



Consumer Beware!

April 18-24 is National Turnoff Week

<http://unplugyourkids.com/turnoff-week/>

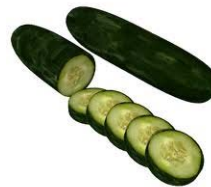
The more time kids spend being active, the less time they'll have for TV.

What can kids do to fill their TV-free time?

- Play with friends
- Ride bikes
- Cook a healthy dinner
- Help around the house
- Volunteer
- There are many things you can do to distract your children



What's wrong with this house



from TV. The more they are exposed to, the more likely they will find a TV-replacement

Harvest of the Month:

Cucumber

Cucumbers are full of vitamin A, vitamin C, fiber, folate, and much more!

Here is a recipe you and your children can make together:

Toasted Cucumber and Ham Sandwich

- 1 bagel
- 1 cucumber
- 3 slices of ham
- Mustard
- Salt
- Butter
- Cheese

Carefully cut the bagel in half. Then cut the cucumber into four or more slices (as many as you like). Toast the bagel. Then spread the butter onto the bagel and add the slices of cucumber. Next add the salt and a slice of ham. Then add the mustard. Add a piece of ham. Then add the cheese.

April showers keeping you indoors?

Here are some ways to keep active inside

April showers bring May flowers...but while we wait for May's gorgeous weather, what are we supposed to do indoors besides watch TV?!?

- Exercise videos: Lead by example. Your kids would love to be like you!
- Obstacle course: Set up a course of things such as sprinting down the hall, followed by 10 jumping jacks, and so on. Make it a race for your kids and their friends.

- Go to a YMCA or community center and enjoy their facilities.
- Ask your gym if its ok to bring your kid with you. They are many options to stay active during this wet month!

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strong families, strong communities.



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