



Healthy Kids Club

MARCH SNACK & ACTIVITY IDEAS

Snacks can be prepared beforehand or can be an activity to do with students!



GREEN SMOOTHIE

Brighten up from the winter blues with a green spring smoothie!

- 1 cup frozen kale/spinach
- 1 cup kiwi
- 1 cup liquid (milk, water, juice)
- Honey to taste



WAFFLES AND FRUIT

Have students enjoy whole grain waffles or pancakes. Students can create their own fruit sauces by washing, preparing, and mashing up strawberries, blueberries, or cherries to add some fruity sweetness to their snack!



BASKETBALL & PROTEIN

Celebrate March Madness with these fun "basketball" pumpkin protein balls:

- 1 cup chopped dried mango
- 1/2 cup pumpkin puree
- 1/4 cup honey
- 2 Tbsp chia seeds
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/8 tsp salt
- 1 1/2 cup rolled oats
- 1 cup coconut flakes
- 1 1/2 cup seeds (pumpkin, sesame, sunflower)



ZOODLES

Students use a zoodle machine to make and taste their own zoodles! They can be eaten plain, with a dip of choice, or heat them up with a little bit of tomato sauce and cheese!



CHERRY TOMATO LADYBUGS

Students can create a fun spring snack by cutting cherry tomatoes into quarters and placing them onto a cracker or basil leaf with spread of choice, using an olive or grape as the head!



BERRY MINT INFUSED WATER

Have students enjoy the harvest of the month: Frozen Berries in a refreshing drink! Muddle 1 cup of frozen mixed berries and a sprig of mint together and then add a gallon of water!

POT OF GOLD

Student can celebrate St. Patrick's Day by eating yellow fruits and veggies in a bowl for their own personal pot of gold! Use fruits like banana, apricots, pineapple or vegetables like corn, sliced yellow squash, wax beans, and yellow peppers!

March Activity Ideas

CONTINUOUS RELAY



How to Play:

Place pairs of cones 20 feet apart and no less than two arm's length apart from the next pair of cones. Designate one side of the cones to start on. Have 4 to 6 students on each team and count each player off 1 through 6. The odds start on the start line and the evens start on the other. The game starts by having a student start with a baton or bean bag and running to the opposite side to pass it off to the player at the start of the line. That player then runs to the back of the line. The second player then does the same by passing off the baton and running to the back of the other line. This continues until the time is called. Make sure runners wait until it is their turn to go and that the item is being handed to the next person, not thrown.

Variations: Have students change movements by crab walking, walking backwards, or skipping. Or place obstacles such as cones for students to weave through or hula hoops to jump across.

Equipment required: Cones, batons or bean bags.

ALL TANGLED UP



How to Play:

Make sure students understand that this game requires communication and cooperation. Have the students start in tight circle in the middle of the room. Start by having each student grab a hand of another student that is not directly next to him/her. Have them grab another hand from another student not directly next to him/her. The objective is for the group to untangle themselves without releasing hands. The students are allowed to adjust their hands to ensure everyone is comfortable and safe.

Equipment required: None

POT OF GOLD HUNT



How to Play:

Place cones around the room with small objects underneath some. Have students split up into three teams and have the students line up behind their "pot" (hula hoop). One student at a time runs out to a cone and brings back the object if they found one. They place this object in the cone and the next person and line can go. If an object is not found that student needs to run back to tag the next person in line. The students waiting should be memorizing which cones were visited and what cones may still have objects under them. When time runs out, the teams should count up their objects and the teams with the most, wins!

Equipment required: Cones, small objects (balls, flags, etc...), hula hoops.

COOKIE JAR



How to Play:

Start the game by setting boundaries of where the students can run. Have to players start as the taggers and give the "cookies" (balls) to half of the other players. The taggers then must try to take students with the balls. If tagged, that student must put that ball back in the "cookie jar" (bag on sideline) and step out of bounds to cheer on other players. The players with balls may pass the ball to another play too avoid being tagged out. This ball can be passed to another player by handing it off, throwing it lightly, or rolling it on the ground.

Equipment required: About 10 to 15 balls (depending on the size of the group).

