A guide to help busy families develop healthier habits at home

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About Food, Fun & Family

Learning healthy behaviors begins at home. As a parent or guardian, you have the greatest influence over the foods your child eats and the activities that they do when out of school. Making sure your family has healthy habits can be a challenge when your time and budget are tight! The goal of **Food, Fun & Family** is to help busy parents provide a healthier home environment for their children. The Food & Fun curriculum contains 7 core standards for healthy afterschool programs. Below are some ways that you can adapt those program standards to your home.

Hints for a Healthy Home

- ★ Serve water at every meal and snack.
- ★ Do not allow sugar-sweetened beverages in your home.
- ★ Serve a fruit and/or vegetable at every meal and snack.
- ★ Choose foods with 0g of trans fat and do not have partially hydrogenated oils in the ingredient list.
- ★ When buying grains (like bread, crackers and cereals), choose whole grains.
- ★ Limit screen time (TV, video games, computer) to less than 2 hours each day.
- ★ Do not allow TV sets in children's bedrooms.
- ★ Provide opportunities for your child to engage in at least 1 hour of moderate physical activity every day.

Establishing a healthy and active lifestyle early on contributes to children's wellbeing in so many ways. This handbook contains lots of tips and ideas for meals and activities that are healthy and fun for the whole family! Inside you'll find information on how to make healthy food and drink choices when grocery shopping and planning family meals and snacks; recipes that are fast, inexpensive and child friendly; ideas for getting your family more active and limiting TV time; and easy-to-find resources that can help you find information, ideas and support for making your home a healthy environment.

Some days coming up with ideas to be healthy will be easy, with opportunities for cooking together or taking a walk. Other days will be harder, but setting up a routine with regular healthy habits may help you stay healthy. **Remember that as a parent or guardian, you are a role model to your children. Show your children that you enjoy healthy habits through the choices you make in your own life, and chances are they will too!**

Food & Fun 2nd Edition materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. For more information, visit Food and Fun at www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Healthy Food Is *Fun!*

What does it mean to "eat healthy"? Here are a few guidelines that you can use as a rule of thumb:

Eat your fruits and veggies.

Go for five! Try to eat at least five servings of fruits or vegetables a day. Make sure to serve a variety of fruits and vegetables in different colors. French fries and potatoes don't count as vegetables!

Include "whole grains".

Whole grain breads, crackers and cereals as well as whole-wheat pasta and brown rice help you feel full longer. Check the ingredient list! Serve foods that list a whole grain (like whole wheat flour, oats, or barley) as the first ingredient, and which does not include sugar as one of the first 3 ingredients.

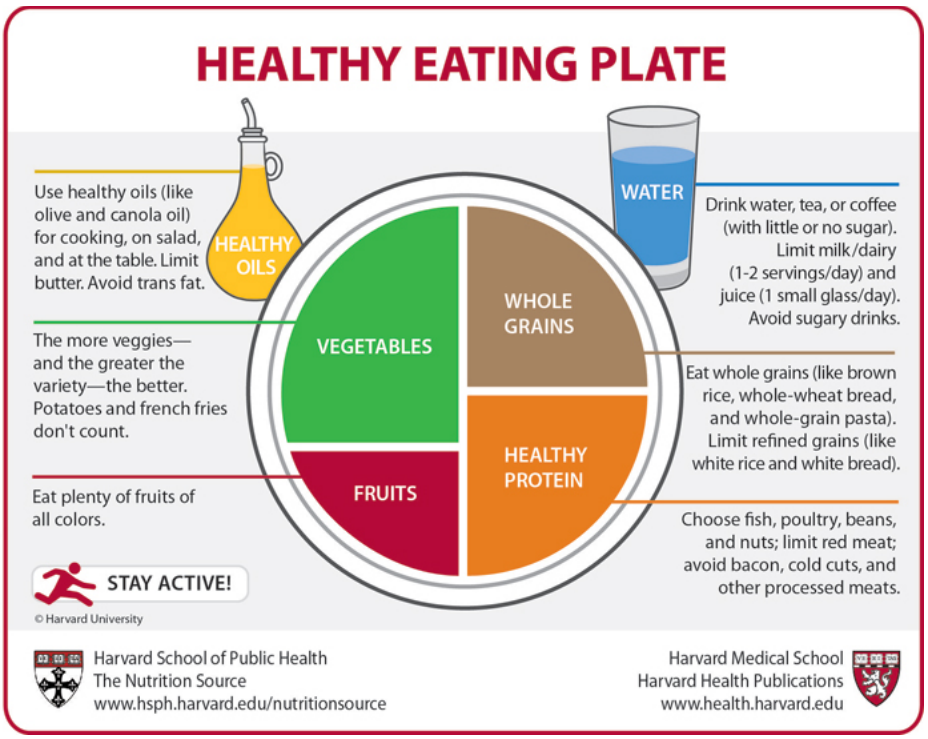
Choose healthy fats.

Eat "good for you" fats found in fish and plants like vegetable oils (such as olive and canola), nuts, and seeds. **Limit** saturated fats found in butter, whole milk, and red meat. **Avoid** foods with trans fats; choose foods with 0g of trans fat and check that partially "hydrogenated vegetable oil" or "shortening" are not in the ingredient list. Avoid fast foods with trans fats.

You're sweet enough already.

Sugar-sweetened drinks like soda, juice drinks, and sports drinks can cause cavities and increase the risk for overweight in kids and adults. In fact, even juice can have just as much sugar as soda! When your kids are thirsty, serve water and low fat milk. Do not serve juice drinks and limit 100% juice to 4 oz. per day (juice box size).

What, And How Much, Should I Have On My Plate?



½ of your plate should be vegetables and fruits.

¼ filled with a whole grain. Try whole wheat bread, whole grain pasta, brown rice, or quinoa

¼ should be a protein source. Try fish, chicken, beans, tofu, nuts, or eggs.

Use healthy fats! Drizzle your salad with olive oil, or sautee your veggies in vegetable oil.

Serve water with every meal. Water is a healthy and inexpensive choice.

Different sized bodies need different amounts of food. Children's portions should be about 2/3 the size of an adult portion. Start with small servings, and if kids have room for seconds, let them decide.

Hints for figuring out standard serving sizes:

- **A serving of whole fruit (an apple, banana, etc) should be about the size of a baseball.** For chopped or canned fruits and veggies, like pineapple or strawberries, a serving is about a half cup (the size of a light bulb). A serving of dried fruit is about half that amount.
- A serving of whole grains could be 1 slice of whole grain bread, 1 cup of whole grain cereal or 1/2 cup of cooked brown rice, whole wheat pasta or hot cereal like oatmeal. **One cup is the size of a tennis ball.**
- One serving of protein is three ounces of lean meat, chicken or fish. **Three ounces of meat looks like a deck of cards.** You can also try alternative proteins like: 1 egg, 1 tablespoon of peanut butter, 1/2 cup of cooked beans or 1/3 cup of almonds or mixed nuts.
- For dairy, a serving could be one cup of low fat milk or yogurt, or 1 ounce of cheese. **One cup of milk is the size of a small juice glass. One ounce of cheese is the size of four dice.**

For more information, visit www.hsph.harvard.edu/nutritionsource/index.html

How To Be A Smarter Shopper

When you're tight on time and money, being a savvy shopper can be a difficult task. But it's not impossible! Here are some tips to help you shop smarter and eat better.

Read the *Nutrition Facts* on food labels to help you make better choices, even when you are in a hurry!

Shopping for Fruits and Veggies:

- Buy fresh fruits and veggies on sale.
- Pick up pre-cut and washed fresh fruit or veggies, like bagged salad mixes. These mixes can save you time, but are usually more expensive than preparing fruits and veggies yourself.
- Stock up on frozen fruits and veggies. Add a handful of frozen veggies to soups, stir-fry or homemade pizza or frozen mixed berries to yogurt.
- Dried fruit makes a great snack!

Shopping for Whole Grains:

- Short on time? Pick up some whole-wheat pitas, whole wheat or corn tortillas, or whole-wheat English muffins for a change from sandwich bread.
- Try something new! Choose quick-cooking grains such as whole grain pasta, brown rice or quinoa.
- Select whole-grain foods by looking for key words on the food labels and ingredient list. Here's how you do it:

Try out these whole grain crackers and cereals with no added sugars!

Wheat Thins®
Carr's Whole Wheat Crackers®
Whole Grain Goldfish®
Triscuits®
Triscuit Thin Crisps®
Wasa Hearty or Light Rye crackers®
Mary's Gone Crackers Original Seed®
Post Grape Nuts®
Post Great Grains Cereal®
Post Shredded Wheat®
Post Shredded Wheat 'N Bran®
Cascadian Farm Multigrain Squares®
Kashi 7 Whole Grain Cereal Puffs®
Kellogg's or Post Raisin Bran cereal®
Cascadian Farms Purely Os®

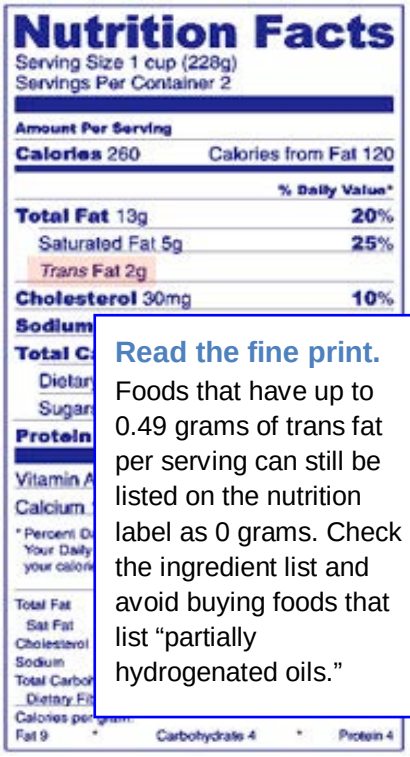
Read the ingredient list. Choose breads, crackers, and cereals that have a whole grain (like whole wheat, barley, oats, rye, or brown rice) listed first on the ingredients and contain no added sugars.

Don't be fooled! Foods that are "multi-grain," "100% wheat," or made with whole grains," often are *not* made with whole grains. Check the ingredients list to make sure that a whole grain is listed first!

Watch out for added sugar. Avoid foods that list sugar as one of the first 3 ingredients. Sugar comes in different forms: corn syrup, dextrose, fructose… it is all just sugar! A good rule of thumb is to choose whole grains with no more than 5 grams of sugar.

Choosing Healthy Fats:

Fat:	What is it?	Where is it?	Advice?
Unsaturated	Oils found in plants & fish	Vegetable oils like olive & canola oil, fish, nuts, seeds, peanut butter	Eat more of these!
Saturated	Fats found mostly in animal foods	Butter, ice cream, red meat, sour cream, lard, palm & coconut oils	Eat low or non-fat dairy & lean meats
Trans	Vegetable oils that are chemically changed to increase shelf life of processed foods	Packaged snacks (cookies, crackers, etc.), fast food, baked goods, & stick margarine	AVOID these!



Read the fine print.
Foods that have up to 0.49 grams of trans fat per serving can still be listed on the nutrition label as 0 grams. Check the ingredient list and avoid buying foods that list "partially hydrogenated oils."

Shop for these easy substitutes to cut down on the unhealthy fat in recipes:

- Instead of cream, use low-fat milk
- Instead of melted butter, stick margarine, or shortening for baking, use vegetable oil
- Instead of butter or stick margarine for sautéing, canola, olive, or vegetable oil

Cutting Salt in the Shopping Aisle

- Look on the nutrition label of canned, boxed, frozen and prepared foods to ensure **sodium (salt) levels are below 300 mg/serving**.

Watch for hidden salt in bread: Compare different brands and types of bread for the lowest sodium content. Wonder Stoneground 100% Whole Wheat Bread® has 400 mg/serving, while Pepperidge Farm 100% Natural Soft 100% Whole Wheat Bread® has only 260 mg/serving.

Choose real cheese instead of cheese products: 1 ounce of Kraft Velveeta Cheese® contains 410 mg– that's 27% of your daily sodium intake! One ounce of Cabot Cheddar® has only 180 mg– 12% of your daily sodium intake, making it a healthier choice.

Compare lunch meats: Lunch meats are high in sodium, but can vary by brand. Also, consider sandwich options that are lower in salt, like low sodium peanut butter and bananas, or fresh vegetables with hummus!

Fresh is best: Most processed foods are high in salt, so choose fresh foods and try seasoning them with various spices, herbs and citrus instead of salt.

Eating Healthy Doesn't Have To Be Expensive

Tips for shopping on a budget

While there's a *big* difference between choosing whole wheat bread over white bread for your health, there is little to no difference for your wallet. You don't have to break the bank to eat healthy. Follow these tips to find out how you can load up your grocery cart with healthy food without blowing your budget!

Change your shopping habits

Plan ahead. Design a weekly menu, and match your grocery shopping to the meals on the menu. This will help avoid wasting food.

Eat before you shop. It will help you stick to your shopping list!

Shop around the edges of the store, where the food is healthier and fresher. The middle aisles have more processed and junk foods.

Try store brands. These are often cheaper and just as good!

Keep an eye out for sales, specials and coupons for healthy foods! Sign up for your grocer's bonus/discount card for additional savings.

Change what you buy

Choose your fresh fruits and veggies. Some produce costs less when it is in season. Other fruits and veggies like apples, bananas, carrots, and celery are available at a low price year round!

Convenience is key. Try frozen or canned fruits in light syrup or 100% juice, and frozen or canned veggies without added salt. They are great options that make eating healthy easier!

Buy in bulk, if you will use it and can store it.

Switch from brand names to generic store brands.

The Price is Right!

Check out these low-priced healthy foods:

Fruits

Apple slices
Apricots
Raisins
Banana
Applesauce
Canned fruit in 100% juice
Grapes
Oranges
Dried mixed fruit without added sugar
Avocados
Frozen berries

Vegetables

Celery
Salsa
Frozen peas
Canned corn
Cucumber
Colored pepper slices
Baby carrots
Broccoli
Salad
Tomatoes
Canned veggies without added salt

Protein

Canned black beans
Hard boiled egg
Peanut butter
Canned tuna
String cheese
Mixed nuts
Hummus
Yogurt
Cottage cheese

Whole Grains

Whole wheat bread
Triscuit® crackers
Quinoa
Whole wheat bagels
Whole Grain Goldfish crackers®
Corn tortillas
Whole wheat tortillas
Whole wheat English muffins

Water: The best choice for your wallet and your body!

Water is a great drink choice for kids. Make sure that a pitcher of water is available every day at the dinner table. Kids should also drink plenty of water when they are playing and being active.

Jazz up water with these simple tricks!

- Add sliced fruit like oranges to water for a light, yummy flavor
- Serve sodium-free seltzer water
- Mix 4oz of water or seltzer with 4oz of 100% fruit juice for a refreshing drink

Make Mealtimes Fun For The Whole Family!

Eating together as a family is not only a great way to stay close but has been shown to help children maintain healthy habits later on in life. Here are some tips to help make your mealtimes healthy AND fun for the whole family!

Be a role model!

- Turn off the TV! Dinnertime is Family Time!
- Even if your kids say they don't like "healthy foods," if YOU keep enjoying them, your child might try again. It might take months. It might take years. But keep trying!
- Ask for a salad or a side of veggies instead of fries whenever you eat out.
- Limit fast food to no more than once per week.

Set family goals and keep track of your progress!

- For example, one goal may be to eat five fruits and veggies a day, or to cook one new healthy dish each week!

Involve your child in healthy eating!

- Get your kids to help in planning meals. Make a weekly menu and shopping list together, and bring the kids with you to the store. Let them choose the fruits and veggies they would like to try!
- Cooking is an art, and kids love art. There's room to be inventive, creative, and colorful. If your kids see you having fun cooking, they will want to be part of it!

Have fun with your food!

- Have kids make menus for the table, take orders, and serve the food!
- Cut foods into creative shapes. Try out the cookie cutters!
- Try out new recipes. See the Food, Fun and Family Recipe Packet for ideas!

Tips for Parents of "Picky Eaters"

Be patient with kids who are shy about trying new foods. Children's tastes change as they grow, so introduce new foods more than once or twice.

Most fussy eaters will eventually come out of this stage on their own, particularly if their closest role models (parents!) have healthy eating habits. Your child will look for your reaction to new and different foods. Show them that trying new things can be yummy and fun!

Encourage kids to try everything on their plate! Don't force your child to eat if he or she is not hungry, but also make sure to offer your kids the fruits, vegetables, whole grains, and water that they need!

Don't be a short-order cook. Make ONE family meal but be sure to include one or two options you know your child likes. Parents of picky eaters tend to offer their child new foods less often. However, many kids will need to be offered a new food at least 10 times before they are willing to try it!*

Don't give up!

*Source: Carruth et.al 2004

Planning For The Week

Planning ahead can help you save time at night and spend your money wisely at the grocery store (preventing wasted food!). Plan your weekly dinner menu as a family:

- Include ideas from each family member.
- Include meals where leftovers can be stored and frozen (like soup and stews) or plan to fix a double meal and freeze the extra for later use.
- Not a fan of leftovers? Make meals that can be re-purposed into another dinner. For example, use leftover roast chicken to make chicken quesadillas.
- Remember—breakfast can be dinner sometimes. Try omelets or scrambled eggs!
- Try one new recipe at least once a month. Keep a folder of possible new recipes, but *don't add them to the list until they are table-tested!*

Tip: For a fun project, use a piece of cardboard or construction paper to record your family's weekly dinner menu. Let the kids decorate the paper and post it on the refrigerator so that everyone can see what's for dinner each day!

Here's an example of a weekly dinner menu that is healthy, yummy, and budget friendly! See the *Food Fun and Family Recipe Pack* for recipes

	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	**Whole wheat spaghetti** with tomato sauce and shredded cheese Salad with carrots, bell peppers & cucumber	**Roast chicken with vegetables** Brown rice	**Veggie Quesadillas with Chicken** Note: use leftover chicken & veggies	**Hearty Vegetable Soup** Whole wheat rolls	**Breakfast dinner!** Whole-Wheat Banana Pancakes & turkey sausage Fruit salad
Beverage	Water	1% Milk	Seltzer water	Water	1% Milk
Price per serving*	$1.02	$0.78	$0.74	$0.88	$1.11
Price for family of 4	$4.08	$3.12	$2.96	$3.52	$4.44

*Prices are estimates based on national price averages. Prices in the area where you shop may be more or less expensive.

Now try making your own dinner menu for the week!

Monday	Tuesday	Wednesday	Thursday	Friday

Snack Time- A Bridge Between Meals

Snacks are an important part of your child's daily diet. Children need healthy snacks between meals to give them energy and nutrients. A good snack includes: at least one fruit or vegetable AND one whole grain or protein. Here are some tips for when your child says:

"I'm Hungry!"

- **Homemade snack packs!** Rather than buying more expensive and less healthy prepackaged snacks, assemble snacks at home in small baggies. Mix together nuts and seeds, whole grain cereal, and dried fruit.
- **Be prepared.** Have a supply of washed, cut up fruits and vegetables in the refrigerator. Store them in clear containers at eye level so kids can see them.
- **Cut out the trans fat!** Partially hydrogenated oils are often hidden in packaged foods like cookies and crackers as well as some popcorn and peanut butter.
- **Try naturally sweet.** Replace high-sugar options with snacks that don't have added sugar. Use fresh, frozen, or dried fruit in yogurt or to make smoothies!
- **Serve cereal?** A cup of whole grain cereal with less than 5 grams of sugar + low fat/skim milk + fruit (like cut up strawberries or bananas) = a great snack!
- **Try something new!** Bored with the same old thing? Wander the grocery aisles and check nutrition labels.
- **Don't forget the fun.** Try recipes that engage your child. See the recipe packet for fun and healthy snacks like *Bugs on a Log, Tasty Bug,* and *Butterfly Bites*.

"I'm Thirsty!"

- **Serve water or milk.** For added fun try:
  - Adding fruit or frozen 100% fruit juice ice cubes to water.
  - Making juice "spritzers"- Mix a splash of 100% juice with sodium-free seltzer water.
  - Making "sun tea" by placing teabags or fresh mint leaves in a pitcher of water and leaving it out in the sun for several hours.

- **Do not buy drinks with added sugars.** Remember that sugar is sometimes listed as sucrose, high fructose corn syrup, or dextrose. Don't be fooled, it's all just sugar!
- **Set limits.** Limit soda and other sugary drinks (sweetened ice teas, fruit punch, etc.) to one 8-ounce serving per week.
- **Skip the sports drinks.** Water is the best drink for active kids.
- **Avoid "diet" drinks** with sugar substitutes like saccharin, aspartame, sucralose, or Splenda.
- **Limit 100% juice** to 4 ounces per day (juice box size).

Helpful Hints for Healthy Choices

If your kids snack on:

Pop Tarts®

Potato chips

Ritz Bitz® crackers

Packaged muffins

Ice cream

Fruit snacks

Popsicles

Whole milk

Soda

White bread

Consider These Snacks Instead:

Granola bars*

Whole grain crackers with hummus

Air-popped popcorn, whole-wheat crackers and cheese

Homemade muffins with carrots, zucchini or oat bran

Yogurt popsicles (see recipe pack)

Dried berries, raisins, pineapples, or mangos

100% fruit juice pops or frozen bananas

Low fat or skim milk

Plain seltzer with a splash of fruit juice

100% whole wheat bread with peanut butter

**Health Valley®, Trader Joe's®, Nature's Valley® and Nature's Promise® brand granola bars contain no partially hydrogenated oils, and therefore no unhealthy trans fat.*

Active Families Have More Fun!

When adults think about exercise we imagine going to the gym or playing a sport. But being physically active can be anything from playing on a baseball or basketball team to taking the stairs instead of the elevator or playing at recess. Whenever you move your muscles, breath heavier and feel your heart beat faster you are engaging in physical activity. It's important to be physically active every day to stay healthy.

Kids should get at least **1 hour or more** of physical activity every day. This can be done all at once, like playing in a soccer match, or be spread out in periods of 10-15 minutes such as taking the dog for the walk, raking leaves, and playing on the jungle gym.

Physical activity can be moderate or vigorous. Kids should do vigorous activities at least 3 times each week (*Physical Activity Guidelines for Americans).* What's the difference between moderate activity and vigorous activity?

Did you know?

Staying active over time will give you more energy and focus, reduce stress, and helps prevent heart disease, diabetes, high blood pressure, stroke and osteoporosis (weak bones).

Here are some examples:

What is Moderate Activity?

Games and sports that are similar to fast walking

hopscotch
playground play
bike riding
walking to school
kickball
4-square
Frisbee™
skateboarding or rollerblading

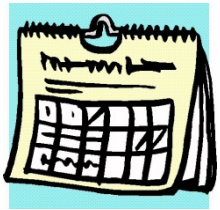
What is Vigorous Activity?

Games and sports that are more intense than fast walking. They make you sweat:

swimming
jumping rope
soccer

active games that involve running or chasing like tag

basketball
running
aerobic dancing
martial arts like Karate



Tip! Make getting more physical activity a family project. Encourage everyone to think of fun things to do during the week and plan for fun weekend activities. Making a physical activity log and posting it on the refrigerator can help everyone plan for and keep track of their activities each month!

Parents and caregivers are important role models!

Don't forget that grownups need to stay active too! Adults should try to do at least 2 hours and 30 minutes of moderate activity or 1 hour and 15 minutes of vigorous activity each week. *Show your kids that you enjoy being active and chances are they will follow your lead!* Kids with active families are more likely to stay active as adults.

When thinking about how to be more active, make sure to choose activities that are right for you and your family. This means getting to know what resources are available in your area and selecting activities that are safe and appropriate for your children's ages. Most importantly, find ways to incorporate more activity into your daily routine. Here are some tips to get you started:

Walk whenever possible

- Walk (or bike!) whenever you can. To find safe routes for walking or biking to your child's school check out: www.saferoutesinfo.org
- Take the stairs instead of the escalator or elevator
- Go up hills instead of around them

Move more in your home and neighborhood

- Involve kids in active chores, like putting away groceries or sweeping the house
- Do yard work. Get your children to help rake, weed, or plant at home or at a park in your neighborhood

Play with your kids after school

- Play a game of catch or tag after school, or help your child practice their favorite sport
- Play a round of Simon Says with your kids
- Go for a swim at your community pool or local YMCA

Plan active family weekends

- Head to a nearby park for a family game of Frisbee™ or Wiffle ball™. If there's a good breeze, bring a kite with you!
- Pack a healthy picnic and go on an adventure. Check out local spots nearby, including national parks and recreation areas. Go to www.nps.gov/findapark/index.htm to find sites near you!

Whatever your family chooses to do to stay active, make sure that you find activities that fit into your daily lives. Be sure to select activities that you enjoy and ask your children what activities they want to do. Don't be afraid to explore and try new things! For more tips and ideas check www.playworksusa.org and www.kidshealth.org/parent or head to your local community or recreation center. To find a playground in your neighborhood check out: http://playspacefinder.kaboom.org

Take Control of TV-
And Other Screen Time

After a stressful day, kids and parents often look to the TV to help them relax and unwind. It's an easy way to beat boredom or get the kids to settle down. While we all enjoy watching TV sometimes, each day kids watch an average of 4 hours of television and then spend 2 additional hours using the computer or playing video games!

Why is this a problem? Sitting in front of a screen for hours on end leads to less physical activity, overeating, and a higher risk for becoming overweight. When we watch TV our bodies are still and we tend to snack more. While we watch we also see lots of advertising for high calorie, high sugar foods which have a big influence on kids. Spending time in front of the screen can also take away from time that could be spent reading or working on homework.

While taking control of your family's screen time may seem like an big task, it is one of the most valuable things you can do for your kids health now and as they grow into adulthood. Check out these suggested house rules that you can put in place to help everyone in your family reduce screen time!

House Rules for TV

- 2 hours/day or less* of total screen time—TV, non-school related computer, and video games.
- No TV during homework.
- No TV sets in any bedrooms.
- Meal time = Family time. No eating while watching and no TV during meal times.
- No surfing—watch favorite shows only.
- Limit viewing to set days/times.

Here are some tips to help you and your family work together to reduce screen time:

- **Be a good role model.** Tell your children that sitting less and moving more is an important way to stay healthy. They will have more energy and more fun. Most importantly, try to cut down on your own TV viewing habits. Your kids will follow your lead!
- **Don't use TV as a reward or a punishment.** This makes TV seem even more important to children!
- **Use technology.** Screening devices can remove commercials and limit the time kids spend on the computer or watching TV. TiVo, TV Allowance, and parental controls in Windows Vista are all helpful tools.
- **Be an active watcher.** Whenever you do spend time in front of the TV, try to do something active like yoga or lifting weights. Challenge your family to a push-ups, jumping jacks, or sit-ups competition during commercial breaks.

What can kids do instead of watching TV?

Provide your kids with alternatives to watching TV, such as playing outside, getting involved in a new hobby, or joining a sports team. Check into local sports and recreation programs that are offered after school and on weekends in your neighborhood. Some programs are free through schools or towns, and many offer scholarships. You may be surprised by the choices you find once you begin to look!

Here are some other ideas:

- **Get outside!** Go for a bike ride or roller-skate around the neighborhood. Check out nearby public parks or gardens. Bring a kite with you or a basketball to shoot some hoops.
- **Take up a new hobby!** Encourage your kids to learn to play a musical instrument, take dance or art classes at your local community center, try out for a part in the school play, or join a club!
- **In the summertime,** check out the community pool in your area or find a miniature golf course (you can also make your own in your back or front yard!)
- **Volunteer together!** Check with your community center or local soup kitchen and spend the day helping out and getting to know your community as a family.

- **Join the kids!** Try out old-fashioned games like hopscotch, tag, jump rope, and hide-and-seek. Set up a scavenger hunt around the house or your neighborhood.
- **On rainy days,** head to the library, a museum, or the zoo. These are often free and fun for the whole family! At home, work on an arts and crafts project like making bead necklaces or making your own play dough (www.playdoughrecipe.com). Card and board games as well as reading together are also great ways to spend time indoors as a family.

Did You Know?

American kids spend as much time watching TV as they spend in school or any activity besides sleep!

For more ideas of things to do instead of watching TV, check out "Do More, Watch Less" by the CA Department of Public Health: http://www.cdph.ca.gov/programs/schoolhealth/Documents/FINAL%20English%20DMWL%204%2007.pdf