



Celebrate Spring!

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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://go.unl.edu/spinach> and try one new way to enjoy spinach.

Power Smoothie

- 1 to 1 ½ cups fresh spinach
- 2 cups pineapple or other 100% juice
- 1 ½ cups frozen mixed berries
- 1 (6 oz.) container low-fat yogurt
- 1 banana
- 1 cup ice

1. Wash hands with soap and water.
2. Place spinach in blender with juice. Blend thoroughly.
3. Add remaining ingredients and blend.

Calories 150, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 3 mg, Sodium 40 mg, Total Carbohydrate 34 g, Dietary Fiber 3g, Sugars 23g, Protein 4g.



Sources:

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



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/recipe/zoats>
- Serve broccoli with cheese as a side dish.
- Add spinach to scrambled eggs.

Family Fun on the Run is a 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>