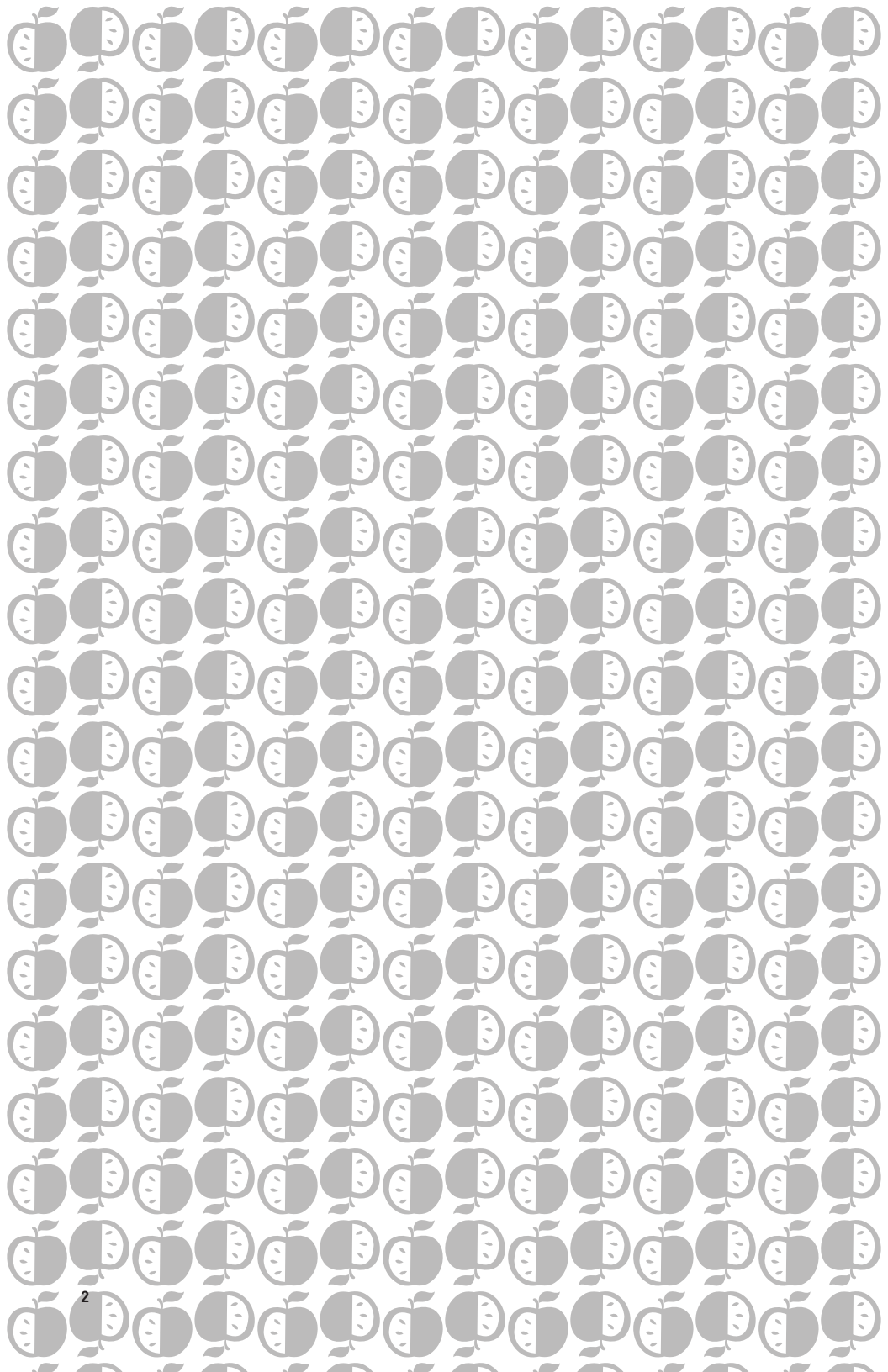




PS196 | WELLNESS  COUNCIL

*Handbook*

SCHOOL YEAR 2015-2016



PS196 | WELLNESS  COUNCIL  
*Handbook*



# *Our Mission*

The Wellness Council of PS 196Q is dedicated to helping **The School with a Heart** be the School With a **Healthy Heart** too, by championing initiatives to support our students' and faculty's well-being in Nutrition, Physical Education, Physical Activity and overall Wellness.



Welcome to the school year and welcome to our Wellness Council Handbook. We hope you find the information within to be helpful, informative and relevant.

If you are interested in being an active part of the Wellness Council, please email Meredith Kaback at [wellness196@gmail.com](mailto:wellness196@gmail.com).

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- Healthier Beverage Options
- Healthy Celebrations
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*Looking forward to  
a healthy and happy  
school year!*







## HEALTHIER SNACK IDEAS

PS 196 is committed to encouraging the health of students and we want to provide an environment that will be supportive of every student's health and well-being. Good nutrition is vital to academic success and research has shown that kids who eat foods low in fat and sugar perform better in school.

As parents and guardians, you can help strengthen your child's mind and body by sending in healthy snacks. We have compiled a list of healthier snack options, for your consideration. Obviously, this is not a complete list and we would love to add any healthy and tasty ideas that you have, to our list for the future!

Fresh fruit (clementines are delicious & easy to pack)

Raw vegetables, such as carrot and celery sticks

Yogurt dipping sauce for fruit and vegetables

Low fat cheese, such as string cheese

Dried fruit or freeze dried fruit

Raisins

Air popped or low fat popcorn

Pretzels

Hummus

Whole grain cereals and bars

Graham crackers or animal crackers

Goldfish crackers

Applesauce or other fruit sauces

Edamame

Roasted Seaweed Package



## HEALTHIER BEVERAGE OPTIONS

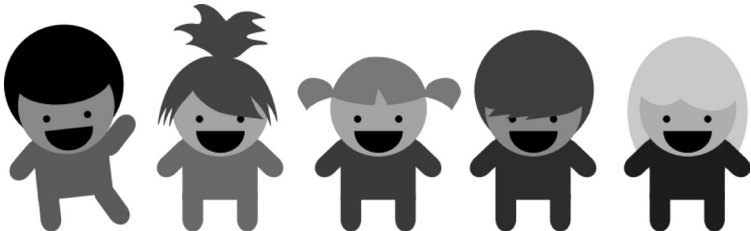
Water

Seltzer with dash of  
100% juice

Flavored seltzer



100% juice  
(not more than 6oz/day)





## HEALTHIER SCHOOL CELEBRATIONS

With 20+ children per classroom, plus holidays, plus special events each class hosts many celebrations over the course of a year. Along with fun usually comes the food. If each celebration includes cake, cupcakes, cookies, candy and other traditional party food—which most do—that means our children

are having at least about 30+ treats total, or about one per school day for 6 or 7 weeks. Healthier options at the parties can foster healthier eating habits overall and still be part of a special day!

With a few easy changes, we can all shift the focus to healthy fun. Consider any of the options mentioned in the snack section and below please find a list of other ideas:

Fruit/berries with whipped cream You can buy pre-cut fruit if you like...kids love this!



Fruit kabobs with a variety of fruits

Yogurt parfaits with non-fat or low-fat yogurt, low-fat granola and fruit

Popcorn 3 Ways

Pop light popcorn in the microwave. Top with one of the following: a sprinkle of parmesan cheese, cinnamon and sugar, or a little taco seasoning.

Blueberry Pudding Cup

Creamy pudding/yogurt and cold fruit—yum! Each child gets one individual low-fat vanilla pudding cup or yogurt and a few tablespoons of blueberries to stir into the pudding/yogurt.

Applesauce or other fruit cups

Raw veggies served with low fat dip (salad dressing, hummus)

Bananas & strawberries with chocolate syrup as dip

Apple cider & graham crackers with jam or apple butter

A sweet fall favorite. Purchase fresh pasteurized apple cider and one cinnamon or plain graham crackers (whole grain is best). Serve with jam or apple butter.



Fresh apple slices w/ yogurt dip

Different types of fruit

Each child can make his/her own fruit salad

Raisins or dried fruit

Such as apples, bananas, peaches, plums, etc.

Whole grain tortilla chips & salsa

Most kids can't resist dipping. Buy baked whole grain tortilla chips and a few different kinds of salsa such as mild, pineapple salsa, black bean salsa, etc. Let kids taste and rate the different salsas.

Whole grain crackers

like Triscuits with reduced fat cheese



Cut up fruit in an ice cream cone

or cupcake wrapper, with a few sprinkles

Fruit muffins

Serve snacks with fun plates, napkins, cups or straws or have a tasting party where children can vote for their favorite healthy snack. Use cookie cutters to make sandwiches or fruit more interesting!

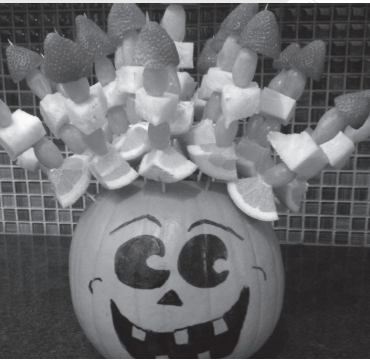




# HEALTHY SCHOOL CELEBRATIONS

There are lots of great ways to host healthy celebrations in the classroom. For class parents and all those hosting such parties, below are some fun ideas for healthy snacks organized around themes. For example, for fall celebrations, why not offer a carrot pumpkin platter instead of candy corn? For Thanksgiving, why not serve up a fruit cornucopia instead of a chocolate turkey. Consider asking students for their suggestions on healthy party snacks. Or Google “healthy school party snacks” for tons of great ideas!

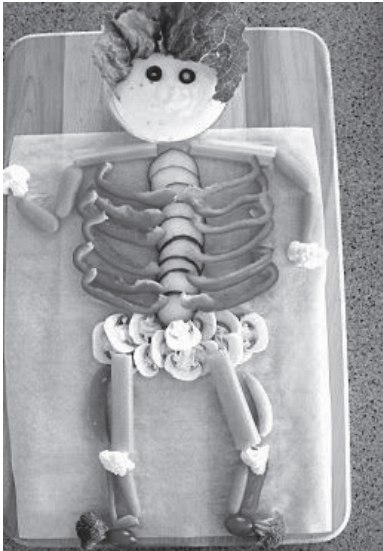
## AUTUMN CELEBRATIONS



Fruit kabobs in a Jack O' Lantern



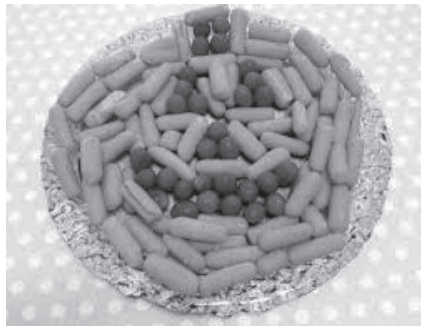
Banana “Ghosts” with raisins or dark chocolate chips; and Clementine “Pumpkins” with celery stem

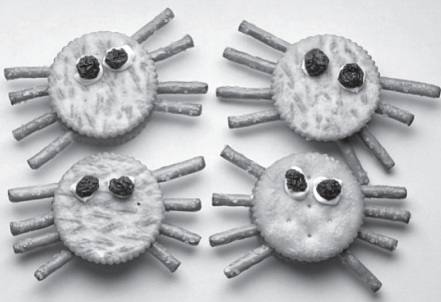


Veggie skeleton with dip or hummus

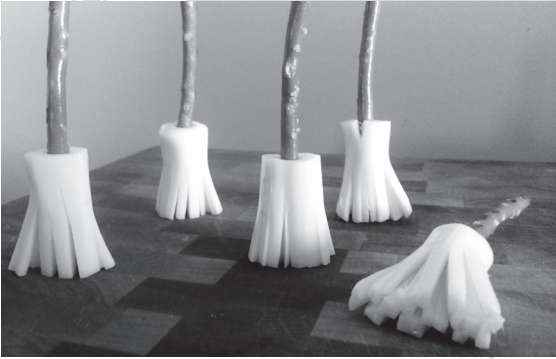


Veggie “pumpkin” platter





“Spiders” = Crackers with cream cheese, pretzels and raisin eyes



“Brooms”- String cheese and pretzel sticks

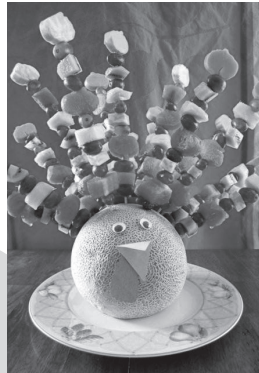


## THANKSGIVING

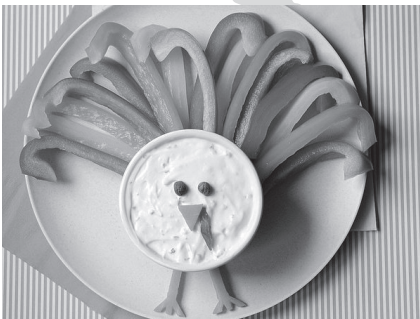
All sorts of “turkey” ideas



Muffins with apples and grapes, sliver of carrot for the nose



Turkey cantaloupe with fruit kabobs



Peppers and hummus or dip



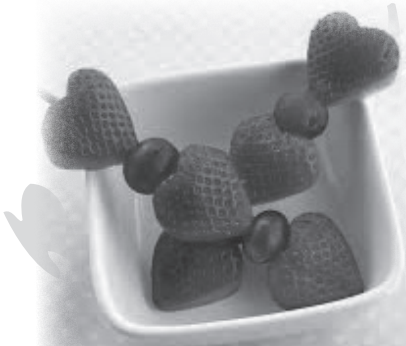


### Fruit cornucopia in ice cream cones



Crackers with banana slices, strawberries, oranges; Or use cheese circles --Fruit turkey!

Images: <http://www.meetthedubiens.com/tag/thanksgiving>



### SPRINGTIME

#### Butterfly Snack Bags



### VALENTINE'S DAY

#### Strawberry-grape Kebobs

<http://www.modernparents-messykids.com/2014/01/3-healthy-strawberry-snacks-for-valentines-day.html>



# WINTER HOLIDAYS

Winter Bananas



Cheesy Snowmen



Snowmen kabobs





## MOVEMENT AND WELLNESS

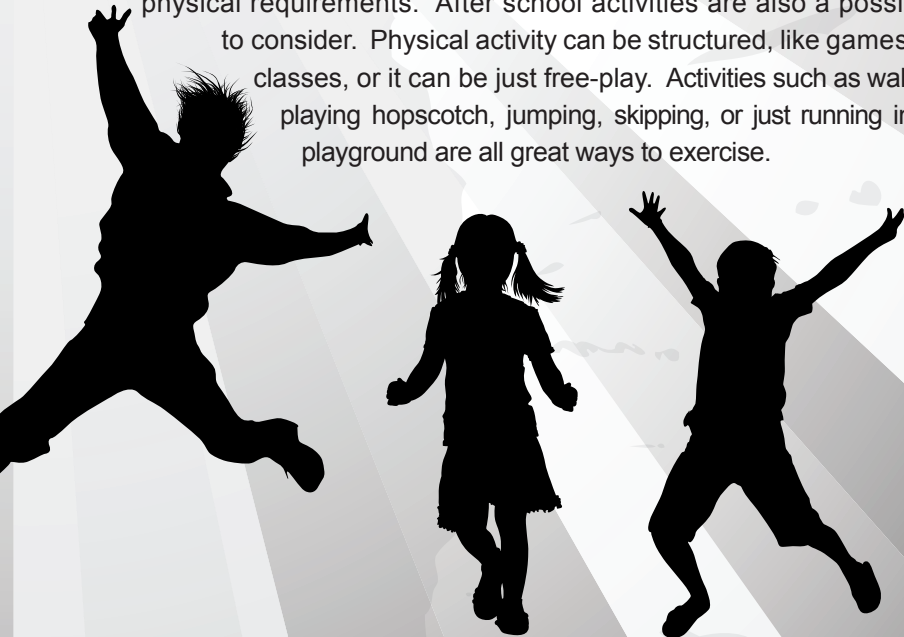
*How else can we help our children perform better in school?*

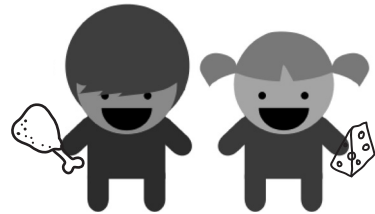
*Through exercise and physical activity!*

Studies have shown that children who exercise regularly and eat healthily are likely to perform better academically, feel better about themselves and their abilities, cope with stress and their emotions better, and of course, reduce the risk of obesity.

Some teachers have also begun to implement “Move to Improve (MTI)” activities in the classroom. The MTI classroom physical activity program was designed by the New York City Department of Education (DOE) and the New York City Department of Health and Mental Hygiene (DOHMH) to provide teachers with the tools to incorporate brief, structured activities into the classroom. These MTI activities blend academics and physical activity into educational lessons that are aligned to New York State PE Learning Standards.

Despite these improvements, kids may still not be meeting their daily physical requirements. After school activities are also a possibility to consider. Physical activity can be structured, like games and classes, or it can be just free-play. Activities such as walking, playing hopscotch, jumping, skipping, or just running in the playground are all great ways to exercise.





## SCHOOL LUNCH

A hearty and healthy lunch is important to help keep our children's energy levels up for learning. Consider sending your child with vegetables, healthy sandwiches (even healthy vegetable sandwiches!) fruits and healthy snacks (see earlier lists,) along with a water bottle, to maximize the goodness.

Or consider signing up for **hot lunch!** Our school offers the **New York City Alternative Lunch menu.** The Alternative Menu offers **more plant-based,** and **fewer processed food items** than the classic menu.

You can view the monthly **Alternative Menu** at the Department of Education's School Food site:

<http://www.schoolfoodnyc.org/schoolfood/menusdailydisplay.aspx>, where you select the month and then click "K-8 Alternative Lunch Menu."

## HEALTHIER SNACKS, LUNCHES & CELEBRATION IDEAS

# Recipes



### FRUIT MUFFINS

Preheat oven to 400 degrees

In a small bowl, sift together:

1  $\frac{3}{4}$  cup whole wheat pastry flour

$\frac{3}{4}$  tsp salt

$\frac{1}{4}$  cup sugar

2 tsp baking powder

#### Directions

1. In a large bowl, beat 2 eggs. Add 2 tablespoons vegetable oil. Plus  $\frac{3}{4}$  cup skim milk.

2. Combine liquid and dry ingredients together with a few swift strokes (don't over mix.) Add  $\frac{1}{2}$  cup mashed ripe banana OR  $\frac{1}{2}$  cup chopped apple.

3. Spray muffin tin with cooking spray oil and fill muffin cups  $\frac{3}{4}$  way full. Bake at 400 degrees for 20-25 minutes.

### BLUEBERRY-BANANA PARFAIT LAYERED PUDDING *Serves 4*

#### Cream Layers

2 ripe bananas, peeled and frozen

$\frac{1}{2}$  cup blueberries (fresh or frozen) or any berries you like

#### Ingredients

Granola

$\frac{1}{2}$  cup hemp seeds or chia seeds

$\frac{1}{2}$  cup rolled oats

$\frac{1}{2}$  cup prunes or figs or pitted dates

$\frac{1}{4}$  tsp sea salt

$\frac{1}{2}$  tsp vanilla extract

#### Directions

1. Combine the granola ingredients in a food processor and pulse until it begins to clump together.

2. In a clean food processor, blend the frozen bananas until a smooth, about 2 minutes.

3. Remove 1 cup of the cream and set aside. Add the blueberries to the food processor with the remaining banana cream and blend until the blueberries are mixed in.

4. Layer the parfait in glasses, starting with granola, then the reserved banana cream, then blueberry cream and repeat to fill each glass.



## OH HOW SWEET

### QUESADILLAS! *Serves 5*

#### Ingredients

- 3 Tablespoons of creamy sunflower seed butter
- 4-5 Tablespoons of Greek Yogurt
- 2 Tablespoons of Agave or Honey
- ½ Teaspoon of cinnamon
- ¼ cup of semi-sweet chocolate chips
- 5 (8 inch) whole-wheat flour tortillas
- 2 ripe bananas
- 3 kiwis sliced
- 4-5 large strawberries sliced

#### Directions

1. In a small mixing bowl mix the sunflower seed butter, yogurt, honey, chocolate chips and cinnamon
2. Lay tortillas flat. Spread 1-2 tablespoons of the mixture on one half of each tortilla
3. Peel bananas and cut them into ¼ inch thick slices
4. Layer bananas, strawberries, and kiwi in a single layer, over the sunflower seed butter mixture on each tortilla. Fold tortilla in half before putting on pan.
5. Coat a frying pan with non-stick cooking spray
6. Heat pan over medium-high heat, and place tortillas in hot pan. Cook for 1-2 minutes on each side. *\*You can also bake it in oven for 5 minutes on 350°.*

*Recipes courtesy of PetiteGourmet Culinary Arts; all rights reserved.*

## CHILI CON CORNY

*Serves 5 · Gluten Free*

#### Ingredients

- 1 TBSP Vegetable oil
- ½ cup finely chopped onion
- 1 pound ground turkey
- 1 can (15 oz) kidney beans, rinsed and drained
- 1 can (14 oz) diced tomatoes
- 1 can (11 oz) corn, drained
- 1 can (8 oz) tomato sauce
- 2 TSP gluten-free chili powder
- 1 TSP salt
- 1 TSP ground cumin
- ¾ cup shredded chees
- 2 cups corn chips

#### Directions

1. Heat oil in large skillet over medium heat. Add onion; cook and stir 2 minutes. Add turkey; cook until no longer pink, stirring to break up meat
2. Stir in beans, tomatoes, corn, tomato sauce, chili powder, salt and cumin. Bring mixture to a simmer; cook 10 minutes, stirring frequently
3. Divide chili among 4 serving bowls. Sprinkle with cheese and top with corn chips.

*Recipe submitted by Chase Pitt – 3rd grade*



## ROASTED ASPARAGUS

### Ingredients

Fresh asparagus spears  
Olive oil  
Trader Joes Everyday Spices

### Directions

1. Preheat oven to 450
2. Break hard ends off asparagus (hold base and middle of spear and bend the spear will naturally break in the right spot.)
3. Place in roasting pan drizzle olive oil over asparagus sprinkle desired amount of Trader Joes Everyday Spices
4. Place in oven for approximately 15-20 minutes. Turn the spears over.

Place back in oven for an additional 15-20 minutes until asparagus is soft.

## TOFU CHOCOLATE MOUSSE RECIPE, ADAPTED FROM NA- SOYA.COM

### Ingredients


1 pkg firm tofu  
3 tbsp sugar (or Truvia, etc.)  
2 tsp vanilla extract  
2 cups chocolate chips (I like to use good dark or bittersweet chocolate—or you can use vegan chocolate chips)

### Directions

So easy! Put the tofu in a food processor and blend until completely smooth, about 1 minute.

Blend in the sugar and vanilla extract. Melt the chocolate chips in the microwave oven—Try 30 seconds at a time and stir in between zaps. (Alternatively, the chocolate chips can be melted in a double-broiler, while stirring constantly to prevent burning). Add the melted chocolate chips to the tofu mixture and blend until smooth. That's it! Transfer to eight serving bowls or glasses, cover the top of each with plastic wrap and refrigerate for at least 4 hours before serving. Enjoy!

*Recipe submitted by Ms Koatz –  
Assistant Principal, PS196Q*



*what's  
next?!*





## NEXT STEPS AND RESOURCES

We on the Wellness Council hope you found this informative and relevant. We hope to help make our school environment as healthy as possible so we know that what our children are eating and doing during the day supports learning and wellness. And, so if we, as parents/guardians, want to share an ice cream cone or other treat with them at the end of the day, we can do it with pleasure, without guilt :), knowing that they had a healthy school day.

We have a lot of accomplishments to celebrate this year and have big goals and hopes for the coming year.

### A sample of things to celebrate 2014 - 2015:

- **In honor of PS196Q's commitment to wellness, the school received a NYC Excellence in School Wellness Award - Silver!** The Department of Health created this award to recognize elementary schools for their efforts in creating a healthy school environment as a means to prevent childhood obesity and improve academic achievement. **We also won a Wellness grant** which allowed us to purchase extra equipment for the gym, offer assemblies and create this book!



- All grades participated in **NYC Road Runners Mighty Milers program** in gym class with Ms. Bronstein – running towards a marathon

- We hosted a **Veggiecation Assembly** – teaching about nutrition, healthy eating and trying new foods



- Offered **information and presentations to students** about sugary drinks and what goes into their bodies



- A **Compassionate Communication workshop** was held to offer parents tools to better understand and communicate with their children, towards building harmony

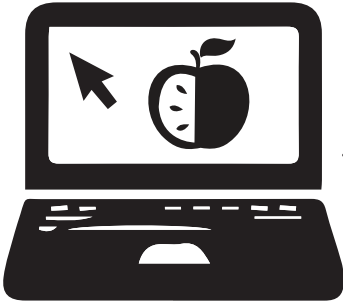
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We would love to have more parents involved in the Council to help us reach new milestones.

## 2015 - 2016 GOALS

*Let's make it happen!*

1. School Gardens
2. Supporting and encouraging the Community on healthy snacking and school celebrations
3. Recess (e.g. ideas for more active indoor recess, etc.)
4. Grants for our school to promote Wellness initiatives (There is a lot of money available for schools that focus on Wellness; we can accomplish so much more for our children with the funding and support that come with these grants)
5. Other wellness topics that are important to YOU



*Just a click away!*

For more information on Wellness for our children, you can check out the following sites:

PS196 Wellness Council on Facebook (follow us!)

<https://www.facebook.com/groups/283985495086630/>

Jamie Oliver's Food Revolution

<http://www.jamieoliverfoodfoundation.org/usa/about>

Jamie Oliver's Food Revolution Community

<https://www.facebook.com/FoodRevolutionCommunity>

NYC Dept. of Education School Wellness

<http://schools.nyc.gov/Academics/FitnessandHealth/default.htm>

Alliance for a Healthier Generation

<https://www.healthiergeneration.org/>

Kidnetic (healthy activities and ideas)

<http://www.kidnetic.com/>

School Wellness Weekly

<http://schools.nyc.gov/Academics/FitnessandHealth/default.htm>

