

JANUARY

2019

Dearborn SHINES MONTHLY NEWSLETTER



Indoor Physical Activity for Kids and Families

It is easy to feel stuck inside when snow starts to fall. You can stay active, even when it is cold outside. Here are a few fun, inside activities that can warm you up on a cold day:

- Start a dance party – all it takes is a phone, tv, computer or radio. Put on your favorite song or music video and dance, dance, dance!
- Balloon ball – blow up a balloon and bounce it with your hand, a stick or a paper plate. How long can you keep the balloon from hitting the ground?
- Make cleaning fun – we all have up around the house. Why not race to see who can clean their room or finish their job first?
- Board game challenge – play your favorite board game. Every time you roll the dice, move your piece and do the number of sit ups or jumping jacks you rolled.

Volunteer with Dearborn SHINES!

- Help set up and coordinate monthly events.
- Assist in conducting physical activities and/or monitoring aspects of the event.
- Ensuring the safety of children and parents.
- Promoting 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 Event:

Family Night!

Location: Nowlin Elementary School

Date: January 31st, 2019

Time: 6:00pm-7:30pm

Parent Meeting

Location: ACCESS

6450 Maple St. Dearborn

Date: January 9th, 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.

ORANGE and **YELLOW** fruits and vegetables like carrots, squash, mangoes and sweet potatoes get their color from special vitamins A and C and help to keep many parts of our body healthy including our bones and eyes.

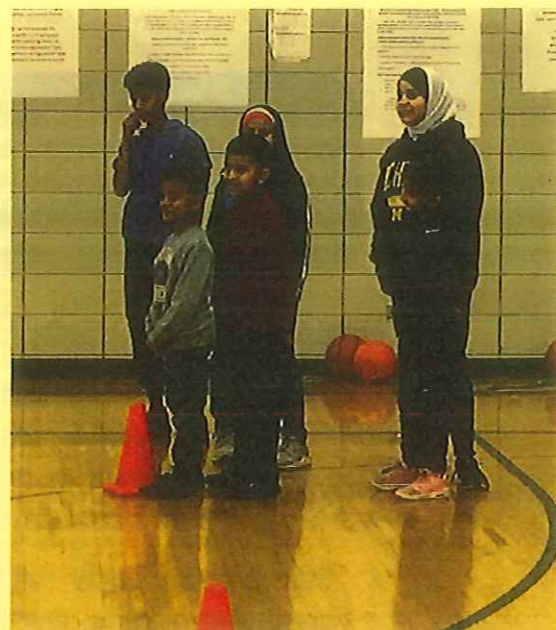
A Few Tips:

- Add dried apricot (a great source of fiber, iron, potassium and calcium) to your bowl of oatmeal.
- Dip strips of sweet potatoes in egg and bake on a lightly oiled pan at 425° F for 25–30 minutes to make sweet potato fries.
- Try pumpkin hummus! Mix 2 cups pumpkin puree, 2 Tbsp. tahini, 1 clove garlic, 1 tsp. olive oil and 1/2 tsp. ground cumin in a food processor.



Nutrition Facts:

One banana provides about 20% of the recommended daily amounts of vitamin B-6 and vitamin C and over 10% of the recommended daily amount for potassium and fiber.



This month's healthy recipe:

Banana Bonkers

- 3 Large organic bananas
- 3 Cups of fresh grapefruit juice
- 2 Cups of lemon juice
- 1 Cup of crushed ice

Directions

- Puree bananas in a blender or food processor. In a gallon pitcher combine pureed bananas, grapefruit juice, lemon sherbet and crushed ice. Stir and serve.

Did you know....?

- A frozen banana makes a great dessert.
- Plantains are a type of banana that can be boiled and mashed like potatoes.