

Dearborn SHINES

MONTHLY NEWSLETTER

APRIL

2019



Family Friendly Fitness

Parents who make fitness a fundamental aspect of their daily lives raise kids who tend to be happier, healthier and do better in school. Not only that, family activity can encourage communication with older children and teens, giving parents multiple ways to connect with their kids in a variety of environments.

- Practice safe balances and stretches during TV commercials.
- Use physical activity as a reward (e.g., family goes inline skating).
- Keep fresh fruit and vegetables washed, cut-up, chilled and readily available for snacking.
- Always use the stairs.
- Play upbeat music while you twist and shake through your chores.

Volunteer with Dearborn SHINES!

- Help set up and coordinate monthly events.
- Assist in conducting physical activities and/or monitoring aspects of the event.
- Ensure the safety of children and parents.
- Promote community health events.

If you are interested in volunteering at our monthly events please contact Latefa Hamid at lhamid@accesscommunity.org or

(313) 216-2258.

Upcoming Events:

Family Fun Nights Physical Activity for the Whole Family!

Location: Nowlin Elementary School

Date: April 17th, 2019

Time: 6:00pm-7:30pm

Location: Lowrey K-8

Date: April 23rd, 2019

Time: 3:00pm-4:30pm

Location: Long Elementary School

Date: April 24th, 2019

Time: 5:30pm-7:00pm

Location: McCollough Unis

Date: May 2nd, 2019

Time: 6:00pm-7:30pm

Parent Meeting

Location: Dearborn Administrative Center—Conference Room 1A

Date: April 4th, 2019

Time: 5:30pm-6:30pm

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Nutrition Corner- Eating the Rainbow!

Your child is learning about the importance of filling half of their plate with a “rainbow” or variety of fruits and vegetables. A colorful plate will help you get the essential vitamins and minerals your body needs.

WHITE / BEIGE fruits and veggies like bananas and potatoes are a great source of potassium – an important mineral that helps our muscles stay strong and healthy.

- **Tip: Swap out fried potatoes for baked potatoes**



Nutrition Facts:

Bananas

- Bananas are rich in fiber, antioxidants and several nutrients. A medium-sized banana has about 105 calories.
- They can help moderate blood sugar levels after meals and may reduce appetite by slowing stomach emptying.
- Bananas are fairly rich in fiber, which may feed your friendly gut bacteria and safeguard against colon cancer.
- They may aid weight loss because they're low in calories and high in nutrients and fiber.
- Bananas are a good dietary source of potassium and magnesium, two nutrients that are essential for heart health.
- They are high in several antioxidants, which may help reduce damage from free radicals and lower your risk of some diseases.



This month's healthy recipe:

Banana Smoothie Pancakes

Ingredients

- 2 medium – banana
- 3 large – egg
- $\frac{1}{4}$ cup – milk
- $\frac{1}{4}$ cup – Greek yogurt, plain
- $\frac{2}{3}$ cup – flour, whole wheat
- $\frac{1}{2}$ teaspoon – baking soda
- 1 – cooking spray

Directions

1. Add all ingredients to a blender and blend well.
2. Heat a large skillet over medium heat and grease with cooking spray or coconut oil.
3. Pour batter onto skillet to make pancakes of desired size (smaller work better). When the edges begin to brown, carefully flip pancakes and cook the other side.
4. Serve warm with fruit, yogurt, peanut butter, or other desired condiments.