone up and moving!

1. Make time to play. Set aside 30 minutes, three times a week to do fun exercises with your kids.
2. Walk or Bicycle everywhere you can.
3. Plan active family gatherings.
4. Sing and dance while you clean!
5. Make yard work less of a chore. Turn it into a race or a game!

**Check out these simple outdoor activities! They'll get everyone in your family off of the couch, as well as help you bond and burn some calories!**

- Hula Hooping
- Jumping rope
- Skating, or riding a scooter
- Having an outdoor dance party
- Playing frisbee
- Walking or hiking
- Taking the dog for a walk
- Playing Tag, "You're It", or Flag Football



*"It is spring again. The Earth is like a child that knows poems."*

*– Rainer Maria Rilke*