

## APRIL Family Tip Sheet

### Every Kid Healthy Month

#### Mindfulness Monday

- Take a 5-10 minute break during the day to participate in something relaxing (breathing, coloring, reading, yoga, stretching)

#### Tasty Tuesday

- Try a new healthy food, substitute a GO food for a WHOA food, enjoy a meal with all 5 food groups

#### Wellness Wednesday

- Play outside for at least 30 minutes, try a new GO activity, aim for less than an hour of screen time

#### Thoughtful Thursday

- Compliment 3 people, share one thing you are grateful for with a friend, do something helpful for someone

#### Family Friday

- Together, play a game, cook dinner, read a book

#### Challenge

Implement all of the above at least once during the month of April.

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#### Joke

Q: When do monkeys fall from the sky?

A: During APE-ril showers!

#### Community Offering

Fremont Rec Center  
Spring Fling Dance  
April 27, 2024, 6-8 pm  
\$5/child, \$10/adult  
RSVP: 231-924-3750

### Recipe: Banana Oatmeal Cookies

#### Ingredients:

- 3 overripe bananas
- 2 tablespoons honey or maple syrup
- 1 egg
- 1 teaspoon vanilla extract
- 1.5 cups quick cooking oats
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup chocolate chips or other add-ins (shredded coconut, raisins, dried cranberries)

#### Directions:

1. Pre-heat oven to 350 degrees. Line 2 baking sheets with parchment paper, set aside.
2. In a large mixing bowl, mash the bananas.
3. Add honey, egg, and vanilla, and stir to combine.
4. Add oats, cinnamon, and salt, and stir until combined.
5. If desired, add mix-ins, and stir until evenly distributed.
6. Use a tablespoon to measure portions of the dough, and place them on the prepared baking sheet, spaced about 2 inches apart.
7. Bake for 12-15 minutes, or until tops are just set and the bottoms are very lightly browned.
8. Let cool on baking sheet for 5 minutes before transferring to a wire cooling rack to cool completely.