



FAMILY CONNECTION NEWSLETTER



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Family Fun Recipe

Egg Carton Art Projects

WELCOME!

We are three months into 2022 and now is a great time to reflect and make plans for the new season. As we enter Spring, it is a time for new beginnings and to focus on putting plans into action. When the year began, your family may have spent time making New Year's Resolutions, but if you missed that opportunity, it is never too late. Consider sitting down with your family to map out 2-3 goals that your family agrees to work toward. Here are a couple of suggestions to get you started with goal-setting:

- Incorporate a bedtime story or dedicated time to daily reading
- Begin sitting together as a family at meal times
- Take an evening walk after dinnertime
- Start a new activity that the whole family can join in on such as yoga
- Create a memory keepsake box for photos and valuable items

When your family meets a goal, make sure to celebrate to keep the momentum going!

CONNECT

Connect with the family engagement specialist, Jenna Lee, if you have questions or to further the discussion on topics found in this newsletter. E-mail: JennaLee@ccc-nj.org Phone: 609-989-7770, ext. 147.

National Nutrition Month

March is *National Nutrition Month*, and we are so excited to share some information and resources that support healthy habits for your family. National Nutrition Month, created by the Academy of Nutrition and Dietetics, is meant to spread awareness of the importance of nutrition. Specifically, it is a time to put focus on making healthy food and drink choices, improving eating habits, and including daily physical activity into our routines. See below for a list of additional tips to ensure your family is taking control of their health!

- Make half your plate fruits and vegetables.
- Prepare healthy snacks such as apples with peanut butter.
- Drink more water! The level of sugar in a can of Sprite is 78% of the daily recommended sugar intake for adults.
- Be active and move your body! For beginners, start with 10 minutes daily, and increase over time.

If you are already incorporating the suggested tips, you are on the right path! If you are just starting off, feel good about taking the right steps and don't be overwhelmed with trying to accomplish everything at one time. Take it one step at a time and celebrate each win, no matter what it is!



March Spotlight

Trenton Health Team has been serving Trenton for more than a decade as a community health care collaborative dedicated to improving access to quality healthcare for city residents. Trenton Health Team's vision incorporates social determinants of health that include: a healthy environment and housing, vibrant public spaces, a growing economy, healthy food, improved safety, equity and social cohesion, and quality healthcare. One way Trenton Health Team works to improve healthy food options in Trenton, which is considered a "food desert," is by launching the Trenton Area Free Food Resource directory and interactive map. This resource can be found at trentonhealthteam.org.



Art Projects

Check out these crafts using recycled egg cartons, pipe cleaners, paper, and paint!



Try This Recipe!

Ingredients:

- English muffins
- Peanut butter*
- Raisins
- Bananas, strawberries, grapes, orange slices, or your family's favorite fruits!

*If your child has a nut allergy substitute with sunflower butter

Directions:

- Toast the English muffin and spread the peanut butter on both sides
- Use the various fruits and raisins to create smiley faces and enjoy!

Adult supervision is required for the cutting of fruit when making the face features and modify the recipe as needed to avoid choking hazards for young children.



<https://www.lizshealthytable.com/2015/03/10/peanut-butter-smiley-faces/>