

The CHOICE Newsletter is a resource for teachers, families, and students developed by Mission Valley YMCA's PLAY Program. The focus of the PLAY program is physical activity, character development and nutrition education. All classes encompass age-appropriate expectations. The level of competition, motivation, reinforcement, and self-concept is applied accordingly. Each class is run by a YMCA staff member that has an expertise in children's fitness. The high standards set by the YMCA and its staff ensures that P.L.A.Y. delivers a high quality, research-based health and wellness curriculum.

The goal of this publication is to empower families and schools that participate in the PLAY program to make informed decisions about children's health. You will find information in this newsletter on the following:

Child Health and Obesity Statistics

5-2-1-0 Initiative for Healthy Communities

Helping Your Family Eat Right and Be Active: Quick Tips and Info

Healthy, Family Friendly, Kid-Approved Recipes

Tips to Get Moving at Home and as a Family

Farmers Markets in San Diego

Links to Relevant and Helpful Websites

Please visit our website at <http://www.missionvalley.ymca.org/play.html> for an electronic copy of the CHOICE newsletter.

Child Health and Obesity Statistics

- Rates of severe childhood obesity have tripled in the last 25 years, putting many children at risk for diabetes and heart disease.
- Children who are obese are 1.5 times more likely to miss school.
- 50% of children who are obese have orthopedic problems.
- 80% of children who are obese have trouble breathing and sleeping.
- 23% of adolescents who are obese have diabetes or pre-diabetes.
- 80% of children who are overweight at ages 10-15 are obese adults by age 25.
- According to the American Heart Association, children with increased physical activity are more alert, confident and focused at school and at home.

Source: Childhood Obesity Conference 2015, San Diego

5-2-1-0 Initiative for Healthy Communities



- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

<http://ourcommunityourkids.org/partners/5-2-1-0.aspx>

Helping Your Family Eat Right and Be Active: Quick Tips and Info

Source: Journeyworks: Health Promotion and Health Education Publishing

Did you know?

- Habits children learn today will help them be healthy now and when they grow up.
- Some healthy habits will be easy to put into action. Some will be difficult. Consider making one or two small changes each week. Over time, these small changes will pay off!

Make Good Choices

- Food and activity choices can help your heart and blood vessels work better.
- Good nutrition can help people think more clearly and focus better (and may help your child in school too!).
- According to experts, getting enough physical activity, eating a healthy diet, and keeping a healthy weight can lower the risk of chronic health problems including high blood pressure, high cholesterol, Type 2 diabetes, heart disease, and certain cancers.

Healthy Weight Basics

- Choose and serve healthier foods
- Cut back on portion sizes
- Get active

How can you get your children eat more fruits and veggies?

- Have children help plan meals
- Make fruits and veggies fun – Dip carrots, broccoli, and other veggies in low fat or fat free ranch dressing, hummus, or other favorite dips. Mix fruits in yogurt, cereal, and oatmeal.
- Add veggies to favorite foods such as pizza and burritos.
- Have children pick out an unusual fruit or veggie at a local farmers market.

Physical Activity

- Children should get at least 60 minutes of physical activity each day.
- Some ideas besides sports include putting on some music and having a family dance party and exploring the outdoors (hike, look for bugs, collect leaves or shells, etc.).

Healthy, Family Friendly, Kid-Approved Recipes

via cookingmatters.org

Turkey Tacos

Serving Size - Serves 8, 2 tacos per serving

Ingredients

- 1 medium carrot, small sweet potato, or small zucchini
- ¼ medium head lettuce
- 2 large tomatoes
- 7 ounces low-fat cheddar cheese
- 1 (15½-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 16 taco shells

Instructions

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

Chef's Notes

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- Use any type of cooked beans you like.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice or [Confetti Pepper Cornbread](#).
- For more heat, add minced hot peppers to sauce in step 6.

Pasta with Beans and Greens

Serving Size - Serves 10, 1 cup per serving

Ingredients

- 1 (16-ounce) package whole wheat pasta
- 2 medium onions
- 1 medium carrot
- 3 large cloves garlic
- 2 pounds (1 large bunch) spinach or kale
- 2 (15½-ounce) cans great northern, cannellini, or lima beans
- 2 Tablespoons canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes
- ¾ teaspoon salt
- ½ teaspoon ground black pepper

Instructions

1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.
2. While pasta is cooking, rinse, peel, and dice onions and carrot. Peel and mince garlic.
3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a colander, drain and rinse beans.
5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion, and greens. Cook until onions are soft.
6. Add ½ cup reserved pasta water and seasonings. Cook until greens are tender.
7. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.
8. Add cooked pasta to beans and greens. Toss to combine. Cook until pasta is heated through, about 5 more minutes.

Chef's Notes

- For extra flavor, top with hot sauce or grated Parmesan cheese.
- Use Swiss chard or any of your favorite hearty greens.
- Use olive oil instead of canola oil, if you like.

Hearty Egg Burritos

Serving Size - Serves 4, 1 burrito per serving

Ingredients

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas

Instructions

1. Rinse green onions and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic.
3. If using fresh cilantro, rinse and chop leaves now.
4. Grate cheese.
5. In a colander, drain and rinse beans.
6. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
7. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
8. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3–5 minutes. If using cilantro, add now.
9. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla. Fold tortilla over mixture and serve.

Chef's Notes

- Add color and flavor with a fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion, and chopped cilantro. Add a pinch of ground cumin for heat.
- For a different flavor, use Monterey Jack or Colby cheese instead of cheddar.
- Steam, sauté, or grill a mix of veggies. Add to burritos.
- If you double the recipe, do not double cumin.
- Burritos can be frozen for up to one week. Wrap tightly in plastic wrap, cover with aluminum foil, and freeze. To reheat, remove foil and plastic. Microwave 1½–2 minutes, turning as needed. Or, remove plastic wrap and re-cover in aluminum foil. Heat in a toaster oven or regular oven at 300°F for about 6 minutes.

Tips to Get Moving at Home and as a Family

Source: MyPlate.gov

At Home

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in the stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.

In Your Neighborhood

- Find safe walking paths in your neighborhood. Make a plan to go for a walk at least three days a week.
- Walk to nearby places in your neighborhood – the grocery store, a farmers' market, church, or park.
- Start a community garden with your neighbors. Take turns planting and harvesting with your neighbors.

Strength Training for Families

http://cachampionsforchange.cdph.ca.gov/Documents/Get%20Moving/Landing%20Page/BRO-206_JUL_2010.pdf

Farmers Markets in San Diego

Source: <http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php#markets>

** Accepts EBT



MONDAY

[Escondido - Welk Village](#) **



TUESDAY

[Coronado](#)
[Escondido](#)
[Mira Mesa](#)
[Otay Ranch](#)
[Pacific Beach](#) **
[UCSD/La Jolla](#)



WEDNESDAY

[Carlsbad](#)
[Encinitas](#)
[Grossmont](#) **
[Ocean Beach](#)
[Santee](#) **
[Vista](#)



THURSDAY

[Carmel Valley](#)
[Chula Vista](#)
[El Cajon](#) **
[Horton Square](#)
[Linda Vista](#) **
[North Park](#) **
[Oceanside Tri City Hosp](#)
[Oceanside CFM](#)
[Oceanside Sunset](#)
[UTC](#) **
[Warner Springs](#)



FRIDAY

[Allied Gardens](#)
[Borrego Springs](#)
[Fallbrook](#)
[Imperial Beach](#) **
[Kearny Mesa](#)
[La Mesa](#)
[Rancho Bernardo](#)



SATURDAY

[City Heights](#) **
[Clairemont](#)
[Del Mar](#)
[Escondido](#)
[Golden Hill](#) **
[Lemon Grove](#)
[Little Italy](#) **
[Pacific Beach](#)
[Poway](#)
[Ramona](#)
[Scripps Ranch](#)
[Southeast San Diego](#) **
[Vista](#) **



SUNDAY

[North San Diego](#)
[Gaslamp District](#)
[Hillcrest](#)
[Julian](#)
[La Jolla](#)
[Leucadia](#)
[Point Loma](#) **
[Rancho San Diego](#)
[Rancho Santa Fe](#)
[Seaport Village](#) **
[San Marcos](#) **
[Solana Beach](#)

Farmers Markets in PLAY Service Areas

**Allied Gardens
7th District Certified Farmers Market**
Friday: 4 - 8 pm

5185 Waring RD (between Orcutt & Zion)
San Diego, CA 92120 [Map](#)

Manager: Diem Do & David
Klaman
Phone: (619) 279-0032
Email: cmmucrops@cox.net

City Heights Market
Saturday: 9 am - 1 pm

On Wightman St. between Fairmount and 43rd St.
San Diego, California 92125 [Map](#)
*Accepts EBT, WIC, Credit & Debit

Manager: Christy Johnson
Phone: (760) 580-0116
Email: Christy@sdfarmbureau.org

**Clairemont Certified Farmers Market at
Madison High School**
Saturday: 9 am - 3 pm

Madison High School
4833 Doliva Dr, (cross Street Kessling Dr)
San Diego, CA 92111 [Map](#)

Manager: Steve Innis
Phone: (888) 666-0799
Email: Steve@clairemontfarmersmarket.com
Website: clairemontfarmersmarket.com

**Hillcrest Certified Farmers' Market & Open
Air Bazaar**
Sunday: 9 am - 2 pm

3960 Normal Street at Lincoln (Next t to the DMV)
San Diego, California 92103 [Map](#)

Manager: David Larson
Phone: (619)-237-1632
Email: drlinbaja@hotmail.com
Website: Hillcrestfarmersmarket.com

Lemon Grove Certified Farmers' Market
Saturday: 8 am - 1 pm

Main Street Promenade And Broadway
Lemon Grove, California 91946 [Map](#)

Manager: Kimberly Paris
Phone: (619) 647-6903

Linda Vista Certified Farmers Market
Thursday: 3 pm - 7 pm - Summer hours

Linda Vista Plaza Shopping Center
6939 Linda Vista Rd
San Diego, CA 92111 [Map](#)
*Accepts EBT, WIC, Credit & Debit

Manager: Christy Johnson
Phone: (760) 580-0116
Email: Christy@sdfarmbureau.org

Source: San Diego Farmer's Bureau

*Hours, dates, locations subject to change. Please
call to confirm details.*

Links to Relevant and Helpful Websites

Best Practices for Schools

<http://www.LiveWellSD.org/partners/best-practices-for-schools/>

Healthy Meals on a Budget

<http://www.choosemyplate.gov/budget/downloads/MeetingYourMyPlateGoalsOnABudget.pdf>

Simple, Healthy Recipes for Every Meal

<http://cachampionsforchange.cdph.ca.gov/pages/recipes.aspx>

Recreation Opportunities throughout the County

<http://www.sandiegocounty.gov/parks/index.html>

Parents in Action: a Guide to Engaging Parents in Local School Wellness Policy

<http://www.californiaprojectlean.org/doc.asp?id=169&parentid=20>

Food Friends – For Ages 3-5

<http://www.foodfriends.org/food-friends-programs/>

Healthy Dining Finder

<http://www.healthydiningfinder.com/home>