

# Healthy Lifestyles Gazette

Summer 2011

A newsletter for childcare providers and families of preschool children.

Volume 16, Issue 3

## WE'RE GOING ON A PICNIC!

A picnic is a great way to bring your family together for a fun-filled meal. Making a picnic is easy. Wash a rainbow of colorful fruits and veggies, slice as needed, and pop them into a zipper seal bag. Use additional zipper seal bags to pack some pretzels, crackers, and assorted cheeses. Fill another zipper seal bag with cran-raisins, chocolate chips, and shelled sesame seeds.

Line the bottom of a small cooler or an insulated bag with ice packs and place your zipper seal bags on top of the ice packs. Bring along bottles of water, paper plates, and napkins. Don't forget the bug spray, sun screen, hand sanitizer and a sheet or blanket to sit upon!

Head outdoors to have your picnic. Pick an outdoor spot that works best for your family. Go to the park, playground, or just in your yard or on your porch. If the weather is too hot or rainy, have a picnic on your floor inside. Your kids will love any way you make your picnic.

Just wait until you see the smiles on their faces as you all sit down to enjoy your picnic!



## YOUR GROUP

*[non-profit - church, community, scout etc]*

Does A Community  
Clean-Up ....

Your Group Earns  
\$300

Call 201-634-2781 or log onto  
[www.bergenhealth.org](http://www.bergenhealth.org)


Scroll to Highlighted Programs and  
click on

Clean Communities Program



## ENJOY!

We are very lucky to live in Bergen County. Our county offers us many free and enjoyable ways to get healthy and stay fit.



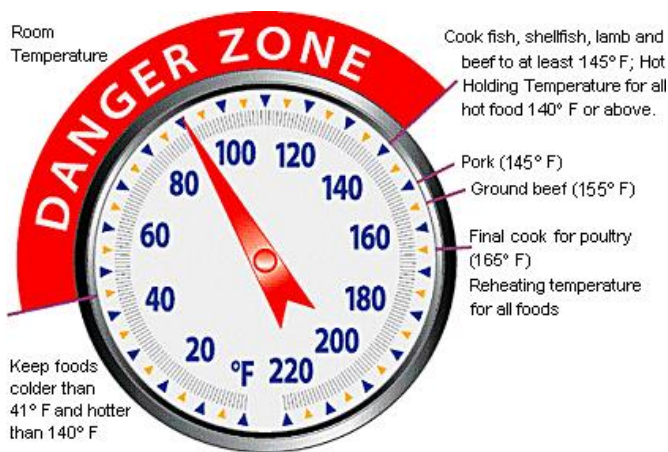
Playgrounds are great places where kids can build strong muscles and lean bodies. Kids can climb on jungle gyms, swing on monkey bars and run and play. These are fun and simple ways to increase the amount of time kids are physically active. Children need to be physically active for about 60 minutes every day. Making sure your child is physically active every day is one of the most important things you can do to be sure he stays at a healthy weight now and as he grows.

Our county parks make it easy for families to have fun together while being physically active. Some parks have walking and bike paths. Other parks have cool places like a zoo and nature center to explore. Many parks host special workshops and events. Learn more:

**Call 201-336-PARK [7275] or visit them on the web at [www.co.bergen.nj.us/bcparks](http://www.co.bergen.nj.us/bcparks).**

Remember, wherever you go, please be respectful of our surroundings and keep our communities clean. Pick up and dispose of trash properly.

**When a child is taught from an early age to eat right and play hard, the benefits last a lifetime!**



## KEEP FOOD SAFE !

Food can make you and your loved ones sick if it is not handled and stored properly. Follow these rules to keep food safe to eat:

- Wash your hands for 20 seconds before touching or eating food.
- Keep hot foods hot, at least 140 degrees.
- Keep cold foods cold, 40 degrees or less.

## Super Summer Fun

There is no need to get stressed over what you can do with your kids to have fun this summer. You don't need to spend a ton of money, go on a fancy vacation or travel far to make summer special for your little ones.

Do all or some of these activities together with your children to create memories that will last a lifetime!

- ◆ Chalk it up to fun! Use sidewalk chalk to create your own fun. Play tic-tac-toe, draw shapes and pictures. Use glow-in-the-dark chalk for nighttime fun!
- ◆ Play water games. Jump through sprinklers or march in a baby pool with your kids. Play a game of water balloon catch.
- ◆ Take a night time walk together. Look for shapes among the stars.

Have fun together as you create awesome family memories!

## MAKE A CAMPFIRE THAT YOU CAN EAT

No need to gather wood or even go outdoors to build this special campfire. Everything you need can be found in your kitchen or grocery store.

### Supply list:

Cantaloupe and mango  
Seedless grapes  
Pretzel Sticks



An adult will need to slice the mango and cantaloupe into thick slices. Then, carve the top of each slice to look like a flame as seen in the photo.

Cut grapes into halves.

Put mango and cantaloupe slices in a bowl or on a plate. Place the grapes into another bowl and do the same with the pretzel sticks.

Gather your family around the table. Give them each a plate. Show them the photo of the tasty campfire that you see here and let each person build a yummy campfire of her own to eat!

## TRUE or FALSE: Only people with fair skin need to wear sunscreen.

False. People of all ages and skin colors must wear sunscreen with a SPF of 15 or higher every day to stay safe in the sun.

Remember to keep your camera near by this summer to capture the great smiles on your little one's face as you do all of the fun things you read about in this newsletter!



**Kathleen A. Donovan, Bergen County Executive**

**Bergen County Board of Chosen Freeholders**

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The Gazette is printed through funds provided by The Bergen County Cancer Coalition. The Coalition is made possible by a grant from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention. The mission of the Bergen County Cancer Coalition is to implement the New Jersey Comprehensive Cancer Control Plan in Bergen County.

For more information on Comprehensive Cancer Control in New Jersey, please visit: [www.njcancer.gov](http://www.njcancer.gov).