Ideas to keep your family healthy & active together
On a warm summer day in South Boston, the Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program team met the Novicki family at a local park to hear about how they enjoy spending time together outside. Jazmin (Mom), Patrick (Dad), and their three children enjoy soccer, T-ball and trips to Moakley Park—South Boston’s destination for family time spent outside. The Novicki girls, Juliana (age 7) and Jaelise (age 6) particularly love Moakley’s athletic fields where they play all kinds of sports together including their favorite, soccer. Both girls have become talented soccer players and dedicated athletes over the past year by playing in one of South Boston’s leagues for kids. This year Jazmin is thinking about coaching a soccer team and the girls will be adding more activities to their roster: T-ball, dance and maybe ice hockey!

When they are not on the field, Juliana and Jaelise enjoy helping Jazmin and Patrick cook delicious Spanish food, bake their favorite treats and choose the next area of South Boston they want to explore on Saturdays as a family. The girls and their brother Jesus (age 3) especially like to visit Castle Island and the beautiful beaches on Dorchester Bay. With their weekends full of active, family fun, the kids are also enjoying fun programs at the local Boys and Girls Club and the daycare center located in Moakley Park to keep moving, learning and playing throughout the week.

Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program would like to thank the Novicki family for sharing their story.

Above: Jazmin and Jesus
Left: Juliana (left) and Jaelise (right)
Photos by Gretchen Ertl
How to Spot Fake Food

What is fake food? Think of fake food as anything that is heavily processed and mass-produced, that never grew or lived on a farm. For example, think of the difference between a strawberry gummy candy and a ripe, fresh strawberry.

The more processed a food is, the less nutrient-rich it is, generally. There are certainly minimally processed foods that are still healthy, but a good rule of thumb is to aim to eat foods with the fewest ingredients on their label—or better yet—no label at all (such as fresh fruits and vegetables). Processed foods also tend to add extra sodium, sugar and artificial ingredients that are best to avoid.

Here’s what to look for the next time you and your child are at the grocery store:

• **Just say no to ingredients you can’t pronounce.** Some food ingredients can have many names. For example, sugar can be called Dextrose, Glucose, Ethyl maltol, Maltodextrin or High Fructose Corn syrup. This is a clever way for food manufacturers to hide sugar in foods.

• **Shop on the outside rim of the supermarket.** Most real, whole foods are found in the produce, dairy and meat sections rather than down the aisles. These include fresh fruits and vegetables, minimally processed dairy products (look for no added sugars) and lean meats that haven’t been cured, smoked or otherwise altered.

• **Be mindful of health claims.** If a food sounds too good to be true, it might just be. Food manufacturers often uses phrases like “Made with whole grains,” “All-Natural” or “Better-for-You” to make processed foods look healthier than they actually are.

• **Avoid trans fat.** As of 2006, the Food and Drug Administration requires trans fat to be listed on the nutrition facts panel along with saturated fat and total fat. Make sure that your food products are free of these highly processed and unhealthy fats.

With these few simple tips and tricks, you can learn to spot fake food. Aim to eat a diet that is rich in fresh, whole foods without added ingredients or flavor enhancements for better health!
Explore Parks and Play Spaces

Here is a collection of great outdoor parks and play spaces for your family to enjoy in and around Boston. For more information about playgrounds and local resources in your community, visit KohlsHealthyFamilyFun.org.

**Brookline**

**Larz Anderson Park**
Just outside of the city, this Brookline hotspot’s rolling hills and two baseball diamonds make it a perfect place for flying kites and playing ball.

**Downtown Boston**

**Charles River Esplanade Play Space**
Look out over the beautiful Charles River as the kids climb on the state-of-the-art jungle gym and walk or ride bikes as a family along the 3+ miles of riverside pathways that surround it.

**Arnold Arboretum**
Take a trip to one of Boston’s most impressive parks. The Arnold Arboretum is the second largest park on the Emerald Necklace. This magnificent collection of trees, flowers, ponds, hills and meadows is free and open to the public every day of the year.

**Castle Island**
Castle Island is one of the most popular destinations for Boston residents and visitors alike. It features opportunities for both recreation and historical learning.

**Boston Common Frog Pond**
Located at the heart of Boston Common, the Frog Pond offers a winter ice rink and skating school, a reflecting pool, a summer spray pool and a children’s carousel.

**On the Boston Harborwalk**
Piers Park—this harbor side gem features a 24,000 square foot playground, a spray pool and a community boat house.

**Jamaica Plain, Roxbury and Dorchester**

**Franklin Park**
With old stone ruins, a beautiful pond, wooded trails, playgrounds and more, Franklin Park is a great place to be active! Check out the basketball and tennis courts or the 2.5 miles of walking and biking paths.

**Jamaica Pond**
The Pond is the site for many different community events. Enjoy walking or running around this beautiful 1.5 mile path.
Lorber Family Playground
This state-of-the-art playground is located in the Jackson Square neighborhood adjacent to the Bromley Heath Housing development and close to Boston Children’s at Martha Eliot.

Play safely by keeping some simple tips in mind:

Adults should always keep an eye on kids at play in case they need help using playground equipment, dealing with crowds of other children or just generally getting around the play space safely and comfortably.

Play spaces should match the age of your children and their needs. It is often safer for children under 5 to use a young child-specific playground since they tend to play a little differently than bigger kids.

Seek out play spaces that feature soft places to run, roll and land like in grassy parks and playgrounds with springy rubber or other soft surfaces under the play equipment.

Family Gym is a free play program for families with children ages 3-8 to get up, out and moving together. Offered at the following Boston Centers for Youth and Families (BCYF) locations:

BCYF Holland Community Center
85 Olney Street, Dorchester, MA

BCYF Recreation Center at Madison Park
55 Malcolm X Boulevard, Roxbury, MA

BCYF Blackstone Community Center
50 West Brookline Street, Boston, MA

Email healthykids@neu.com or call 617-373-7615 for more information and specific dates and times.

Other great child-friendly fitness facilities and resources:

Healthworks Community Fitness, Codman Square
healthworksfoundation.org
617-825-2800

GoKids Boston
Gokids-boston.org
617-287-5000

Boys and Girls Clubs
bgca.org
617-994-4700

YMCA of Greater Boston
Ymca.boston.org
617-536-7800

Boston Centers for Youth & Families
Cityofboston.gov/bcyf
617-635-4920

Healthy Kids, Healthy Futures
northeastern.edu/healthykids/
617-373-7615
Fun on a Budget!

There are lots of fun, free or low-cost activities you can do with your family.

- **Go to your local library to check out exercise or yoga videos for free.** Find out what your kids enjoy and have fun working out together in your livingroom!

- **Play games with your kids in your house or yard.** Try playing hop-scotch, Simon Says, tag, hide-and-seek or invent a new game!

- **If you have cable, consider downgrading it.** Your kids will spend less time in front of the TV and you can save that money for things like a bike for your child or a special family outing.

- **Work with your neighbors to organize play dates or group activities such as dodgeball, capture the flag or a dance competition.**

- **If your kids enjoy team sports, make it a family activity and play touch football, soccer or basketball.**

- **Work in a little extra activity here and there, like taking the stairs or getting off the train or bus a couple stops early and walking the rest of the way.**

- **Start taking a family walk before or after dinner.** A half-hour of walking together in your neighborhood is a great way to unwind and connect with your family. Use the weekends as an opportunity to walk together.
Eating out can be fast and sometimes cheap, but it is not necessarily nutritious. More than 90% of the meals found on the kids’ menus at the most popular restaurants do not hold up against national nutrition guidelines for children’s meals.

If you do eat out with your family, make sure your choices of where to eat are truly family-friendly by checking for balanced options on the kids’ menu. Many chain restaurants now have menus with nutritional information, including calorie counts for each dish. Take a close look at the numbers before you order for the family. This can also be a great opportunity to teach the kids how to find a healthy option on the menu for themselves. Be on the lookout for kids’ meals that come with fruits and vegetables on the side instead of fries or bread. Often you can ask for fruits and vegetables on the side even if the option is not listed.

Better Happy Meals

With a little planning, you can make fun and nutritious versions of the meals on popular kids’ menus at home.

All-natural, baked chicken nuggets with pineapple dipping sauce served with fresh apple slices and low-fat milk make a truly happy meal. Homemade meals like this one can save you money without losing the taste kids love. You’ll also save your children calories, plus added fat, sodium, and sugar kids’ bodies do not need. Making the switch from a routine of eating fast food to making meals at home can take some time for everyone to adjust, especially for kids. But getting them involved in preparing the meal can make children more open to enjoying new, homemade favorites.

Happy cooking—and eating!

Visit KohlsHealthyFamilyFun.org to find a healthy recipe for chicken nuggets and pineapple sauce.
Sleep is extremely important for kids. It helps children stay focused and energized in school and it also helps maintain their overall health. Here are some general tips for helping your kids have restful nights.

- First, find out how much sleep your child needs. The time can vary greatly depending on your child’s age and their individual needs. Check out this chart to find a good estimate for how much sleep your child needs each night.

- Set a bedtime for your child and create a routine to follow each night. This includes creating a wind-down period before bed where kids enjoy more relaxed activities such as taking a bath or reading a book.

- Keep electronics out of the bedroom. Televisions, cell phones, video games and computers can disturb your child’s sleep patterns.

### Sleep Chart

<table>
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<th>Age</th>
<th>Total Hours of Sleep (typical)</th>
<th>Nighttime Sleep</th>
<th>Daytime Sleep</th>
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</tbody>
</table>

Interested in more tips and information on childhood and adolescent sleep? Visit the National Sleep Foundation’s website: sleepfoundation.org for some great resources.
Hydrate Happily!

Playing sports, especially team sports, is great for growing kids as they work on their social and physical skills. All this playing and learning requires fuel and hydration, but from the right sources. Research shows that what kids eat and drink affects their bodies. A new study shows that more than a third of teens drink sports drinks and that over 14 percent drink energy drinks once a week or more. Kids don’t need electrolytes and sports drinks—the body just needs water. Plus these drinks tend to be chock full of sugar!

To avoid the slippery, sugary slope, it is always a smart choice to grab a glass of water first when you and your family are looking to hydrate happily. Massachusetts has some of the best tap water in the country after all. In a taste test, Bostonians actually preferred the city’s tap water to bottled water. Go ahead, grab a glass (or eight) at home and pack a bottle to take with you to school, work or sporting events.

Pools & Spray Decks

Allston-Brighton
- Artesani Playground Wading Pool
  1255 Soldiers Field Road
- Brighton-Allston Swimming Pool (Indoor)
  360 North Beacon Street
- Reilly Memorial Swimming Pool
  355 Chestnut Hill Avenue, Cleveland Circle

Dorchester
- Leahy-Holloran Community Center (Indoor)
  1 Worrell Street
- Neponset Landing II Spray Deck
  Corner of Hill Top Street and Granite Street
- Perkins Community Center (Indoor)
  155 Talbot Avenue

Hyde Park
- Martin L. Moynihan Wading Pool
  920 Truman Parkway
- Olsen Swimming Pool and Spray Deck
  95 Turtle Pond Parkway

Jamaica Plain
- Curtis Hall Community Center Pool (Indoor)
  20 South Street
- Johnson Playground Spray Deck
  Corner of Lamartine and Green Streets, Southwest Corridor Park

Mattapan
- Mildred Avenue Community Center (Indoor)
  5 Mildred Avenue
- Ryan Wading Pool
  350 River Street

Roxbury
- Melnea A. Cass Memorial Swimming Pool
  Washington Street
- Mission Hill Spray Deck
  Behind Boston Police Headquarters located at 1 Schroeder Plaza, Roxbury Crossing
Incredible Edible Veggie Bowls

Ingredients
1 green, yellow or red pepper, washed
1 bunch of celery, washed
1 carrot, washed and peeled
your favorite salad dressing

Directions
Cut the pepper in half (from side to side). Clean out the seeds from the inside. Now you have two pieces. One will be your pepper-shaped bowl. Cut the other half of the pepper into skinny slices. Cut the carrot into skinny sticks about 4” long. Cut celery into skinny sticks so each one is about 4” long. Put a little salad dressing in the bottom of your pepper bowl. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl. Now you’ve got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you’re finished with the veggies, it’s time to eat the bowl!

Serving Size: 1 veggie bowl

Recipe courtesy of kidshealth.org

Roast Chicken with Oranges

Ingredients
4 chicken thighs trimmed of excess fat
1 red onion, peeled and sliced
2 small oranges; peeled, seeded, and separated into their natural sections
½ teaspoon salt
½ teaspoon black pepper
1 lemon; peeled, seeded, and cut into quarters

Directions
Preheat the oven to 450 degrees. Put the chicken, onion and oranges on a baking sheet. Be sure nothing overlaps with anything else. Sprinkle the chicken with the salt and pepper. Wash your hands with soap and water before and after handling raw chicken or meat. Put the baking sheet in the oven and cook until the chicken is browned on top and cooked inside and the onions and fruit have softened and darkened, 45 minutes to 1 hour. Chicken is done when you poke it with a knife and clear liquid runs out. Remove the chicken skin. Move the chicken to a large plate or platter. Squeeze the lemon juice over the fruit and onions and then top the chicken with the roasted fruit mixture. Serve right away.

Yields: 4 servings

Recipe courtesy of Chop Chop Magazine
Peanut Butter & Pear Sandwich

Ingredients
½ ripe pear, peeled
2 tablespoons peanut butter (substitute with almond or soy nut butter)
2 slices whole-wheat or multigrain bread

Directions
Use a knife to spread most of the peanut butter on one slice of bread and a little bit on the other slice. Arrange the pear slices over the peanut butter on one slice and top with the other slice (peanut butter side down). Cut the sandwich in half and serve.

Yields: 1 sandwich

Recipe courtesy of Chop Chop Magazine

Peach Freeze

Ingredients
½ cup 1% milk
1 cup sliced peaches (fresh, frozen or canned; if using canned be sure to use peaches that are packed in their own juice instead of syrup)
1 teaspoon honey

Directions
Pour the milk into an ice cube tray and freeze until solid. Pop the frozen milk cubes into a blender with the peaches and honey. Blend until everything is mixed and smooth. Serve immediately!

Yields: 3 servings

Recipe courtesy of Smart Cooking Cookbook
The Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program promotes fun, low-cost activities and neighborhood resources that make it easier for families to get active and stay healthy! Visit KohlsHealthyFamilyFun.org or find us on Facebook to learn more about physical activities in your neighborhood, health and wellness tips as well as fun recipes to try with your family.

Boston Children’s Hospital
Office of Community Health
300 Longwood Avenue, BCH 3173
Boston, MA 02115
617-919-3055

Fruit Parfait

Ingredients
1 cup plain, non-fat Greek yogurt
1 teaspoon honey or maple syrup
¼ sliced fruit such as strawberries, peaches, apples (fresh or frozen)
¼ cup blueberries or raspberries (fresh or frozen)
1 teaspoon sliced almonds or chopped walnuts

Directions
Spoon ¼ cup of yogurt into two small cups or bowls. Add the sliced fruit on top. Layer another ¼ cup of yogurt on top of the fruit. Top with the berries, nuts and honey or maple syrup. Serve immediately.

Yields: 2 servings

Recipe courtesy of Smart Cooking Cookbook