



# October Wellness Facts

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## Healthy Snacking

Your children come home from school hungry. Is it okay to give them an afternoon snack? Sure it is. When a child is growing, it is normal for them to be hungry. Just pay attention to the kind of snacks they are choosing, and how much they are eating.

To give them extra energy but not extra calories....choose complex carbohydrates such as whole grain breads and cereals with some protein snacks like low-fat cheese and peanut butter. Raw fruits and vegetables are always good choices.

Avoid simple carbohydrates such as candy bars, soda and other high sugar drinks.

## Peanut Butter Hummus

- 1 can chickpeas (drained and rinsed)
- 1/3 cup warm water
- 4 tablespoons peanut butter
- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 clove garlic, crushed
- ¼ teaspoon salt

In a food processor, combine all ingredients and blend to a dip consistency. (You may need to add a little more water if you want a thinner dip.) Serve with raw vegetables such as carrots, celery, broccoli and zucchini. Store in the refrigerator up to 3 days.

Source: <http://www.fruitsandveggiesmatter.gov/>



## How much Activity is enough?

The recommended guideline is that children should get 60 minutes of aerobic activity each day. This can include moderate-intensity activity on most days and vigorous-intensity activity on at least 3 days of the week.

According to the Division of Nutrition and Physical Activity of the Center for Disease Control:

**Moderate-intensity aerobic activity** is hiking, skateboarding, rollerblading, bicycle riding and walking to school as examples.

**Vigorous-intensity aerobic activity** is active games such running, chasing, playing tag, jumping rope, basketball, swimming and gymnastics as examples.

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