

April  
2011

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# Big Brothers Big Sisters

BIG BROTHERS BIG SISTERS OF SHELBY AND  
DARKE COUNTY, INC.

## HEALTH AND FITNESS TIPS OF THE MONTH....

### 9 Tips for Parents to Help Your Kids Make Good Food Choices

- 1) Parents control the supply lines.** You decide which foods to buy and when to serve them. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.
- 2) Let the kids decide.** From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. From the healthy selections you offer, let them choose what to eat and how much of it they want.
- 3) Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.
- 4) Rewrite the kids' menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment.
- 5) Drink calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it ; only 6-8 ounces each day.
- 6) Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.
- 7) Food is not love.** Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.
- 8) Be a role model.** Kids will do as their parents do. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.
- 9) Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

For more information on this material visit: <http://kidshealth.org>

#### ***Healthy Recipe of the Month: Frozen Strawberry Cups***

Line 8 muffin cups with cupcake or paper muffin liners. This recipe makes 8 servings.

In a large bowl, fold together 2 (3 1/2 ounce) cartons fat-free vanilla pudding, 1 cup frozen reduced-calorie whipped topping (slightly thawed), and 1/2 cup strawberries (sliced).

After mixing well, divide the fruit mixture evenly among muffin cups; cover and freeze at least 2 hours.

Remove dessert 10-15 minutes before serving so it will be easier to eat.

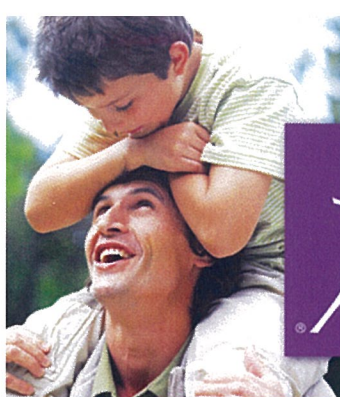
Serve with sugar-free vanilla wafers, used for dipping within the cups.

Recipe from: [www.squidoo.com](http://www.squidoo.com)



Help vulnerable children beat the odds!

Our programs are proven to help kids succeed in school, avoid drugs & alcohol, and break negative cycles.





**Big Brothers Big Sisters of Shelby and Darke County, Inc.**

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**Start Something...  
Make a Positive and Lasting Impact!!!**

**[ We're on the web @  
www.bigbrobigsis-shelbydarke.org ]**



**Upcoming Events...Mark your calendars!!**

- Saturday, April 16, 9am-12pm - YMCA Healthy Kids Day - Sidney
- Saturday, April 16, 12-2pm - YMCA Healthy Kids Day - Greenville
- April 30 - May 13, hours vary - Spring Fling Fine Art Exhibit - Shelby County Historical Society - FREE
- Thursday, June 23 - Duck Derby & 5K - Tawawa Park in Sidney—RSVP
- Saturday, June 25 - Kids Around the Square - downtown Sidney
- July 24-30 - Shelby County Fair - Sidney
- August 19-27 - Darke County Fair - Greenville

**RSVP for all events to 547-9622 or 492-7611**

***Schedule your active summer:***

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*Www.visitsidneyshelby.com/festivals.asp*

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Volunteer today!

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