



Healthy Eating, Active Living

# SPRING 2021 NEWSLETTER

## Did you know?

Children learn best through hands-on experiences and play, and early childhood is traditionally the most active period during one's lifespan! Outdoor play usually provides the opportunity for lots of vigorous physical activity. We want to offer children the opportunity for as many self-directed physical activities as possible, especially given the difficulty surrounding social gatherings and safe COVID-19 behaviors over the past year.

On days when the weather does not permit outdoor play, you can move furniture around in your home or school to enable children to engage in vigorous physical activity while indoors. Some examples of indoor physical activity are when children jump, march, creep, tiptoe, walk backwards, or dance & move to music.

Click on the link below for the following fun activities:

<https://drive.google.com/drive/u/0/folders/1NlpleXtzjESHlVtDjvBurtWEB3i0pd>

Swat the Fly  
Bubble Wrap Jumping  
Alligator Pit



The following are two examples of moving your body to chants or music:

Chant #1

My hands upon my head I place  
On my shoulders, on my face.  
On my waist and at my side  
Behind my back then they will hide.  
And I will raise them to the sky  
And watch my fingers fly, fly, fly.  
Just clap your hands and 1-2-3  
See how quiet they can be.



Chant #2 (to Jingle Bells)

Clap your hands, stomp your feet, wiggle all around.  
Raise your hands high in the air,  
Reach down and touch the ground.  
Hold your head, hold your hips,  
Give yourself a hug (I love myself).  
Lie down flat upon the floor  
And... watch out for the bugs!



For more ideas, take a look at Dr. Craft's book, **Active Play! Fun Physical Activities for Young Children.**

~Adapted from Dr. Diane Craft's training, "GET MOVING!" as well as additional Dr. Craft Resources and Published Materials. All materials created, copyrighted, and provided by Diane Craft, Ph.D.~

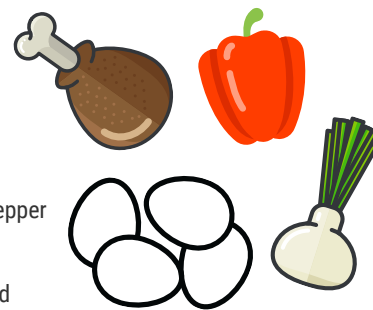
Visit [www.kitsapheal.org](http://www.kitsapheal.org) for more information & resources

## Ham and Chive Egg Muffins

These **Ham and Chive Egg Muffins** are the perfect blend of protein, fiber and flavor to start your day off right. Make a big batch on the weekend to provide days of on-the-go breakfasts for your busy workweek. Go make a batch!

### Ingredients:

- Serves 12
- 10 eggs
- 2 Tablespoons coconut cream
- 1 Tablespoon nutritional yeast
- sprinkle of sea salt and black pepper
- 1 cup cooked ham, chopped
- 1/4 cup fresh chives, minced
- 1/4 cup red bell pepper, chopped



### Instructions:

1. Preheat the oven to 350 degrees F. Grease a 12-muffin tin pan with coconut oil.
2. Whisk the eggs, cream, nutritional yeast, sea salt and black pepper in a large bowl. Add in the ham, chives and bell pepper. Divide the egg mixture equally between the 12 muffin tins.
3. Bake in the preheated oven for 12-18 minutes, until set. Remove from the oven and cool before removing the egg muffins from muffin tins.
4. Once fully cooled, store extras in an airtight container in the fridge for up to 5 days. Enjoy!

### Nutrition:

One serving equals: 89 calories, 6g fat, 2g carbohydrate, 0g sugar, 268mg sodium, 1g fiber, and 8g protein.

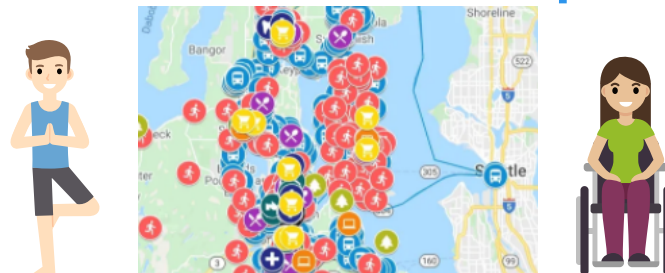
Courtesy of [RealHealthyRecipes.com](http://RealHealthyRecipes.com)

**Smile & Share!**

How did the bee brush their hair?

(With a honeycomb!)

## Don't Forget! We have a new Resource Access Map



The Kitsap HEAL Coalition created a new resource to help families find what they need during these difficult times. This map is intended to help our community members navigate accessing resources such as bus/ferry service, food banks and meal programs, farmers markets, medical/dental resources and more!

<https://kitsapheal.org/f/new-kitsap-county-resource-map-available>