



Healthy Families

Winter 2025

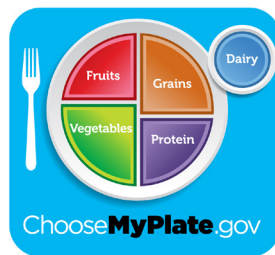
healthy kids
a journey to healthy habits
Sarah Bush
Lincoln

A healthier tomorrow starts today!

ELEMENTARY

October:

The food you eat can do a lot for your body. It can help you run fast, grow tall, and even do your best in school. Does this almost seem like magic? Like it is too good to be true? Well believe it or not, the food that we eat is full of something called nutrients. Nutrients (Noo-tree-ants) are teeny tiny substances found in the food we eat that provide nourishment for our body. Did you know the best way to get nutrients for your body is to eat foods from all 5 food groups like on the My Plate? Although this is true, sometimes foods can trick us into thinking they are full of nutrients when really they are full of the opposite: sugars, fats and a lot of salt and processed things. If we are smart, we can catch a “pretender food” before we eat them! Pretender Foods are foods that might sound like they have healthy ingredients and belong to a food group on the My Plate, but really, they are foods we should stay away from if we want the benefits of nutrients for our bodies. Can you think of a pretender food? French fries, fruit barrel drinks, veggie straws and fruit roll-ups to name a few!



November:

Let’s all take a break and find a healthy balance with screen time. This month, our Healthy Kids lesson focused on the importance of balancing our time. School aged kids are averaging 7.5 to 8 hours of screen time per day. While some of this is spent doing school work, the hours at home watching TV, scrolling on our phones and playing video games is adding up. So what can we do instead? Find balance. Through our interactive lesson, we played charades, a great non-screen time activity and came up with ways to stay active, learn and spend time with ones we love while still making some time for screens. If we divide our day into these four parts, we will feel energized, build relationships, stimulate our brain and relax our bodies.



December:

Let’s face it, sugary drinks are everywhere. At birthday parties, on the soccer field, even in your fridge at home. While soda is the main culprit, it’s important to remember it isn’t the only one to blame. Fruit flavored drinks, special “coffee” drinks, milkshakes and even sports drinks pack a punch when we look at how many grams of sugar they contain. When we reduce our sugar intake by making healthy drink choices, we are helping our bodies stay at a healthy weight, stay hydrated and protect our smiles. Our Healthy Kids lesson this month demonstrated what one sugary drink per week (think one soda after school) looked like inside of a zip lock bag. Students were then able to count out 18 teaspoons of sugar. This filled a soda bottle with 72 grams of sugar. We discussed why this is too much sugar for their bodies.

We played More or Less with sugary drinks – remember to think before you drink!



KINDERGARTEN

October:



What if super heroes could give us the power to make healthy choices and live healthier lives? Good news—they can! With the help of Sasha, Zoe, Ian and Orie, we can learn fun ways to stay healthy and active. During the October lesson, students got to “pick” clues from a bag that each Healthy Hero will teach their class about in the upcoming months. Some of the clues were fruits and veggies to learn about healthy eating, electronic toys to learn about limiting screen time, sports balls to promote exercise and soda bottles to discuss limiting sugary drinks. After the Healthy Heroes were introduced, the students were able to train to be like the Healthy Heroes by promising to make healthy choices and creating their own Healthy Hero masks!



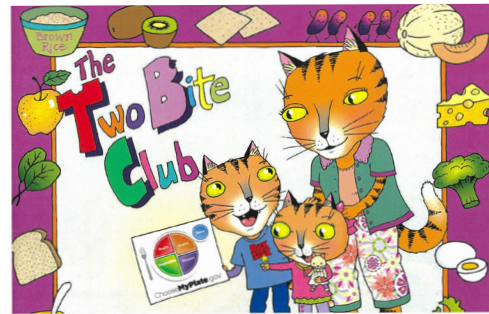
November:



Orie's Gold Anna: "I don't think I like it!"
 "Just try it and see." Will responded.
 So Anna tried two little bites.

Sasha was the Healthy Hero of the month in November! After reading the book “The Two Bite Club” the students were introduced to the My Plate, which includes all five food groups: Fruits, vegetables, grains, protein and dairy. This book

helps to encourage children to try foods from each food group, even if they don't think they will like by eating just two bites like the character in the story. This is a great tip for growing a healthy eater! After story time, the My Plate placemats were a fun activity that we worked together on as a class. The students colored in each food group showing them how much we should be putting on our plates, and then identified several examples of food stickers that belong to each of the five food groups!



December:

Just like a rainbow has a pot of gold at the end of it, eating a rainbow of fruits and vegetables leads us to have golden health and supports healthy bodies! Each color group in the rainbow of fruits and vegetables helps our bodies in different ways. This month, kindergarteners learned more about the importance of fruits and veggies by reading the story “The Rainbow Bunch” and playing Sasha’s Race to Build a Rainbow. The goal of the story was to show kids that there is a big difference in the way that certain foods makes us feel. Chips, sodas, and other unhealthy options can slow us down. While filling up on fruits and veggies can make us energized, grow strong and keep us from getting sick.



Sasha's Race to Build a RAINBOW

Carrots	Go to any fruit or vegetable of your choice!	Corn	Celery	Eggplant	Go to any fruit or vegetable of your choice!	Tomato
Red Peppers						Pumpkin
Grapes						Lemons
Broccoli						Kiwi
Go to any fruit or vegetable of your choice!						Go to any fruit or vegetable of your choice!
Pineapple						Plums
Oranges						Cherries
Strawberries						Apricots
Start	Go to any fruit or vegetable of your choice!	Honeydew	Blackberries	Lettuce	Go to any fruit or vegetable of your choice!	Yellow Squash

Cooking Classes:

Ramen

Healthy Kids started the year off strong with a past favorite, ramen! Our Healthy Kids version has more fiber and antioxidants by adding veggies, including more protein by adding grilled chicken, and using less sodium by making a broth from scratch and ditching the seasoning packet included with the noodles. We have visited the Bridges schools in Lerna, Shelbyville, and Paris this semester and this recipe continues to be a hit. This spring we are excited to share this recipe for the first time with our friends at Mattoon Middle School.

Ingredients List

- 1 leftover chicken breast or ready to eat refrigerated chicken
- 12 snap peas
- 2 carrots
- 3 green onions
- 1-inch piece ginger
- 1 large clove garlic
- 2 cups low-sodium chicken broth
- 1 Tbsp low-sodium soy sauce
- 1 package dried ramen without the flavor packet
- To taste vinegar (rice vinegar is preferred), brown sugar, Asian chili sauce, and low-sodium soy sauce

Directions

Slice the chicken into thin slices. Thinly slice the snap peas lengthwise. Peel the carrots. Slice the carrots in half, lengthwise, then thinly slice the carrots crosswise. Thinly slice the green onions. Peel the ginger with the tip of a spoon. Grate the ginger on the medium holes of a grater. Peel and mince the garlic.

Pour the chicken broth, soy sauce, grated ginger, minced garlic into a saucepan. Bring to a boil over medium-high heat. Add the chicken and stir. Add the vegetables and ramen. Stir. Cook for 3 minutes. Add a little vinegar, brown sugar, Asian chili sauce, and soy sauce to taste.



Where's Warren?



The dental bus was spotted by Healthy Kids at Cumberland CUSD and Main Street Elementary in Shelbyville in November! So far since school has started back up, Warren has visited 29 schools and has helped provide 1,279 students with free dental services.



"May your smile be merry and bright this holiday season!" - Warren

Meet our New Healthy Communities Director



We're excited to introduce Tracy Haddock as our new Director of Healthy Communities. Tracy comes to us with five years of experience as the Director of Volunteer Services at SBL, where she made a real difference. With a background as a children's minister, she has a true passion for helping others make healthy choices. Tracy lives in Windsor with her husband, Mike, and they have a big, loving family—four married kids and five grandkids! We're thrilled to have her bring her energy, experience and heart for community wellness to the team.

Sports World Outreach with Andre Fluellen

Sarah Bush Lincoln's Healthy Communities is proud to once again partner with Sports World Outreach, an organization that hosts former pro athletes who speak to students about healthy choices and life's challenges. We had the opportunity to visit eight schools for assemblies and two church groups, reaching nearly 1,500 students. Our guest speaker, Andre Fluellen, a former NFL player, spoke to students about real life issues relevant to life consequences and choices, academic excellence, relationships, peer acceptance and guidance. Each assembly engaged students to encourage positive choices, equipping them for transformation and empowering success. The greatest opportunity of the event is for students who were struggling mentally, emotionally, or physically. They had the opportunity to be heard confidentially at the end of each assembly with the use of comment cards. Every card was collected and read and help was provided immediately to students who were asking for help. There were 168 at-risk cards identified. These assemblies were made possible by generous donations from Linda K. Keeler.



Got info or photos of your family being healthy?

Contact Harley Powley, Healthy Kids Educator,
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