

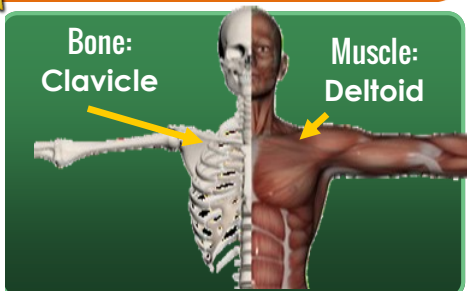
IRON

good sources of
plant based

IRON



by Stretch-n-Grow



MOTOR SKILL FOCUS

High Plank
(Non-
Locomotor)



YOGA
POSE
Table

Krafty Kitchen

Involve your little ones in meal time, especially preparing their food. Children learn responsibility and fine motor skills. Contributing to key family meals is significant in child development





by Stretch-n-Grow

EARTH DAY



16 Fun Activities to Celebrate Earth Day

Celebrating our planet can be just that—a celebration. Here are some fun and easy ways to honor Mother Earth on April 22.



Pick up litter around your favorite public place.

Check out green-themed library books to read to your children.



Enjoy a picnic.

Make a dinner with food from local farms.



See who in the family can take the shortest shower.

Forgo driving if possible.



Donate \$25 to an environmental organization.



Whip up some eco-playdough.

Plant a tree.



Wake up and take a walk.



Go seed shopping for native plants.

Take your kids to the park.



Go shopping at a consignment shop.

Donate old children's books to your local library.

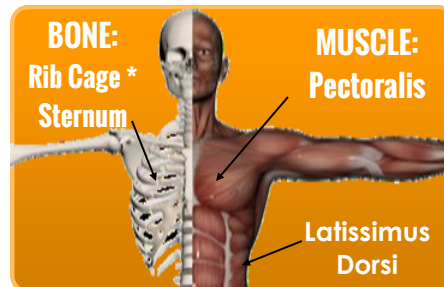


Toss wildflower seeds into an area of your yard.

Skip the gym and go for a run or bike ride.



Brought to you by:

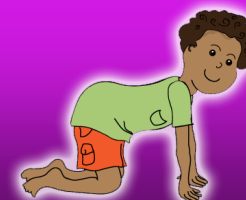


MOTOR SKILL FOCUS

Push Up (Non-Locomotor)



YOGA POSE Cow



ADVENTURE OF THE WEEK: Reduce! Reuse! Recycle

This week, we will celebrate Earth Day! We will learn how to do our part to take care of the world that has been entrusted to our care. Our Stretch-n-Grow Stars can help keep our earth clean by: Reducing trash, Reusing anything that we can, & Recycling every day!



FABULOUS FRUITS

REASONS TO EAT MORE FRUITS!

01



Cherries help calm your nervous system

02



Grapes relax your blood vessels

03



Peaches are rich in potassium, fluoride and iron

04



Apples help your body develop resistance against infections

07



Kiwi increases bone mass

09



Oranges help maintain great skin and vision

05



Bananas are great for athletes because they give you energy

06



Strawberries can potentially fight against cancer and aging

08

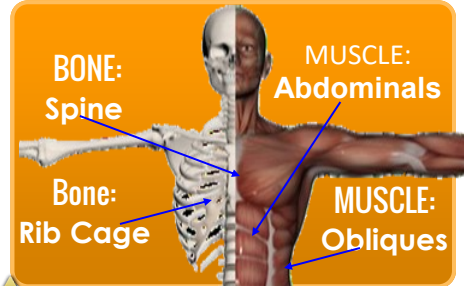


Mangoes protect against several kinds of cancer

10



Watermelon helps control your heart rate



MOTOR SKILL FOCUS

Crunches
(Non-
Locomotor)



YOGA POSE Butterfly



ADVENTURE OF THE WEEK: Caterpillar to Butterfly

This week, we will learn about caterpillars turning into butterflies! We will burst out of cocoons, crawl like a caterpillars, and dance with the butterflies!



May Newsletter

by Stretch-n-Grow

VERY YUMMY VEGGIES

BENEFITS OF VEGETABLES

Aid in improving eye health

Green vegetables are beneficial for diabetics

Beneficial for healthy skin and hair

Rich in antioxidant properties

Reduce risk of hypertension and multi-morbidity

Help prevent constipation

Help maintain healthy weight

Help maintain healthy bones

Organic Facts
www.organicfacts.net

MUSCLE:
Hamstring &
Quadricep

BONE:
Femur

**MOTOR SKILL
FOCUS**

Lunging
(locomotor)

YOGA POSE
Child's Pose

ADVENTURE OF THE WEEK: Mother's Day

This week, we will celebrate our moms! We will pick some flowers, bake cupcakes, and throw a big Mother's Day party for her!

MOM

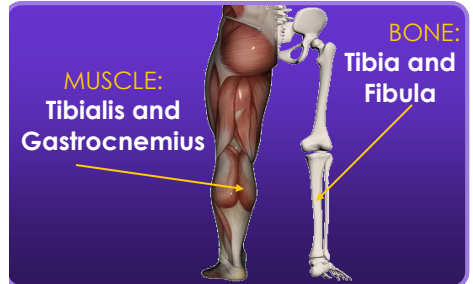
Happy Mother's Day!

by Stretch-n-Grow

DELICIOUS DAIRY

Discover Dairy Foods

3 Servings: The amount of dairy you should consume each day, according to the Dietary Guidelines for Americans.



Yogurt

100,000,000

live, good-for-your-gut bacteria (probiotics) in one cup of yogurt.

9

The number of essential amino acids in yogurt. That makes it a high-quality, complete protein—like meat, fish and quinoa.



SIZE MATTERS! 8 OUNCES = A FULL SERVING OF YOGURT. MOST SINGLE-SERVING PACKAGES ARE JUST 6 OUNCES, SO CHECK THE LABEL OR BUY IN LARGER TUBS.

Cheese



A 1.5-ounce serving of Cheddar cheese contains:



306 milligrams of calcium, the same as a glass of milk!
Necessary nutrients such as vitamin A, zinc and phosphorus.
10.5 grams of protein, the same as 1.5 ounces of roast turkey.

Milk

Milk:
The Ultimate
100
CALORIE* SNACK PACK!
*8 ounces of fat-free or 1% milk.

It Makes Good Cents!



Consider milk your refrigerator's secret weapon—each serving is about 25 cents and provides an irreplaceable package of nutrients.

The Freshest Beverage

Milk goes from cow to the dairy aisle in just two days, making it the freshest, most natural beverage.

2 days

MOTOR SKILL FOCUS



Tip Toe Walking (Locomotor)



ADVENTURE OF THE WEEK: Exploring Big Bend

This week, will explore Big Bend! We will take a hike, go fishing in the Guadalupe River, and go on a fun bear hunt!





GREAT GRAINS

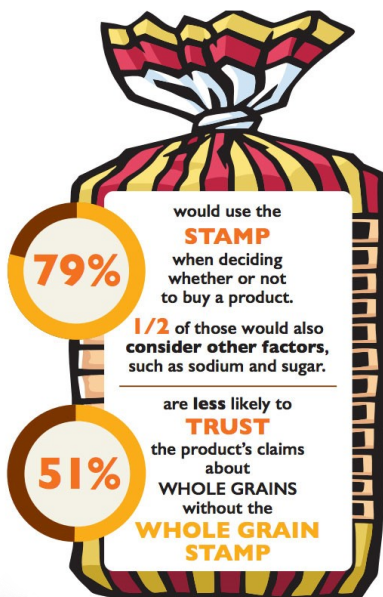


by Stretch-n-Grow

SELLING MORE WHOLE GRAIN WHY THE WHOLE GRAIN STAMP IS ESSENTIAL



4 OUT OF 5
the **WHOLE GRAIN STAMP** to
ACCURATELY
state **WHOLE GRAIN** content



UNDERSTANDING THE MARKET

Top 3 Barriers consumers find to Whole Grain consumption



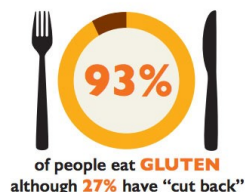
Although **37%** of people cited **TASTE AS A BARRIER...**



40% of people said **TASTE** was a reason they **CHOOSE WHOLE GRAINS**

NAVIGATING THE GLUTEN FREE MARKET

1 IN 2 people have no idea that **gluten is a natural protein found in wheat, barley, and rye** or that it helps bread rise.



Only **1 in 5** of those who avoid gluten has a medically diagnosed problem with gluten.



Oldways 2015 Whole Grains Consumer Insights Survey
Based on an August 2015 survey of 1,500 adults.



Upper Body Muscle and Bone Review



MOTOR SKILL FOCUS



Tummy Twist
(Non-Locomotor)

YOGA Dolphin

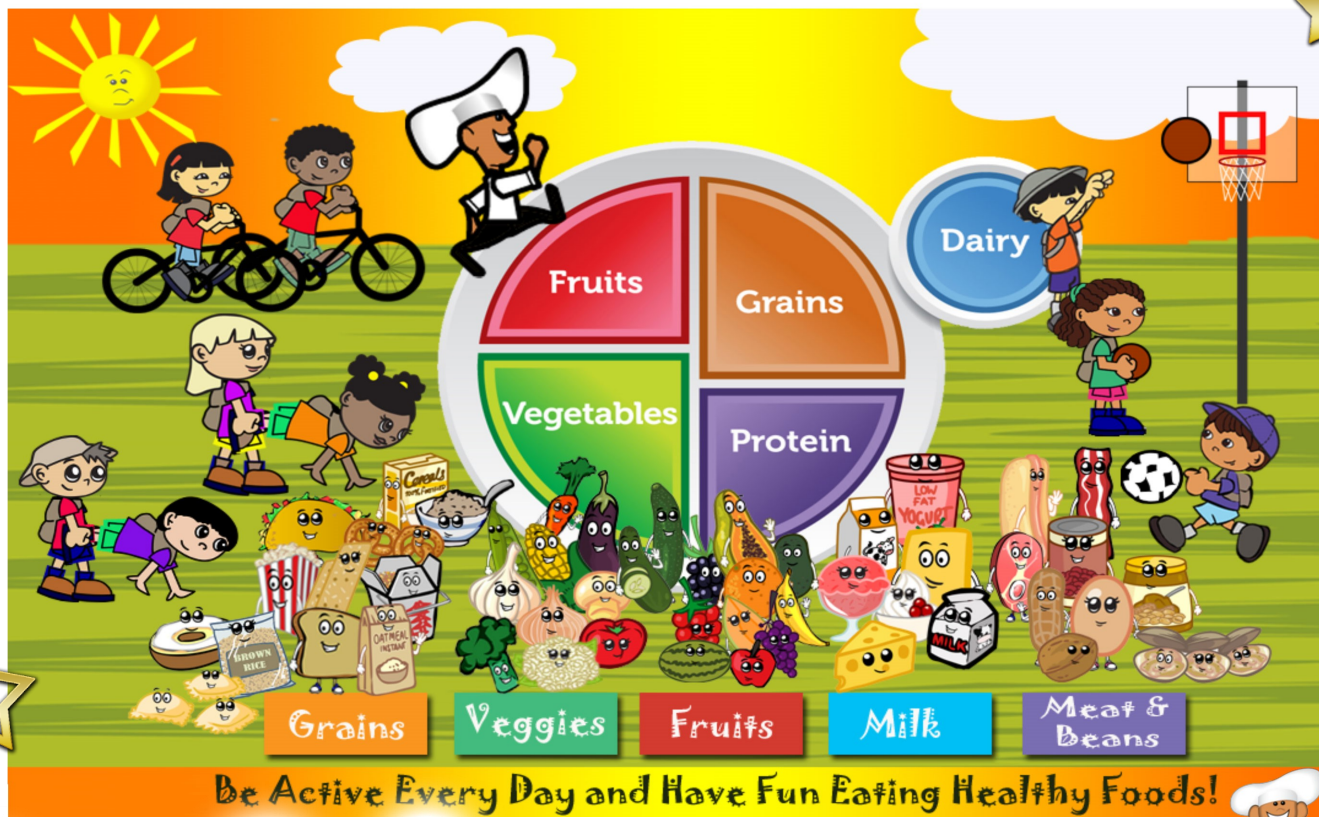


ADVENTURE OF THE WEEK: Fun at the Pool

This week, we will hang out by the pool. We will practice our backstroke, butterfly stroke, and even play a game of Marco Polo! It is a sure way to cool off after a hot day!



My Perfect Plate



Lower
Body
Muscle
and Bone
Review

**MOTOR SKILL
FOCUS**
Marching
(Locomotor)



**YOGA
POSE**
Warrior

ADVENTURE OF THE WEEK: Memorial Day

This week, we will put into practice so many of our motor skills that we have been learning this year! Our lesson is about honoring the brave soldiers who have serve our country in the military.

