



HEALTH AND WELLNESS
POWERED SCHOOLS

PUMP UP YOUR HEART





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (Jan-March) we have prepared a toolkit for students in after school programs to build heart-healthy habits. These habits include choosing healthy snacks, finding ways to stay active indoors during the cold months, and journaling to reduce stress.

Lifelong habits can have a tremendous impact on our heart health. Although many chronic heart diseases affect older adults, it is never too early to start building a heart-protective lifestyle. By reinforcing these topics now, we can set up this generation for lifelong success.

Best,

Nutrition Education Team
Community Food Bank of New Jersey





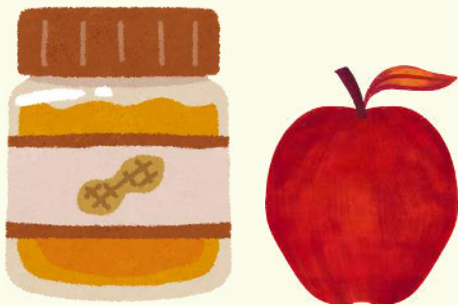
HEART HEALTHY SNACKS

EATING HEART HEALTHY FOODS HELP KIDS REMAIN ENERGIZED WHILE DEVELOPING HABITS THAT WILL PROTECT THEIR HEARTS THROUGHOUT THEIR LIVES. BELOW ARE SOME HEART HEALTHY SNACKS THAT KIDS CAN MAKE TO BOTH HAVE FUN AND STAY HEALTHY!



HEART SHAPED SANDWICHES

CELEBRATE HEART HEALTH MONTH BY CREATING HEALTHY SANDWICHES PACKED WITH VEGGIES. USE A HEART SHAPED COOKIE CUTTER TO MAKE THEM INTO LITTLE HEARTS AND HAVE FUN WITH IT!



PB & APPLES

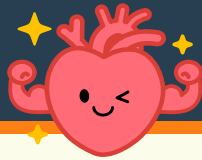
HAVING A HIGHER INTAKE OF FRUITS AND NUTS IS LINKED WITH A LOWER RISK OF HEART DISEASE AND THIS SMALL SNACK HAS A MIX OF BOTH! CREATE A PEANUT BUTTER DIP OR JUST SPREAD THEM ON SOME APPLE SLICES FOR A FILLING, HEALTHY SNACK!

FOR PEOPLE WHO ARE ALLERGIC TO PEANUTS, FEEL FREE TO SUBSTITUTE WITH OTHER NUT BUTTERS SUCH AS ALMOND BUTTER



PARFAIT EXTRAVAGANZA

USE A HEALTHY LOW-FAT GREEK YOGURT AS A BASE FOR A FABULOUS PARFAIT. ADD FRUITS, NUTS, AND CEREALS INTO A LAYERED AND NUTRITIOUS MASTERPIECE!

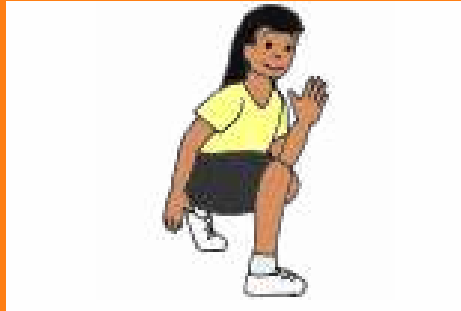


Staying active during winter months can be challenging for kids. However regular exercise is essential for a healthy heart. Here are some fun and beneficial animal exercises that can be done in doors.

Bear crawl



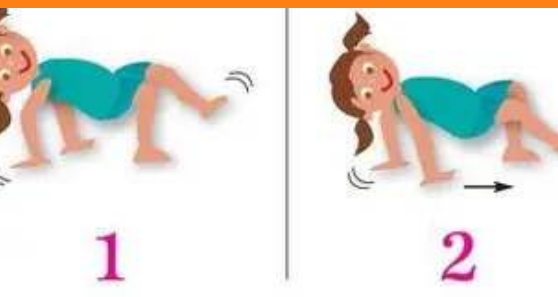
Duck walk



Starfish jump



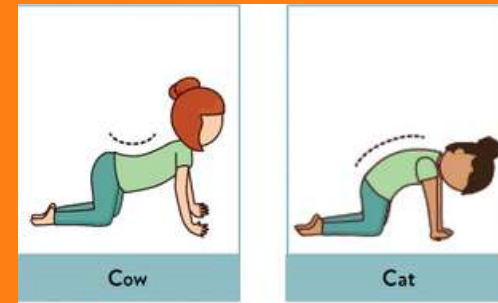
Crab walk



Frog jump



Cat- Cow



Added Benefits:

- Motor skill development
- Full body strength
- improve flexibility and balance
- improve imagination and creativity.

Tips:

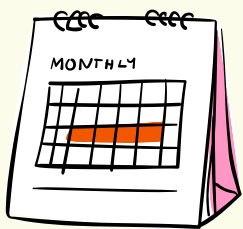
- Have younger children make the noise of each animal they are doing the exercise of for added fun.
- For older children include a challenge element. Add an endurance challenge (do a minute of duck walk with stop) or add difficulty by timing the challenge.



REDUCING STRESS BY JOURNALING

CHRONIC STRESS CAN LEAD TO HEART-DAMAGING HIGH BLOOD PRESSURE, SO IT IS IMPORTANT TO DEVELOP POSITIVE WAYS TO COPE WITH STRESS. JOURNALING COMBATS STRESS & ANXIETY BY GIVING KIDS A WAY TO PROCESS THEIR THOUGHTS AND FEELINGS.

Build a consistent habit

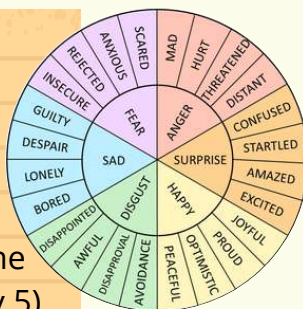


Set weekly or monthly goals with rewards like stickers to incentivize journaling.

- Week 1: What do you do for fun after school?
- Week 2: What do you like to do on the weekend?
- Week 3: Who do you like to spend time with?
- Week 4: Use your imagination to plan your most fun day ever.

Spin the wheel and write about a time you felt that emotion. (Days 1-4)

Write a story or draw a picture that shows all of the emotions you picked. (Day 5)



Encourage drawings in journals

- Journaling should be creative and fun.
- Kids should not think of journaling as “just more schoolwork”
- Blending drawing and writing gives kids multiple ways to express themselves.



Integrate writing into conflict resolution

- Have kids write a reflection during time-outs or as a way to cool down from arguments.
- Promotes a healthy outlet for negative emotions.
- Have kids write on separate papers so their journals aren't associated with getting in trouble.

Resources, Handouts & Flyers

Signs of Stress

AHA Physical and Mental Health

Journal Prompts for Kids

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 What's the most important thing you would like to do this summer?	9 What is your favorite meal of the day? Why is it your favorite?	10 Summer is great for the outdoors. Go for a walk. Write a sentence about the walk you went on.	11 Tell about your favorite sport.	12 What is something you love about yourself and why?	13
14	15 If you could change anything about yourself, what would it be and why?	16 What is your favorite thing to do when you play outdoors in the summer?	17 What is the best silly food combination you can think of? Would you ever try it?	18 Tell about an animal you would like to have for a pet.	19 If a cat or dog could talk, what would they say?	20
21 Father's Day	22 Write about something in your house that no one else knows about.	23 Tell about your favorite song.	24 Make a list of groceries that you think mom or dad should buy for you from the store.	25 What would it be like if we lived in a world without water?	26 Tell about your favorite restaurant. Why is it your favorite?	27
28	29 If you could go on a summer vacation anywhere in the world, where would you go?	30 What would you do if there was a dragon stuck under your bed?				

AHA 10 Ways to Improve Heart Health

Heart Healthy Snacks

Munchies that crunch

- Apples sliced with a tablespoon of low-sodium peanut butter.
- Pears dipped in fat-free/low-fat cottage cheese.
- Vegetables paired with [hummus](#) or tzatziki sauce, such as:
 - Carrot and celery sticks.
 - Bell pepper slices.
 - Zucchini or cucumber rounds.
 - Broccoli and cauliflower florets.
 - Cherry or grape tomatoes.
- [Roasted chickpeas](#).
- [Popcorn](#) (air-popped or made with a nontropical vegetable oil).
- Rice cakes and whole-grain crackers.
- Unsalted nuts and seeds.

Heart Healthy Habits for Children

HEART-HEALTHY HABITS FOR CHILDREN

Helping children develop healthy habits at a young age can help lower their risk for heart disease, stroke and other major health problems later in life.

- MAINTAIN A HEALTHY DIET**
 Make eating healthy a fun activity by involving the whole family.
- GET ACTIVE**
 Kids and teens should get at least 60 minutes of physical exercise each day.
- SLEEP TIGHT**
 Parents should help children establish good sleep hygiene each night by setting a regular bedtime and wakeup time, removing devices from their bedroom, and choosing a time of night to stop the use of electronics.
- BE A ROLE MODEL**
 Parents should show their children healthy behaviors and explain the benefits. From there, parents can invite their children to also participate in these behaviors.