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 ½ hours a week of physical activity, and children need 60 minutes a day.

• **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://food.unl.edu/tags/spinach and try one new way to enjoy spinach.

**Power Smoothie (4 servings)**
1. Wash hands with soap and water.
2. Place spinach in blender with juice.
3. Blend thoroughly.
4. Add remaining ingredients and blend.

Nutrition Facts per Serving: Calories 150, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 3 mg, Sodium 40 mg, Total Carbohydrate 34 g, Dietary Fiber 3 g, 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. MyPlate, United States Department of Agriculture: https://www.myplate.gov

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**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/familyfun

**10 Easy Ways to add Green to your Day**
1. Wear green socks during a morning walk.
2. Play catch with a green ball.
3. Explore the outdoors.
4. Look for newly sprouting flowers and tree buds.
5. Draw a picture with green chalk.
6. Play on a green piece of equipment at the park.
7. Choose a new green fruit or vegetable at the grocery store for your family to try.
8. Add peanut butter to celery sticks.
10. Add zucchini to your oatmeal – https://food.unl.edu/zoats
11. Serve broccoli with cheese as a side dish.
12. Add spinach to scrambled eggs.