

HOME FIELD ADVANTAGE

First Down



EXTRA POINTS

Tips and ideas to try at home

"Energy In"

- Plan regular mealtime together as a family.
- Get your children involved in shopping for and preparing healthy meals.
- Play a game to name the food groups on everyone's plate.

"Energy Out"

- Create opportunities for your family to spend time together doing something active. Dance to a favorite song, take an after-dinner walk, throw a football or even jump rope.
- Encourage your kids to play outside with other children, as long as they are safe.
- Play with a ball instead of playing a video game.

Welcome to the *Home Field Advantage*! This newsletter has been written to connect parents to **ReCharge!**, an after-school program your child is participating in this year. Produced by Action for Healthy Kids and the National Football League, **ReCharge!** helps your children practice healthy habits such as eating healthy, staying active and working as a team — skills they will carry into adulthood.

Throughout **ReCharge!**, children participate in team activities as they learn about the importance of eating nutritious foods from the Five Food Groups for "Energy In" and balancing that with physical activity for "Energy Out."

As your child's first and most important role model, your healthy choices impact your whole family team. To help give your child the "home field advantage" as they **ReCharge!**, we'll send home several tips, ideas and resources throughout the year. **ReCharge!** your home team by trying the tips and ideas with your family.

Look for these **ReCharge!** resources to come to your home field this year:

- Four issues of *Home Field Advantage*.
- Tips, ideas and recipes on the *Home Field* page in your child's **ReCharge! Student Playbook (Page 18)**.
- The "**Energy In-Energy Out**" *Tracker*, designed to help children keep score while making healthy nutrition and physical activity choices.
- Invitation to the culminating **Field Day** where **ReCharge!** games, foods and projects will be showcased. See the "Coach's Notes" for more information.

Family Huddle

Topics for team discussion at your training table (or dinner table!)

- How does our family work together as a team?
- Which food groups are in our family's game plan? Which ones could we eat more often?
- What's a fun physical activity our whole family can try?

Some of the tips above are from **We Can! (Ways to Enhance Children's Activity & Nutrition)**, a public education program from the National Institutes of Health. For more ideas and tips to help your family eat well and get physically active, call 1-866-35-WE CAN or go to <http://wecan.nhlbi.nih.gov>.



Brought to you by **ReCharge!**, The After-school Program from Action for Healthy Kids and the National Football League

Home Field Recipe

TWO-MINUTE DRILL

Quick questions and answers about nutrition and physical activity

Q: What is “Energy In–Energy Out,” and why is it so important?

A: Nutritious foods from the Five Food Groups give us energy to do things we like (“Energy In”). Daily physical activity uses energy from the foods we eat (“Energy Out”). Balancing “Energy In” with “Energy Out” helps children feel good, maintain a healthy weight and perform better in school and at play.

Q: What are the Five Food Groups, and why is it important to have all of them each day?

A: The Five Food Groups are Grains, Vegetables, Fruits, Milk and Meat & Beans. Eating from the Five Food Groups every day provides the nutrients a body needs to be healthy.

Q: How much physical activity should children get each day?

A: Kids (and adults) should be physically active for at least 60 minutes each day. This does not have to happen all at once. Shorter spurts of activity throughout the day are just as effective.



There is a great system called MyPyramid that can help you make healthy choices about the foods you eat. You can learn more by going to www.MyPyramid.gov.

Fun, nutritious recipes for “Energy In”

Confetti Bean Salsa

- 1 15-ounce can red or black beans
- 1 11-ounce can corn
- 1 cup salsa

1. Drain and rinse beans.
2. Drain corn.
3. Combine beans, corn and salsa in medium-sized bowl.
4. Mix.
5. Scoop with baked tortilla chips; raw, cut vegetables; or whole grain crackers.

Makes 3 cups salsa or 6 half-cup servings
(or 12 tasting servings)

Source: Power of Choice, USDA



Coach's Notes

Important dates, resources and information for parents

- ✓ Mark your calendars for **ReCharge! Field Day** on _____.
- ✓ Get fun and easy tips for eating healthy at www.nutritionexplorations.org.
- ✓ Get great ideas for keeping the whole family physically active at www.presidentschallenge.org.
- ✓ For information on National PTA's efforts to promote children's health, visit www.pta.org.
- ✓ Visit NFLyouthfootball.com to learn more about how to get involved with youth football with your family and local community.

ReCharge! HOME FIELD ADVANTAGE: First Down



Action for Healthy Kids is a nonprofit organization specifically formed to address the problem of overweight, undernourished and sedentary youth by focusing on changes in schools. To learn more, visit www.ActionForHealthyKids.org.

