

PARENT PAGES

Choose Your Fun



Ways to Reduce Screen Time!

1. Make mealtime a family time. Turn off the TV during meals.
2. Cook together and make memories with your child.
3. Use the chart on the second page to keep track of fun activities.
4. After 30 minutes of sitting, have your child play actively.
5. Quiet time is best before naps or bed. Read your child a bedtime story.
6. Help your child get enough sleep. Make your child's bedroom quiet, dark and not too warm.

Today at child care your child learned why it is important to turn off the TV and be active instead. Doctors recommend children watch no more than one to two hours of quality TV and videos each day. Active playtime helps children grow and develop! Make this chicken noodle soup for supper, and play with your child while it cooks.

Chicken Noodle Soup

Yield: 10 cups

Serves: 8 adults

Ingredients

1 cup chopped onions
1 cup chopped carrots
1 cup chopped celery
1 clove minced garlic
2 teaspoons vegetable oil
1/2 teaspoon flour
1/2 teaspoon poultry seasoning
6 cups fat-free chicken broth
4 cups diced potatoes
2 cups diced, skinless cooked chicken
3 cups uncooked wide noodles
1 cup fat-free evaporated milk.

Steps

1. Brown onions, carrots, celery and garlic in oil in skillet.
2. **Stir flour and poultry seasoning together in small bowl.**
3. Blend flour/seasoning mixture into the browned vegetables. Pour into the slow cooker.
4. **Pour broth, potatoes, and chicken into the slow cooker.** Stir and cook on low for 5-6 hours or until the potatoes are soft.
5. Add noodles and evaporated milk. Cook until noodles are tender, approximately 20 minutes. Do not bring to a boil after milk is added.
6. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Fix-It and Forget-It Lightly and reprinted with permission.

Parents,

Instead of watching TV, plan fun activities to do with your child. Spending time with your child creates closer bonds and lifelong memories.



What We Did instead of TV

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Directions: Help your child put a sticker (or draw a smiley face 😊) in the top box when they choose a fun activity instead of TV. Have your child draw a picture in the lower box of the activity chosen.

Adapted from [Fit5Kids](#).

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.