

# Healthy Kids News

Brought to you by Hendricks Regional Health,  
Hendricks County Action for Healthy Kids  
& INShape Hendricks County

## Keep Your Food Safe

Have you ever had a stomach ache and wondered if it could be related to something you ate? Food that is improperly handled or cooked causes up to 81 million people to get sick each year. Children, elderly and pregnant women are at a higher risk of being affected by food borne illnesses. There are a few simple steps you can take in your home to help prevent food poisoning.

### Wash hands and food

- Wash your hands before preparing, serving or eating any food. Bacteria and viruses can be passed from your hands to the food if they are not clean.
- Have everyone in the house wash his or her hands before eating any food.
- Wash all fruits and vegetables well before cooking or eating.

### Avoid cross contamination

- Use separate cutting boards, utensils, plates, etc., for raw meat, fish or poultry and fresh or cooked foods.
- When grilling or cooking, be sure to use a separate plate for the raw and cooked meat.
- Always wash your hands after touching raw meat, fish or poultry before you touch anything else.
- A plastic cutting board is less likely to store bacteria in the grooves than a wooden cutting board.
- If you use a dishcloth to wipe up raw meats, do not use the same cloth to wipe other areas or wash dishes.

### Keep cold foods cold and warm foods warm

- The temperature of your refrigerator should be less than 41 degrees Fahrenheit and your freezer should be at 0 degrees Fahrenheit.
- Warm foods should be over 140 degrees Fahrenheit.
- When cooking meat, the interior temperature should be at least 160 degrees and poultry should have an interior temperature of 180 degrees.
- Do not eat raw eggs or unpasteurized milk or fruit juice.
- When you thaw foods from the freezer, thaw them in the refrigerator or under cold running water. Do not leave the food out on the counter to thaw.

### Be safe when using leftovers

- Do not leave food sitting out for longer than two hours.
- Refrigerate leftovers as soon as possible, even when they are still hot.
- Reheat leftovers thoroughly before eating.
- Do not save foods or drinks that are partially eaten. Bacteria from your mouth can grow in these foods.

By following these simple steps, you may be able to prevent food borne illness in your home.

### Get in The Groove with the 10-Minute Move

Did you know that for good health you need 60 minutes of physical activity on most days? 60 minutes is a great goal, but don't worry if it seems like too much to do at one time.

**Try being active for just 10 minutes and see how many 10-minute moves you can do each day.**

Try them during a homework break or while you're watching TV. If you want to do more than 10 minutes at a time, you'll feel even better!

*Tips from the Dairy Council*

## You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Dairy Queen® menu.

Try to select some of these healthier options for your entree:

#### **DQ Homestyle Burger®**

(350 calories 14 g fat 1 g fiber 400 mg sodium)

#### **Grilled Chicken Sandwich**

(350 calories 16 g fat 1 g fiber 780 mg sodium)

#### **Grilled Chicken Salad with Fat Free Italian Dressing**

(280 calories 11 g fat 4 g fiber 1550 mg sodium)

#### **Small Vanilla Cone**

(240 calories 7 g fat 0 g fiber 115 mg sodium)

# Get Moving!

(Family-Friendly Activities)

## Kingsway Funfest

Date: Saturday, September 8

Time: 12 – 9 pm

Location: Kingsway Christian Church, West 10th Street at Dan Jones Road

Cost: FREE

Come and enjoy free games and activities at this family-friendly event. Ends with a fireworks display. Hendricks Regional Health is a proud sponsor.

Contact: Kingsway Christian Church, 272-2222

## Hendricks County Circus

Date: September 12 and 13

Time: 4:30 and 7:30 pm

Location: Hendricks County Fairgrounds

Cost: Adults \$12, Kids \$6

The world famous Carson and Barnes Circus is coming to town with their huge 3-ring circus! Spend some quality family time as you get up close to clowns, elephants and more! Advance ticket proceeds benefit Leadership Hendricks County. Contact: Hendricks County Convention and Visitors Bureau, 718-8750.

## Metropolis Farmer's Market

Date: Fridays through September 28

Time: 3 – 7 pm

Location: Metropolis Mall, Plainfield

Cost: FREE

Get some exercise and enjoy the fresh air as you visit booths selling locally-grown fresh produce, flowers, wines and specialty foods. Entertainment is provided by Central Indiana's finest Jazz musicians from 4 – 7 pm.

Contact: Metropolis Mall, 203-4555

## Avon Heritage Festival

Date: September 29

Time: 10 am – 9 pm

Location: Washington Township Park

Cost: Free

Join us for Avon's yearly festival complete with arts, crafts, exhibits, car show, entertainment, games, talent show and food vendors.

Breakfast and parade from 7 am to 10 am at Kingsway church and surrounding neighborhoods. Fireworks at 8:30 p.m.

Contact: Avon Chamber of Commerce, 272-4333.

# How Much Activity Do Kids Need?

Physical activity improves school performance, concentration, mood and behavior. So how much activity should children have per day? Current recommendations include an average of at least 60 minutes of moderate to vigorous physical activity per day.

That's easy because children get most of their physical activity at school and during recess, right? Wrong. Results show children average only 55 minutes per week at school, compared to the recommended minimum of 420 minutes per week.

Encourage your children to get up and get moving rather than spend all their free time in front of the TV. Make fitness a family affair.

Suggestions:

- Go on a bike ride
- Wash your car
- Shoot baskets
- Do chores
- Turn on your favorite music and dance
- Schedule family trips to the community recreation center
- Send your kids outside to walk to a friend's house that is close
- Do yard work
- Rake leaves
- Play Frisbee
- Ride an exercise bike

Children who are active feel better, have more energy, and even learn more easily than their peers. They bring more focus, stamina, and creativity to the classroom.

So get moving and get in shape! Adults may join the FREE Hendricks County INShape walking program by logging onto [www.hendricksregional.org/INShape](http://www.hendricksregional.org/INShape). Free pedometers are available at your local parks department, the Hendricks County Fairgrounds, West District YMCA, Metropolis Mall and Hendricks County Senior Center.

Find more information on nutrition and fitness for kids or Action For Healthy Kids at [www.hendricksregional.org/AFHK](http://www.hendricksregional.org/AFHK).

## Cinnamon Sweet Potato Fries

Ingredients:

Vegetable Oil Spray	1 1/2 pounds sweet potatoes (2 medium)
3/4 tsp. olive oil	1 T. sugar
1/2 tsp. ground cinnamon	

Directions:

Preheat the oven to 425 degrees. Lightly spray a rimmed baking sheet with vegetable oil spray. Peel the sweet potatoes and cut them into uniform sticks about 1/4 inch thick. Transfer to large bowl.

Stir in oil to coat. Arrange potatoes in a single layer on the baking sheet. Lightly spray with vegetable oil. Bake for 10 minutes. Rearrange if they are browning unevenly and bake for 10 more minutes. Turn potatoes over and bake for 5 minutes or until lightly browned and soft inside when pierced with fork.

Mix together sugar and cinnamon. Sprinkle over cooked potatoes, turning to coat. Serve immediately.

Serves: 4 Serving size: 1/2 cups per serving

Recipe from American Heart Association



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