

South Texas Early Prevention Studies



# 1<sup>st.</sup> Grade



## NEWSLETTER

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### WHAT'S INSIDE?

**Hop Into Health. P1**

**Healthy Meals for the Whole Family! P2**

**National Autism Awareness Month. P3**

**Easter Egg Maze. P4**

## HOP INTO HEALTH!

*Egg-citing Ways to Stay Active This Easter*

Spring has sprung, and Easter is hopping right around the corner! It's a time for fun, family, and of course, sweet treats. But did you know you can make Easter even better by adding some healthy choices to your celebrations?

Whether you're hunting for eggs or enjoying a family meal, there are so many ways to stay active and energized. From hopping like bunnies to choosing colorful veggies over candy, this Easter, let's make every moment an opportunity to stay healthy, happy, and full of energy! So grab your baskets—let's hop into some healthy habits together!



# Healthy Meals

## FOR THE WHOLE FAMILY!

**One healthy change a day builds habits, improves wellness, and boosts growth. Keep these tips in mind as you enter the month of April:**

- Drink 8 cups of water or unsweetened beverages to stay hydrated this spring.
- Exercising 3-5 times a week boosts physical and mental health, energy, and vitality.
- Adding healthy pantry staples like whole grains, dried fruits, nuts and beans provides quick and nutritious meal add-ons or snacks.
- Be sun safe with sunblock which protects skin from UV rays, preventing sunburn, aging, and damage.

O'Sullivan, J. April 6, 2022. How to Get Electrolytes & Ensure You're Properly Hydrated. <https://app.ganful.com/blog/get-electrolytes-ensure-you-are-hydrated/>.  
Kiehl, A. 2022. Health Benefits of Apples for Kids. <https://www.ck12.org/health-benefits-apples-kids/>.  
USDA. 2022. <https://www.fda.gov/food/food-safety/modernizing-food-safety-system/food-safety-modernization-act>.

## Seasonal Produce Guide



Spinach provides vitamins, minerals, fiber, and antioxidants, supporting digestion, bones, immunity, and heart health.



Pineapple hydrates, boosts immunity, aids digestion, and supports bones, and is low on calories.



Bananas offer energy, potassium, fiber, and antioxidants, supporting digestion and heart health.



### Spinach Pineapple Banana Smoothie

#### Ingredients:

- 1 cup spinach fresh
- 1 cup pineapple frozen or fresh
- 1 banana fresh or frozen
- 3/4 cup milk or unsweetened plant-based (dairy-free) milk

#### Equipment:

- High speed blender

#### Servings:

- 1 serving

Prep Time: 5 minutes

Storage: Airtight container in the refrigerator for up to 24 hours

#### Tips:

- Add ice
- Use frozen pineapple and/or banana for a thicker and colder smoothie.
- Drizzle maple syrup, agave nectar or a pitted date to sweeten it up.



#### Nutrition Facts:

Calories: 221kcal  
Carbohydrates: 50g  
Protein: 4g  
Fat: 3g  
Saturated Fat: 0.2g  
Polyunsaturated Fat: 1g  
Monounsaturated Fat: 1g  
Sodium: 270mg  
Potassium: 770mg  
Fiber: 7g  
Sugar: 31g  
Vitamin A: 2984IU  
Vitamin C: 98mg  
Calcium: 282mg  
Iron: 2mg

### Instructions

- In a high-speed blender, add all the ingredients: Spinach, Milk, Banana, and Pineapple, Ice (optional).
- Modify ingredients as necessary.
- Serve and enjoy!

#### Customizable Options:

This recipe is versatile! Swap ingredients like spinach for kale, bananas for mango, or choose your favorite berries, protein powder, seeds, etc. Adjust the spices to taste and customize it to your family's preferences!

# National Autism Awareness Month: Healthy Sensory Foods

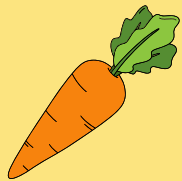


April is National Autism Awareness Month, a time to learn more about autism and how we can support. Sensory stimulation, which helps how we feel and experience the world, can come from many things, including healthy foods. Here are some examples of foods that are just as healthy as they are stimulatory:

## Foods with Crunchy Textures



Apples provide vitamins A, B, and C, fiber, antioxidants, and minerals for good nutrition.



Carrots are packed with vitamins A, C, K, fiber, and antioxidants for a healthy diet.

## Foods with Squishy or Creamy Textures



Mangoes boost immunity, digestion, and heart, skin, and bone health, while providing energy and antioxidants.



Avocados support heart health, digestion, skin, and reduce inflammation.

## Foods with Runny Textures

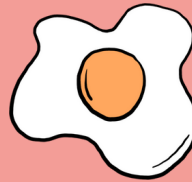


Yogurt aids digestion, boosts immunity, strengthens bones, and provides protein.



Fruit smoothies offer hydration, vitamins, and antioxidants for energy and wellness.

## Foods with Soft Textures



Scrambled eggs offer protein, vitamins, and minerals for muscle health, energy, and overall nutrition.



Beans provide protein, fiber, antioxidants, and minerals, supporting digestion, heart health, and energy.





# EASTER EGG MAZE

## Fun Game for Kids!

**Get ready for an exciting adventure with the Easter Bunny!**

Help the Bunny find his way to the Easter eggs by following a healthy path made of yummy carrots! Are YOU READY to make smart food choices, guide the Easter Bunny to the healthy path, and make sure you avoid the sneaky path with the NOT-SO-GREAT food choices.

Each carrot will not only give you clues to guide you but will also give the Easter Bunny extra energy to...

 **HOP INTO HEALTH!**



**REMEMBER, JUST LIKE YOU'VE HELPED THE EASTER BUNNY  
MAKE HEALTHY CHOICES, KEEP CHOOSING THOSE WONDERFUL  
HEALTHY FOODS EVERY DAY.  
HAPPY EASTER!**

*This issue was created by the UTRGV STEPS staff for the STEPS/SNAP-Ed project.*

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