

BLEND FAMILY NEWSLETTERS

BLEND (Better Living: Exercise & Nutrition Daily) recognizes that it will take a family effort to make changes in leading a healthier life. With the assistance of our regional University of Minnesota Extension Educators, BLEND is providing five valuable family newsletters to go home with the children during the BLEND Beginnings Program. These five newsletters focus on the USDA’s MyPyramid and offers a number of recipes specific to each featured food group.

We recommend the following schedule:

- Week 1.....MyPyramid Family Newsletter No. 1** *(page 115)*
- Week 3.....Grains Family Newsletter No. 2** *(page 117)*
- Week 5.....Fruits and Vegetables Family Newsletter No. 3** *(page 119)*
- Week 7.....Calcium Family Newsletter No. 4** *(page 121)*
- Week 9.....Protein Family Newsletter No. 5** *(page 123)*



BLEND FOOD GROUP FOCUS NEWSLETTERS

The BLEND Food Group Focus Newsletters are an excellent tool to assist educators on the food groups. Each newsletter is filled with information to help you better understand:

- the importance of each food group
- the foods in each food group or subgroup
- the health benefits
- the USDA’s daily allowance recommendations
- what counts as a serving
- how to get more from each food group

Newsletters:

Milk – “Get Your Calcium-Rich Foods” (page 127)

Grains – “Make Half Your Grains Whole” (page 129)

Meats and Beans – “Go Lean with Protein” (page 131)

Fruits – “Focus on Fruits” (page 133)

Vegetables – “Vary Your Veggies” (page 135)

BLEND PHYSICAL ACTIVITY FOCUS NEWSLETTER

The Physical Activity Newsletter details the physical activity guidelines for young children.

Newsletter:

Play Actively Everyday – “Add Physical Activity Into Your Preschooler’s Day” (page 137)



BLEND BEGINNINGS PROGRAM RESOURCES

American Heart Association

www.americanheart.org/presenter.jhtml?identifier=3003398

Centers for Disease Control and Prevention

An Intervention to Promote Healthy Weight: Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) Theory and Design

www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20child%20care%20setting%20research%20brief.pdf

Centers for Disease Control and Prevention

Overweight Trends Among Children and Adolescents

www.cdc.gov/NCCDPHP/dnpa/obesity/trend/index.htm

Child Care Exchange

A Comprehensive Approach to Addressing Childhood Obesity in Early Childhood Programs

www.childcareexchange.com/library/5016941.pdf

Child Care Exchange Magazine

Michelangelo and the Prevention of Childhood Obesity

www.ccie.com/library/5018176.pdf

Fruits and Veggies – More Matters

<http://www.fruitsandveggiesmorematters.org/>

USDA Farm Service Agency Kids

<http://www.fsa.usda.gov/FSA/kidsapp?area=home&subject=landing&topic=landing>

Growing Up Fit Preschool Fitness Activities

Iowa State University – University Extension

www.extension.iastate.edu/Publications/PM1359B.pdf

Journal of Pediatric Health Care

Helping Preschoolers Become Healthy Eaters

[http://www.jpeds.org/article/S0891-5245\(05\)00117-3/fulltext](http://www.jpeds.org/article/S0891-5245(05)00117-3/fulltext)

National Association for Sport and Fitness

www.aahperd.org/NASPE/

Nutrition Council

Eat Well

www.nutritioncouncil.org/eatwell/fact_sheets.asp

Nutrition Exploration / National Dairy Council

www.nutritionexplorations.org/



BLEND BEGINNINGS PROGRAM RESOURCES (Cont'd)

Parks and Recreation

Jungle Gym or Brain Gym?

http://findarticles.com/p/articles/mi_m1145/is_6_35/ai_63257092/

Preschool Rock

www.nutrition.preschoolrock.com

Robert Wood Johnson Foundation – Healthy Eating Research

Promoting Good Nutrition and Physical Activity in Child-Care Settings

www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20child%20care%20setting%20research%20brief.pdf

Sesame Street Workshops – Healthy Habits for Life

www.sesameworkshop.org/initiatives/health/healthyhabits/

USDA – MyPyramid for Preschoolers

www.mypyramid.gov

The Food Trust

Kindergarten Initiative Toolkit

www.thefoodtrust.org/pdf/KI%20for%20web.pdf

The Journal of the American Medical Association

Prevalence of Overweight and Obesity in the United States, 1999-2004

<http://jama.ama-assn.org/cgi/content/abstract/295/13/1549>

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University of Minnesota Extension

320-255-6169

<http://www.extension.umn.edu>

Sartell-St. Stephen 748 ECFE

www.sartell.k12.mn.us



BLEND BEGINNINGS PROGRAM RESOURCES (Cont'd):

BLEND Beginnings Program Support Materials:

- BLEND Brochure
- BLEND Beginnings Brochure
- BLEND Apron
- Books for Preschoolers – 16 pages
- “Healthy Food” Sitting Mats – 29 mats (8.5” x 14”)
- “My Healthy Food” Picture Cards – 58 picture cards (5” x 4”)
- “My Healthy Body” Poster – 24”
- “My Healthy Body” Picture Cards – 20 picture cards (4” x 5”)
- “My Senses” Poster – 24”
- “Name that Sound” Game – 12 game cards (2.5” x 2.5”)
- “BLEND’s Healthy Foods” Poster Activity – 24”
- “Strong Bones” Game – 20 bone cards and 11 dairy picture cards
- “Dairy” Picture Cards – 14 picture cards (4” x 5”)
- “Fruits and Vegetable” Matching Game – 30 game cards (3” x 4”)
- “Fishing” – 8 fish game cards
- “Farm Harvest” Picture Cards – 4 two-sided picture cards (8.5” x 11”)
- “Where My Food Comes From” Picture Cards – 12 two-sided picture cards (8.5” x 11”)

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BLEND

BETTER LIVING: EXERCISE & NUTRITION DAILY

A PARTNERSHIP FOR HEALTHY LIVING

Go to the BLEND website for more information

www.BLENDCentralMN.org