

## Eat Smart. Play Hard.™ Tip Sheet

The Food and Nutrition Service's **Power Panther™** asks you to use these **nutrition and physical activity tips** in newsletters, brochures, lunch menus, activity sheets, and other promotional materials.

### Balance Your Day with Food and Play



- Eat too much at lunch? Work it off! Take a long bike ride or walk to a friend's house.
- Split an order of fries or a rich dessert with a friend.
- At a fast food restaurant? Try a grilled chicken sandwich and a side salad.
- Be more physically active on days when you eat more than usual.
- Had a slow activity day? Choose lower fat foods like fruits, vegetables, and low-fat milk.

### Power Up with Breakfast



- Pack your favorite cereal and fat-free or low-fat milk to go when in a hurry.
- Eat a peanut butter and banana sandwich for a different breakfast.
- Mix fat-free or low-fat milk or yogurt with berries for a cool shake.
- Grab fresh or dried fruit, a bagel, a hard-cooked egg, or fat-free or low-fat yogurt to eat on the way to school or play.

### Grab Quick and Easy Snacks



- Pack baby carrots, nuts, or dried fruit for a snack at school or play.
- In a hurry? Grab an apple, an orange or any other fruit for a quick treat.
- Munch on veggies, pretzels, or popcorn.
- Refresh your thirst with water or 100% juice.

## Move More. Sit Less.



- No one is home? Turn on the stereo and dance around the house.
- Pump up your energy level. Jump rope or ride a bike with your friends.
- Make a splash. Take a dip in the pool or swim laps.
- Enjoy walking, dancing, playing sports, or just moving around more.

## Be a Role Model...Eat Breakfast with Kids



- Start the day right! Eat breakfast together.
- Make sure kids eat breakfast at home, school, or child care.
- Get a head start. Set out dishes and a ready-to-eat cereal the night before so you and your kids can enjoy a quick breakfast.
- For variety try a breakfast burrito, or crepes filled with canned or fresh fruit and low-fat cottage cheese.
- In a hurry? Grab a banana and fat-free or low-fat yogurt to go.
- Can't eat together? Keep easy-to-pack foods like cereal bars, 100% juice packs, fat-free or low-fat yogurt, and fruit on hand for family breakfasts on the run.

## Make Family Time an Active Time



- Organize a family game of volleyball or hike a nearby trail.
- Wash the car, rake leaves, or play a game of catch with the kids.
- Want to learn on the go? Go on a family walking tour of a local museum or art gallery.
- Pack a picnic and take your kids to the park for a meal and a game of soccer or another favorite activity.
- Take a family bike ride around the neighborhood or tour a local park.
- Get everyone involved in planting a family garden.

