How much physical activity should your child get? The U.S. Department of Health and Human Services (HHS), Physical Activity Guidelines for Americans recommend that children and teens be physically active for at least 60 minutes on most, if not all days. For children, 60 minutes of activity can be done in smaller chunks during the day. For school age children, some of that time can come from physical education or gym classes in schools.

Types of Activity: The Guidelines for children and adolescents focus on three types of activity: aerobic, muscle-strengthening, and bone-strengthening. Each type has important health benefits.

- **Aerobic activities** involve rhythmic movement of large muscles. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Short bursts of these types of activities are acceptable for younger children.
- **Bone-strengthening activities** produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone strengthening activities.
- **Muscle-strengthening activities** make muscles do more work than usual during activities of daily life. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war.

Health Benefits Associated With Regular Physical Activity:

- Improved cardiorespiratory and muscular fitness
- Improved bone health
- Improved cardiovascular and metabolic health biomarkers
- Favorable body composition
- Improved mental health

Youth who are regularly active also have a better chance of a healthy adulthood. Regular physical activity makes it less likely for health risk factors to develop and more likely that children will remain happy and healthy as adults.

Source: https://health.gov/paguidelines/guidelines/chapter2.aspx

Program Reminders

**Annual Provider Training Update:**

**Web Training:** 26 providers have completed and passed the annual provider training online. Congratulations! As a reminder, the first 50 people to complete the web training will be entered in a raffle to win a blender!

If you are interested in taking the **web training**, please contact your monitor to sign up. The web training allows you the flexibility of completing the training at your own pace and you have until 9/15/17 to complete.

**In-person Annual Training:** If you haven’t already signed up for an in person training, please sign up as soon as possible. In-person trainings will be based on need. Workshops will be cancelled due to low sign-ups.
## Menu Ideas – Meatless Mondays

### Breakfast

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Granola cereal</td>
<td>WW protein waffle</td>
<td>Whole grain oatmeal</td>
<td>Wheat Toast</td>
<td>Tortilla (breakfast burrito)</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Baked cinnamon apple</td>
<td>Cooked plantain</td>
<td>Avocado slices</td>
<td>Mushrooms &amp; pinto beans</td>
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<tr>
<td>Milk 1%</td>
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### Lunch or Dinner

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</thead>
<tbody>
<tr>
<td><em>Garbanzo Broccoli Orzo Salad</em></td>
<td>Garlic Shrimp</td>
<td>Turkey Wrap</td>
<td>Scrambled egg w/ veggies</td>
<td>Chicken soup w/ added spinach (HM)</td>
</tr>
<tr>
<td>Orzo pasta</td>
<td>Spanish rice</td>
<td>Whole wheat tortilla</td>
<td>Whole grain corn bread</td>
<td>WW crackers</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Sliced avocado</td>
<td>Sliced green bell pepper</td>
<td>Steamed green beans</td>
<td>Cooked carrots</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Leaf lettuce</td>
<td>Cherry tomatoes</td>
<td>Plum</td>
<td>Mandarin</td>
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<tr>
<td>Milk 1%</td>
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### Snack Am or Pm

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</thead>
<tbody>
<tr>
<td>White bean dip</td>
<td>Frozen banana</td>
<td>Kale/blueberry smoothie</td>
<td>Cooked artichoke</td>
<td>Baked potato wedges</td>
</tr>
<tr>
<td>Zucchini slices</td>
<td>Yogurt dip</td>
<td>Granola Cereal</td>
<td>Hummus dip</td>
<td>Whole wheat roll</td>
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</tbody>
</table>

### *Summer Garbanzo Broccoli Strawberry Orzo Salad*

#### Ingredients:
- 3/4 cup whole wheat orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- 1/4 cup sunflower seeds

#### Lemon Poppy Seed Dressing:
- 1 tablespoon lemon juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon sugar (or honey)

#### Instructions:
1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill in refrigerator until ready to serve.

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