



WELLNESS WORKS

YOU ARE EGG-STRA SPECIAL!

A P R I L

2023



IMPORTANT INFORMATION

SCHEDULING (843) 876-0444

MAIN OFFICE (843) 792-4717

(BE SURE TO LEAVE A MESSAGE)

HEARTHEALTH@MUSC.EDU

WWW.MUSCKIDS.ORD/HEART/HEALTH

GLOBAL CHILD NUTRITION MONTH

GROW. PLAY. THRIVE.

How to observe global child nutrition month

1) Learn About Nutrition: There are many resources and helpful, illustrative tools out there, like MyPlate, that are used in schools to teach kids about food groups and how much of each group you should get to maintain a healthy, balanced diet.

2) Show Kids that Food can be Fun: As we all know, kids can be picky eaters, and getting them to eat from different food groups can be pretty tricky. So, involve them in the food-making process, and let them play with their food within reason and away from sharp knives. Involving kids in selecting produce, prepping meals, and creating delicious dishes can undoubtedly do wonders for their nutrition.

3) Learn to Cook: We live in a world where time is money, and people work two or even three jobs to care for their families. But there is light at the end of the tunnel. There are thousands of easy recipes online that require a minimum number of ingredients and basic cooking knowledge that can feed families and still taste good.

RECIPE OF THE MONTH

~SPRINGALICIOUS EASTER SMOOTHIES~

Ingredients:

Pink Smoothie

- 1 1/2 low-fat milk
- 2 cups frozen strawberries

Green Smoothie

- 1 1/2 cup low-fat milk
- 1 cup spinach
- 1 cup frozen banana
- 1 tablespoon honey

Orange Smoothie

- 3/4 cup low-fat milk
- 1 orange (peeled)
- 1 cups frozen mango chunks
- 1/2 cup frozen banana

Yellow Smoothie

- 1 1/2 cup low-fat milk
- 2 cups frozen mango chunks

Purple Smoothie

- 1 1/2 cup low-fat milk
- 2 cups frozen blackberries



Directions:

Place the ingredients in a blender and blend until smooth.
Serve and enjoy!



Program Updates

- Clinic visits are being conducted both virtually and in person. Please specify when scheduling if you would like a virtual or in-person appointment.
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page: <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
- Fit Kids group exercise sessions are now offered both in-person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at 1125 E Montague Ave., North Charleston. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKt2ZKcThtWTdYdjZiNHRqUT09>.
- If your child would like to attend in-person Fit Kids sessions, you will need to reserve your spot by either emailing hhexercise@muscc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.
- Please continue to read your Heart Health text messages for updates.