

Kid2Kid Newsletter is Launched

Hi, my name is Haley M. Powers and I am eleven years old and the Kid2Kid editor. I am so happy to say that the Kid2Kid newsletter will be going out... starting now.

Every month a newsletter will be sent out to kids like you so they can read it. It will also be posted on the HealthMPowers website at www.healthmpowers.org.

It will be filled with kid written articles about eating healthy, exercising, and more fun things. This newsletter will be all about being a role model for others. And the best news is, all of these

Fun Facts:

Guess what? The darker the color of the fruit or vegetable, the more nutrients it contains. Eat dark!

activities will be kid-tested and super fun. Do you want to know why? Because all of you will help write the articles. Start sending in articles and they might just be in the next newsletter!

This newsletter is made so that you can set examples for **other** kids. With your help, every school in Georgia will be super healthy. If you show other kids you enjoy eating fruits and veggies, or have fun running around, everyone at your school will follow. So start reading and get healthy!

Joke of the Month:

☺ What bone has a sense of humor?

The humorous

September 2009

Inside This Issue:

Game of the Month	2
Kid2Kid Recipes	2
Activity of the Month	3
Do you want to be a Writer?	3
Submit your Work!	4
Monthly Focus for Kid2Kid	4



Game of the Month: "Which Snack Has Less Fat?"

Eating healthy means watching the amount of fat you eat. Knowing foods that are low in fat is important.

Circle the snack that you think has less fat.



OR



OR



OR



Answers: Apple, Pretzels and Fruit

Kid2Kid Recipes

Super Fruity Super Yummy Smoothie

Serves around 4

Ingredients:

- ⦿ 1 peach
- ⦿ 5 strawberries
- ⦿ 1/2 cup low-fat vanilla yogurt
- ⦿ Around 20 blueberries
- ⦿ 1 banana



How to Make:

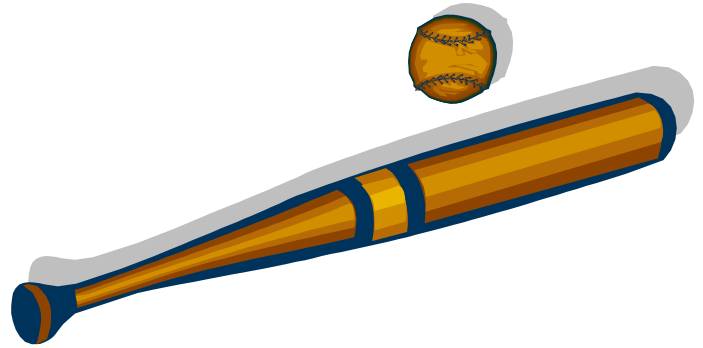
1. Peel the banana, and place it along with the blueberries in a blender or food processor.
2. Ask a grown-up to slice and peel your peach and hull the strawberries. Add them to the blender or food processor.
3. Scoop the yogurt in with the fruits.
4. Ask a grown-up to plug in the blender or processor and blend the mix until creamy. Don't forget the blender top!
5. Pour into cups and enjoy.

Tip: These taste good frozen too! Place in popsicle molds and freeze for a hot-weather treat.

Activity of the Month: Sports Tag

You need:

- ☉ 4 or more friends (including you!)
- ☉ A large space to run
- ☉ A lightweight bat and Wiffle ball



How to Play:

Have each player count the number of fruits and vegetables they have eaten today. Whoever has eaten the least is **IT!** (If it's a tie, play Rock, Paper, Scissors to decide).

Set the bat and ball in the center of the play space. Now start playing tag as you normally would. When someone is tagged, they have to run to the bat and ball, pick up the bat, and wait for another person who isn't **IT** to come get the ball.

The person who has the ball pitches it to the player with the bat, and the batter has three tries to hit the ball. If they miss all three times, the batter has "struck-out" and they are now **IT**. If they hit it, the person who threw the ball is **IT**. If the pitcher catches the ball, the batter is **IT**.

This game can be repeated over and over like a normal game of tag.

Do You Want to be a Kid2Kid Writer?

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to kid2kid@healthmpowers.org.

Be sure to ask your teacher and parents first, though.

Send your article to us on or before September 20th. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

Submit your Work!

In this space, **make an advertisement** for eating fruits and vegetables. Send it to kid2kid@healthmpowers.org and keep an eye out for next month's issue. You may be featured!

Kid2Kid Newsletter Monthly Focus

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to kid2kid@healthmpowers.org.

October- Eat 5 or more fruits and vegetables each day.

November- Reduce screen time to 2 hours or less every day.

December- Give the gift of health to others. Encourage healthy eating and exercise.

January- Limit high fat foods.

February- Exercise or play for 60 minutes every day.

March- Read food labels.

April- Limit high sugar foods.

May- Healthy summer fun.