

# LM's Nutrition Newsletter



## Fitness

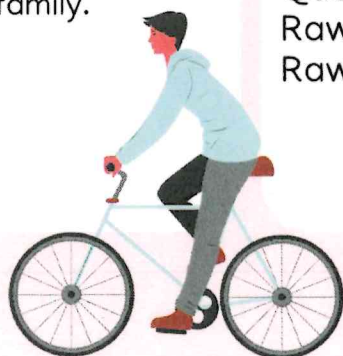
Children need 60 minutes of activity every day!

That may sound like a lot for one day, but it doesn't have to happen all at once. There are many ways to squeeze in activity at different times of the day.

Could you get a little more active in the morning or after school?

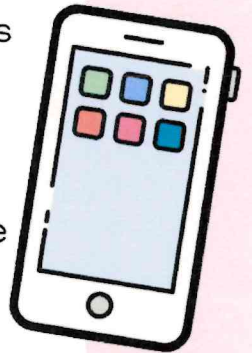
- Walk the dog
- Jump rope
- Ride your bike
- Evening stretches
- Playing team sports

As the day winds down, try to find a few minutes to get active as a family.



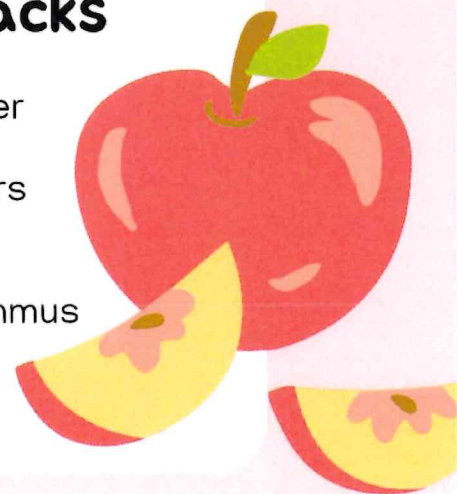
## What is the Yuka App

Yuka is a free mobile app that allows you to scan the barcodes of food and personal care products and instantly see their impact on your health. A rating and detailed information help you understand the analysis of each product. When a product has a negative impact on your health, Yuka recommends similar but healthier alternative products. Give it a try!



## Smart Snacks

Rice Cakes with nut butter  
Skinny Pop popcorn  
Almond Nut-Thin Crackers  
Que pasa tortilla chips  
Raw nuts and seeds  
Raw vegetables and Hummus



## Hydroponics in the Elementary School



## Energy Balls

- 1 cup oats
- 1 cup unsweetened shredded coconut
- 1/3 cup flax seeds (ground)
- 1 scoop protein powder (optional)
- 2 tablespoons hemp hearts
- 1/2 cup nut butter
- 1/3 cup maple syrup or honey
- 1/4 cup mini chocolate chips



1. Mix all dry ingredients together.
2. Mix the wet ingredients with the dry ingredients.
3. Combine together with your hands and roll into balls
4. Store in the refrigerator for 2-3 days

Makes 15-18 balls

## Elementary Garden

Mr. Sauder is busy preparing seedlings for our elementary garden this Spring.

Elementary students will be planting, peas, herbs, tomatoes and other vegetables once the weather is warmer.

Our Elementary Garden is cared for by students and parents during the summer months. If you are interested in helping with the garden, please contact Mr. Sauder at [saudergr@lancastermennonite.org](mailto:saudergr@lancastermennonite.org)

