

hapitimes

AT VILLAGE GREEN



SEPTEMBER 2022

TIPS TO HELP CHILDREN MAINTAIN A HEALTHY WEIGHT

September is National Childhood Obesity Month. In the United States, the number of children with obesity has continued to rise over the past two decades. Obesity in childhood poses immediate and future health risks.

Parents, guardians, and teachers can help children maintain a healthy weight by helping them develop healthy eating habits and limiting calorie-rich temptations. You also want to help children be physically active, have reduced screen time, and get adequate sleep.

The goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should NOT be placed on a weight reduction diet without the consultation of a healthcare provider.

Tips to help children develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products, including cheese and yogurt.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Encourage your family to drink lots of water.
- Limit sugary drinks.
- Limit consumption of sugar and saturated fat.

Children ages 3 through 5 years should be active throughout the day, and children and adolescents ages 6 through 17 years should be physically active at least 60 minutes each day.

Tips to help children stay fit:

- Encourage aerobic activities, which is any form of exercise that makes their hearts beat faster.
- Promote bone-strengthening activities such as running or jumping and muscle-strengthening activities such as climbing or push-ups.
- Start adding physical activity to your own routine and encourage your child to join you!

HAPI meals

Gluten-Free Chicken Nuggets

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- ¼ cup brown rice flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound chicken tenders, cut into 1-inch pieces
- 1 8-ounce can low-sodium tomato sauce
- 1 tablespoon white distilled vinegar
- 1 tablespoon dark brown sugar
- 1 tablespoon Dijon mustard
- 2 tablespoons honey



Rebecca Clyde, MS, RDN, CD

Instructions

- Heat the oil and butter in a large skillet over medium-high heat.
- Mix the flour with salt and pepper in a shallow dish.
- Dredge the chicken in the flour, shaking off the excess, and place each piece in the skillet.
- Cook the nuggets for 4 to 5 minutes, until the chicken is cooked through and browned.
- Mix the tomato sauce, vinegar, sugar, mustard and honey in a small saucepan with a whisk until well combined. Heat over low heat until the sauce reaches a simmer.
- When the chicken is done, dip each piece into the sauce to coat it and place the nuggets on a serving plate.

Recipe: www.eatright.org

wise words

"The best way out is always through."

—ROBERT FROST

We hosted a Back to School event in August for community members to pick up free school supplies at the Village Green activity center. We know how busy our community has been with children beginning the new school year! If you missed the event, please make sure to stop by the center to grab supplies for your kids; thanks to the generosity of our community partners, we have extra supplies for those who need them. Please refer to the monthly schedule of activities for our hours.

El 1 de agosto, organizamos un evento de regreso a clases en el que nuestra comunidad recibió útiles escolares gratuitos en el centro de actividades de Village Green. Sabemos lo ocupada que ha estado nuestra comunidad con el comienzo del nuevo ciclo escolar. Si no pudiste ir al evento, ¡asegúrate de pasar por el centro y recoger suministros para tus hijos! Gracias a la generosidad de nuestros donantes en la comunidad, nos sobraron suministros para quien los necesite. Consulta el calendario mensual de actividades para conocer los horarios del centro.

We are happy to continue to bring programs to our Village Green families on Saturdays in September. We hope you will take some time to stop by and meet our Activities Coordinator, Anarra Orellana.

We're offering free food, games, arts and crafts activities, other family-friendly activities, exclusively for our residents. For a full schedule of activities, check our events calendar.



Nos complace continuar brindando programas a las familias de Village Green los sábados durante el mes de septiembre. Esperamos concerte si tienes tiempo para pasar a saludar a nuestra Coordinadora de Actividades, Anarra Orellana. Desde comida y juegos hasta actividades de arte y manualidades, tenemos una amplia variedad de eventos familiares que son GRATUITOS y exclusivos para nuestros residentes. Para obtener un programa completo de actividades, asegúrese de consultar el calendario.

Village Green

September 2022



Good Neighbor Program - Anarra Orellana, Resident Services Coordinator. Please send questions or suggestions to: aorellana@prspurpose.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
						Social Services & Referrals Low Cost Internet Services 9:00 AM - 12:50 PM Recreational Activity Eat and Greet 1:00 PM - 3:00 PM Youth Development Trivia Games and Snacks 3:30 PM - 5:30 PM						
4	Program Coordination Community Partner Outreach 9:00 AM - 12:50 PM Program Coordination Administration 1:00 PM - 3:00 PM Recreational Activity Face Painting 3:30 PM - 5:30 PM	6	7	Job & Career Development Preparing for an Interview 9:00 AM - 12:50 PM Family Development Family Support Group 1:00 PM - 3:00 PM Youth Development Homework and Snacks 3:30 PM - 5:30 PM	9	10						
11	12	13	14	Recreational Activity Senior Yoga 9:00 AM - 12:50 PM Family Development Support Families Raising Children with Disabilities 1:00 PM - 3:00 PM Youth Development Homework and Snacks 3:30 PM - 5:30 PM	15	16	17	Neighborhood Development Brunch and Survey Social 9:00 AM - 12:50 PM Program Coordination Newsletter Planning 1:00 PM - 3:00 PM Youth Development Canvas Painting 101 3:30 PM - 5:30 PM				
18	19	20	21	22	23	24	25	26	27	28	29	30
		Family Development Alcohol and Drug Treatment During Covid-19 9:00 AM - 10:50 AM Neighborhood Development Alzheimer's and Dementia Education 1:00 PM - 3:00 PM Youth Development Homework and Snacks 3:30 PM - 5:30 PM	Family Development Inland Empire Health Plan Medical Expansion Info 9:00 AM - 12:50 PM Neighborhood Development Alzheimer's and Dementia Education 1:00 PM - 3:00 PM Youth Development Homework and Snacks 3:30 PM - 5:30 PM		Neighborhood Development Door to Door, Heart to Heart 8:00 AM - 11:50 AM Family Development Independence at Home - Services for Seniors 12:00 PM - 3:00 PM Program Coordination End of Month Processing 3:00 PM - 4:30 PM	Neighborhood Development Community Cleanup Day 9:30 AM - 12:50 PM Recreational Activity Outdoor Play and Popsicle Party 1:00 PM - 3:00 PM Youth Development Bracket Making and Crafts 3:30 PM - 5:30 PM						

Don't Forget...All programs are FREE for residents. Sign up your family today!