



## Celebrate Spring!

Article written by Natalie Sehi ([nsehi2@unl.edu](mailto:nsehi2@unl.edu)), Nebraska Extension SNAP-Ed/EFNEP Educator

With March comes St. Patrick's Day and the first hints of spring, which means a lot of green, and maybe even a leprechaun with a pot of gold at the end of the rainbow. This spring, challenge yourself and your family to increase your activity and fruit and vegetable consumption.

- **Challenge 1 - Get Moving:** Warmer temperatures, longer days, and a touch of spring fever can be good incentive to increase your activity level by going outside to explore your neighborhood, a local park, a new walking path, or your own backyard. Adults need 2 1/2 hours a week of physical activity, and children need 60 minutes a day. To tie in St. Patrick's Day check out the *10 Easy Ways to add Green to your Day* list.
- **Challenge 2 - Add Color:** To fuel outdoor adventures, add more color to your plate. Be a good role model and serve/encourage your family to see how many different colored fruits and vegetables they can eat at a meal. Try the Power Smoothie below. It includes fruits and veggies from at least four colors of the rainbow, or visit <https://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-spinach> and try one new way to enjoy spinach.

### Power Smoothie

#### Ingredients (4 Servings)

- 1 to 1½ c. fresh spinach
- 2 c. pineapple, mixed berry, or other 100% juice
- 1½ c. frozen mixed berries
- 1 (6 oz.) container low-fat yogurt
- 1 banana
- 1 c. ice

#### Directions

1. Place spinach in blender with juice. Blend thoroughly.
2. Add remaining ingredients and blend.



Nutrition Facts per Serving: Calories 150, Total Fat 1 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 3 mg (1% DV), Sodium 40 mg (2% DV), Total Carbohydrate 34 g (26% DV), Dietary Fiber 3 g (12% DV), Sugars 23 g, Protein 4 g, Vitamin A 6%, Vitamin C 125%, Calcium 12%, Iron 7%.

#### Sources:

1. Top 10 Ways to Enjoy Spinach, Fruits and Veggies More Matters: <https://go.unl.edu/pm5p>
2. Nebraska Extension: <https://food.unl.edu>
3. United States Department of Agriculture: <https://www.choosemyplate.gov>

*Family Fun on the Run is a monthly newsletter designed to help families add physical activity to their already hectic schedules.*

For more information check out

Family Fun on the Run:

<http://go.unl.edu/xxqx>

### 10 Easy Ways to add Green to your Day

- Wear green socks during a morning walk.
- Play catch with a green ball.
- Explore the outdoors.
- Look for newly sprouting flowers and tree buds.
- Draw a picture with green chalk.
- Play on a green piece of equipment at the park.
- Choose a new green fruit or vegetable at the grocery store for your family to try.
- Add peanut butter to celery sticks.
- Dip green apple slices in yogurt.
- Add zucchini to your oatmeal – <https://food.unl.edu/zoats>
- Serve broccoli with cheese as a side dish.
- Add spinach to scrambled eggs