



Healthy Harlem

Early Childhood

Volume 3, Issue 4

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Happy and Healthy 2016! New Year, New You

Each year, over half of Americans who make New Year's resolutions include fitness and weight loss as their #1 goal. This percentage is much larger than all other goals, including: financial health, career advancement, personal enhancement, finding love, furthering education, etc. Unfortunately, only 1/4 of people meet their goals. In order to help you meet your goals, Healthy Harlem offers the below advice and tips to succeed. Good Luck!

Things to remember:

- A recent study suggests that many people actually gain weight when they start eating healthier foods! Why? Because they add on healthy foods without subtracting the unhealthy food choices. The result—a higher overall calorie intake. As you transition to eating more healthy GO foods, start cutting unhealthy WHOA foods out of your diet. And don't forget to exercise!
- Choose healthy GO foods instead of unhealthy WHOA foods. Stick to eating treats only once in a while.
- You can't out-exercise bad eating. Great workouts (1 hour +) may burn 600-1,200 calories, however treating yourself to a Big Mac, medium fries and a soda equals 1,150 calories. At best you've negated your workout; at worst, you've taken in more calories than you've burned.
- Set realistic goals. Losing 1-2 pounds per week is reasonable. 10-20 pounds a month is unrealistic for most people.
- Use math, it works! 1 pound equals 3,500 calories. If you eat 500 fewer calories a day or burn 500 more calories per day, you'll lose 1 pound a week.

Tips to help you succeed:

- **Focus on why** you have set your goal rather than the goal itself: Envision how accomplishing your goal will make you feel.
- **Develop a specific strategy.** "I will work out every Monday, Wednesday and Friday for 30 minutes" is more achievable than "I will exercise more often in the new year."
- **Write it down.** Writing down your goals and strategies will a) make them concrete, b) reinforce them, and c) help you see any potential flaws that may need revising.
- **Share your goals.** Tell a friend, partner or family member. Choose someone who will encourage you, even when you go through rough patches.
- **Consider joining a support group.** Online or in person, having people to talk to/chat with who have similar goals is empowering. You can also seek out a coach or personal trainer to help you meet your goals.
- **Be Patient:** Don't beat yourself up. Remember that lasting changes take time and that small actions, when done consistently, lead to big changes!



Baby College GRADS dad Leslie Mclean and his sons get creative to make a healthy holiday snack.

SMART Goals

S pecific	Know exactly what you want to accomplish.
M easurable	How will you know you met your goal?
A chievable	Make sure your goal is not too far to reach, but far enough to be challenging.
R elevant	Link the goal to something important to you; something that inspires you.
T imely	When do you want your goal to be met?

Enforcing Food Policy at Home

Each one of us makes daily decisions about food, whether it is personal or for our family. We have to decide what to eat, when to eat, how to eat, and in some cases, where to eat. So, what dictates the eating practices in your home? Who sets the food policies for your family?

Food policy establishes structure and consistency around eating and family meals. Policies in our country are set by elected officials; but in your home, a family food policy should be designed by the person who has the most influence on how food operates in your household. If that person is you, here are some factors to consider when setting up a food policy for your family.

Do you take your entire family into account when it comes to making food related decisions? Get feedback from your children about their favorite vegetables or the dish they most like to eat. This expands communication and creates an opportunity for easier meal planning, as well as a chance to introduce new takes on old favorites.

Have you set goals for your family's nutrition? Your family should have nutrition related goals, whether it is in regards to monitoring consumption because of weight or disease concerns, or if you want family meals to fit a particular lifestyle or budget. Setting goals is a good way to keep track of your family's health needs and keep everyone accountable for the outcomes.

Good Food Enforcers

- ✓ Agree about what the rules are and their priority
- ✓ Are consistent but not rigid
- ✓ Support positive influences
- ✓ Promote healthy food choices
- ✓ Support the family's food and eating behaviors
- ✓ Counteract negative influences

Strategies of a Good Food Enforcer

- ✓ Enforce family meals
- ✓ Turn off the television during family meals
- ✓ Enforce change around the amount of sugary drinks, such as juice and soda
- ✓ Overrestriction backfires! Being overly restrictive makes the "bad foods" more appealing
- ✓ Be neutral, no "ewing"—this means that all foods are neutral and there is no commentary of which foods you dislike. This encourages your family members to try foods and form their own opinions.

Remember:

- ✓ You are in charge
- ✓ Set feeding routines
- ✓ Be consistent
- ✓ Don't get upset or force your child to eat



Kale and Apple Salad

Makes 6 servings

Ingredients:

- 1 bunch kale, ribs removed, leaves thinly sliced
- ¼ cup dried cranberries
- 1 apple
- ¼ cup almonds (optional)
- ¼ cup shredded parmesan cheese
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- Salt
- Pepper

Preparation:

1. Whisk together the lemon juice, olive oil and ¼ teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
2. While the kale stands, cut the apple into thin matchsticks. Add the dried cranberries, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Healthy Harlem Humor



Healthy Harlem Spotlight

Baby College

Baby College is a 9-week program that gives expectant parents and parents of children up to age three a strong understanding of child development and the skills to raise happy, healthy babies who are ready to learn. Through workshops and home visits, parents gain expertise in a number of areas, including child behavior and safety, language and brain development, and health and nutrition.

As part of Healthy Harlem, Baby College parents learn skills to adopt a healthy lifestyle. Programming includes classroom lessons on topics including, developmentally appropriate feeding, talking to your child's doctor, disciplining around food, and managing stress. Healthy Harlem also facilitates workshops and cooking demonstrations. Every Saturday, families sit down to a nutritious and tasty lunch, served family-style to encourage parent-child interaction and role-modeling healthy eating habits.

The next cycle of Baby College starts in February—Call today for more information: 212-665-9832.

Mark Your Calendar

Mondays, 5:30-7:00 PM

Family Fit—All Gems families welcome!

Uptown Gems, 381 Lenox Ave, between 129th and 130th Sts.

Mondays, 4:30-5:30 PM

Healthy tasting: Try a sample of a healthy recipe

Uptown Gems, 381 Lenox Ave, between 129th and 130th Sts.

Tuesdays, 4:30-5:30 PM

Healthy tasting: Try a sample of a healthy recipe!

Harlem Gems at PS 149, 117th Street between 5th and Lenox

Wednesdays, 8-9 AM

Blood Pressure & BMI Screenings

Harlem Gems at PS 149, 117th Street between 5th and Lenox

Wednesdays, 5:30-6:30 PM

FREE Zumba

Harlem Gems at PS 149, 117th Street, between 5th and Lenox

Wednesdays, 4:00-7:30 PM

Uptown Grand Central at 125th Street and Park Ave
GrowNYC Farm Fresh Food Box – \$12 produce share
cash, credit/debit, EBT accepted

Thursdays, 6:00-8:00 PM

Baby College Women's Group

Baby College, 2491 Frederick Douglass Blvd at 133rd Street

Fridays, 8:00-9:00 AM

Healthy tasting: Try a sample of a healthy recipe!

Uptown Gems, 381 Lenox Ave, between 129th and 130th Street

Monday, January 11th, 11:00 AM -12:30 PM

Cooking With Ms. Amy: Eating Healthy on a Budget

Baby College GRADS, Singleton Center, 23 W. 124th Street

Bring your old grocery receipts for the learning activity!

To register for these events, please contact your Health Coordinator:

Head Start and Singleton Gems:

Don Jones: 646-545-3935, dojones@hcz.org

Uptown Gems and Original Gems at PS 149:

Vivian Clark: 646-539-5898, vclark@hcz.org

Baby College and GRADS Early Head Start

Kalina Black: 212-665-9832, kblack@hcz.org



You are invited to

FAMILY FIT

Mondays | 5:30-7:00 PM | Uptown Gems
381 Lenox Ave (between 129th and 130th Street)

Thursdays | 5:00-7:00 PM | Singleton Gems
23 West 124th Street (between 5th and Lenox Ave)

Family Fit is a FREE program that empowers parents to make small changes around eating, fitness and health. Participating parents meet once a week for 8 weeks. Child care and dinner are provided.

Gifts and prizes for participating families
Weekly raffles * Gift cards for attendance * Fitness instruction * Nutrition education * Cooking demos * Children's Cooking & Fit Club

Highlights

Three Year Old Journey

Before the holidays, TYOJ families engaged in a parent-child snack-making activity for a fun and delicious Healthy Harlem Warm Up! Parents and children made "Energy Date Bites" to learn about shapes, textures, and fine motor skills while rolling together dates, sunflower seeds, and coconut into a small ball. In Siblings Cooking Club, participants continue to enjoy creating fun and healthy recipes, such as Pesto Pasta, and continue to learn about kitchen safety around hot pots and pans. Healthy Harlem is looking forward to helping everyone stick to their New Year's resolutions with easy and tasty recipes such as Healthy Hot Cocoa and Herb Potato Salad! Happy New Year and welcome back TYOJ families!

Original Gems at PS 149

As part of our lesson on salad, students tasted 4 types of lettuce: Boston, romaine, radicchio and arugula. They learned that lettuces can be headed or loose leaf. They used 4 of their 5 senses to identify the differences by sight, smell, touch and taste. Original Gems students made a romaine salad with strawberries and avocado topped with whole wheat croutons. We also made poppy seed and lemon-honey dressing. The children and teachers loved it. It was simple to make and tasty to eat. Students participated by tearing their own lettuce and cutting their own strawberries. Also, those who demonstrated good listening skills during class helped to measure, pour, and stir the dressing.

Baby College

On December 22nd, TBC hosted its Holiday Arts & Crafts Day with fun, creative activities to help build toddlers' motor skills. TBC also had a Family Fun Day on December 29th —a great time engaging in interactive activities and playing games that brought out the child in everyone! We came together over a delicious roasted vegetable soup to bring in the New Year.

Uptown Gems

Family Fit continues at Uptown Gems! Our Nutrition Educator, Schontal Russell, has been praised for Family Fit dinners and tastings, and we have been asked to compile a handout packet of the recipes. In addition to cooking, we order healthy options from Fresh Direct and Wild Olive Market. We were able to show parents that even when you don't have time to cook, you can still make healthy choices. Wild Olive provided an especially good meal (turkey meatloaf, spinach and fava beans, steamed broccoli and kasha bow tie pasta) and we were able to celebrate with healthy food from our own neighborhood! We also brought Zumba to Uptown Gems this week as a part of our "New Year, New You" theme.

Head Start

GO foods are all the rage at Head Start as the students continue to learn that these foods help keep them healthy and smart! In addition to learning about GO foods in the dairy group, the children were treated to a "make your own salad bar" with lettuce, carrots, cucumbers, and tomatoes, with balsamic vinaigrette dressing. All students served themselves and everyone joined The 2 Bite Club when they tried all the vegetables offered. At the Head Start Winter Wonderland, students entertained their parents with songs about the holiday season and were treated to special holiday energy bites as well as zucchini and banana bread for snack. During the month of January, the students will learn more about root vegetables!

GRADS Early Head

During last month's "Cooking with Ms. Amy" nutrition education and cooking workshop series, Nutrition Educator Amy Vu showed families how to prepare two chicken recipes: homemade broth and chicken wraps with spinach yogurt dip. Amy also facilitated an interactive parent-toddler activity to create a Christmas tree using vegetables. On December 21st, GRADS hosted its Winter Socialization at the Armory—a fun time filled with developmentally appropriate crafts making, children's songs, gift giving and healthy holiday snack making. It was a festive day for all!

Singleton Gems

The holiday season was busy for Singleton Gems. During the month of December, Gems learned more about GO foods from the dairy food group. They heard a story and sang about milk, yogurt, and cheese and how these foods make their bones healthy and their teeth strong. For the weekly tasting, students enjoyed yogurt parfaits with apples and granola. Parents who participated in the Holiday Arts & Crafts Day were treated to special holiday energy bites made with golden raisins, cherries, and cranberries. In the New Year, we look forward to learning more about fruits.

