



# Healthy Living Resource Guide



# Welcome











Welcome to Midtown Move! A program created by the pediatricians of Children’s Hospital of Michigan! We are here to help your family achieve your lifestyle goals. This resource guide includes information on weight management, healthy eating, physical activity, good sleep habits, mental health tips, and more!

We follow the American Academy of Pediatrics guidelines and our staff is here to support you on this journey.

Let the adventure begin!



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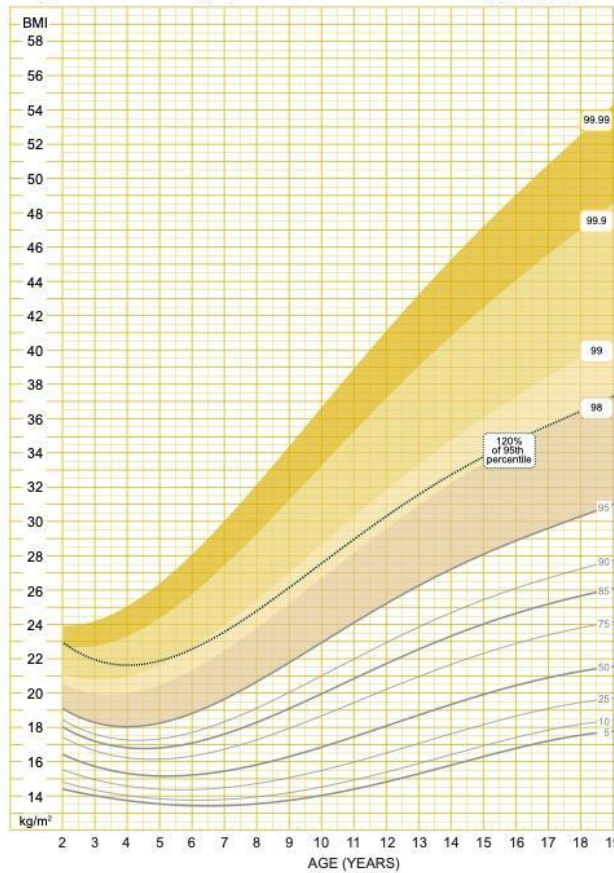
# Growth and Development

## Girls: Ages 2–20 years

Body mass index-for-age percentiles

NAME \_\_\_\_\_

RECORD # \_\_\_\_\_



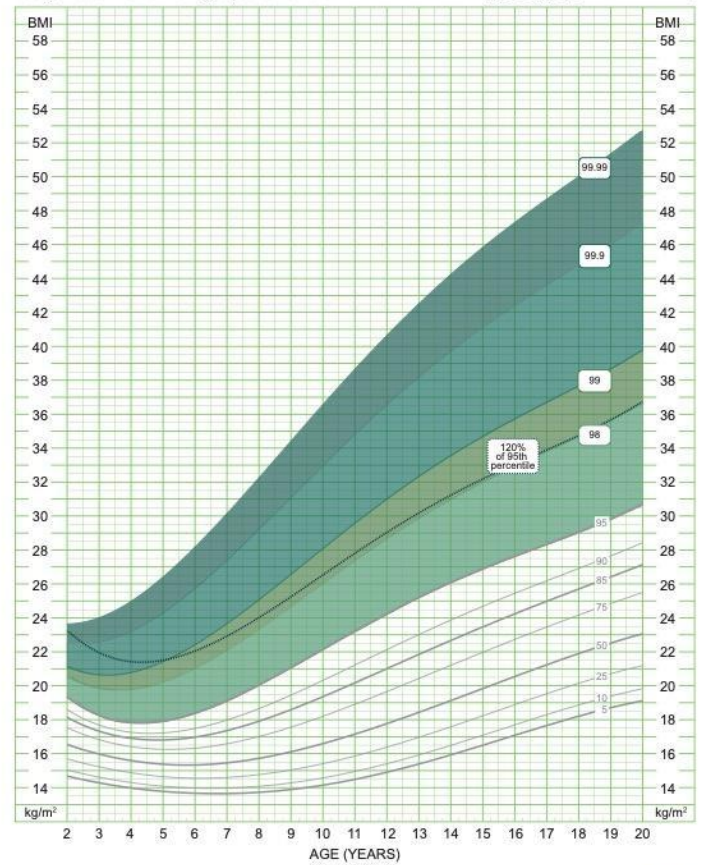
December 15, 2022  
 Data source: National Health Examination Survey and National Health and Nutrition Examination Survey.  
 Developed by: National Center for Health Statistics in collaboration with National Center for Chronic Disease Prevention and Health Promotion, 2022.  
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## Boys: Ages 2–20 years

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 Data source: National Health Examination Survey and National Health and Nutrition Examination Survey.  
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We care a lot about your child's growth! Weight is one way we measure your child's growth. That is why at every visit we plot it!






Our goal is for children to be within the 5-85<sup>th</sup> percentile. We worry when kids carry too much weight or do not weigh enough.

You can write down your child's information below:

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI Percentile: \_\_\_\_\_



## What Does This Mean?

-  Depending on age and gender each child's growth is tracked during each appointment.
-  Up until 2 years old a child is measured for weight, length, and weight for length. After 2 years old we measure weight, height, and BMI.
-  BMI compares your child to other children who are the same age and gender.
-  BMI helps us to predict the risk for your child being overweight or obese.
-  Just because your child was big at birth does not mean that they will be big as they get older.

Weight Status Category	Percentile Range
Underweight	Less than the 5 <sup>th</sup> percentile
Normal or Healthy Weight	5 <sup>th</sup> percentile to less than the 85 <sup>th</sup> percentile
Overweight	85 <sup>th</sup> to less than the 95 <sup>th</sup> percentile
Obese	Equal to or greater than the 95 <sup>th</sup> percentile

# Healthy Eating Handbook



Here you will find information on healthy eating and easy, affordable recipes to help get you started on this journey to a healthier life!

The information and suggestions in this handbook is adapted from a guidebook created by Dr. Shipra Bansal, Assistant Clinical Professor and Director of Osteopathic and Lifestyle Medicine at A.T. Still University - School of Osteopathic Medicine and Dr. Ashwin Kumar Shankar, Pediatric and Adult Allergy & Immunology Fellow at Case Western Reserve University/University Hospitals - Cleveland Medical Center. Recipes and information has also been provided and reviewed by Nur Ayoubi, Registered Dietician at Henry Ford Health in Detroit, MI. We thank Dr. Bansal, Dr. Shankar, and Ms. Ayoubi for their help in the creation of this handbook.

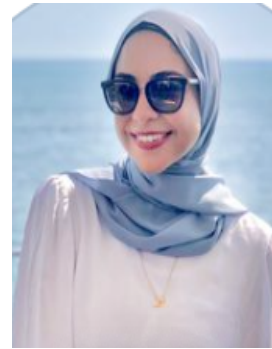
We hope you find the information in here useful and enjoy the recipes as much as we do!



Dr. Ashwin Shankar



Dr. Shipra Bansal



Nur Ayoubi, RD

# What Should I Be Eating?

A healthy diet should consist of mostly whole foods. This means foods that are nutrient dense.

## The Truth About Healthy Eating

Myth: To be healthy I have to eat organic foods and that is expensive.

Fact: The word organic is used in many ways but usually means food that has not been treated with pesticides. While organic foods may have some health benefits for people, the environment and farm workers, they are not necessary for good health. You will be able to reduce most of your chronic diseases and eat healthfully on conventionally grown plant foods.

Myth: "White" foods are not healthy.

Fact: Sometimes we use the word "white" to really mean processed. This is not always accurate. Processed white foods (like baked goods and pastas from refined white flour) are to be avoided or eaten in moderation, but whole white foods (bananas, beans, potatoes, etc.) are great for you!

Myth: I have to use supplements or special foods to stay healthy.

Fact: If you're eating a variety of only whole foods, the body's nutritional need will be met and balanced— by eating more of certain "superfoods", we can actually throw off that balance.

Myth: Healthy food must be low in sugar and low in fat.

Fact: Carbohydrates, sugar, and fat are all an important part of a healthy diet and needed to provide energy to our bodies. Too much processed carbs and fats can make it harder for our body to digest and process the energy we need. By choosing whole foods and limiting the amount of processed carbs, sugar, and fat we can provide our body with the energy it needs.

## How Can We As a Family Eat Better?

### Guidelines for Healthy Eating Patterns:

- Follow a healthy eating pattern across your whole life. This includes eating appropriate portion sizes, limiting fast food and take-out meals, skipping meals, and using food as a reward.
- Choose nutrient dense foods. These include: fruits, vegetables, grains, fat free or low fat dairy, dairy alternatives such as almond milk, oat milk, and soy milk, protein rich foods including beans and nuts, healthy oils that are low in saturated and trans fats
- Limit calories from extra sugars
- Reduce salt intake
- Eat well as the whole family both at home and away from home such as at school, work, even on vacation!
- Make it a family affair! Children and parents should talk about what foods they want to eat and make healthy choices together!

The Family Nutrition Plan & Assessment tool is a questionnaire that was developed by researchers with the Physical Activity and Health Promotion Lab at Iowa State University in collaboration with the Academy of Nutrition and Dietetics. It looks at 10 areas that contribute to healthy eating and lifestyle choices. The higher the score the “healthier” the choice. You can take the questionnaire to help assess where your family lands in each category and learn more about what steps you can take to target the areas your family may need improvement on.

You can also visit [www.fnapp.org](http://www.fnapp.org) and [www.eatright.org](http://www.eatright.org) for more information!



### ***The Family Nutrition & Physical Activity Screening Tool!***

**Instructions:** For each question, select the answer category that best fits your child or your family. It is important to indicate the most common or typical pattern for your family, and not what you would like to happen.

Family Meals	Never/ Almost Never	Sometimes	Often	Very Often/ Always
1. How often does your child eat breakfast, either at home or at school?	1	2	3	4
2. How often does your child eat at least one meal a day with at least one other family member?	1	2	3	4
Family Eating Practices	Never/ Almost Never	Sometimes	Often	Very Often/ Always
3. How often does your child eat while watching TV? [Includes meals or snacks]	1	2	3	4
4. How often does your family eat "fast food?"	1	2	3	4
Food Choices	Never/ Almost Never	Sometimes	Often	Very Often/ Always
5. How often does your family use packaged "ready-to-eat" foods? [Includes purchased frozen or on-the-shelf entrees, often designed to be microwaved]	1	2	3	4
6. How often does your child eat fruits and vegetables at meals or snacks? [Not including juice]	1	2	3	4
Beverage Choices	Never/ Almost Never	Sometimes	Often	Very Often/ Always
7. How often does your child drink soda pop or sweetened beverages? [Includes regular or diet soda pop, Kool-Aid, Sunny-D, Capri Sun, fruit or vegetable juice, caffeinated energy drinks (Monster/Red Bull), Powerade/Gatorade, etc.]	1	2	3	4
8. How often does your child drink low-fat milk for meals or snacks? [Includes 1% or skim dairy, flavored, soy, almond, etc.]	1	2	3	4
Restriction/Reward	Never/ Almost Never	Sometimes	Often	Very Often/ Always
9. How often does your family monitor the amount of candy, chips, and cookies your child eats?	1	2	3	4
10. How often does your family use candy, ice cream or other foods as a reward for good behavior?	1	2	3	4

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 The FNPA was developed in collaboration with the American Dietetics Association with support from the USDA CSREES.  
 For Information contact: Department of Kinesiology, 235 Forker Building, Ames IA, 50011. 515-294-8009.

Screen Time	Never/ Almost Never	Sometimes	Often	Very Often/ Always
11. How often does your child have less than 2 hours of “screen time” in a day? [Includes TV, computer, game system, or any mobile device with visual screens]	1	2	3	4
12. How often does your family monitor the amount of “screen time” your child has?	1	2	3	4
Healthy Environment	Never/ Almost Never	Sometimes	Often	Very Often/ Always
13. How often does your child engage in screen time in his/her bedroom?	1	2	3	4
14. How often does your family provide opportunities for physical activity?	1	2	3	4
Family Activity	Never/ Almost Never	Sometimes	Often	Very Often/ Always
15. How often does your family encourage your child to be physically active?	1	2	3	4
16. How often does your child do physical activities with at least one other family member?	1	2	3	4
Child Activity	Never/ Almost Never	Sometimes	Often	Very Often/ Always
17. How often does your child do something physically active when he/she has free time?	1	2	3	4
18. How often does your child participate in organized sports or physical activities with a coach or leader?	1	2	3	4
Family Schedule/Sleep Routine	Never/ Almost Never	Sometimes	Often	Very Often/ Always
19. How often does your child follow a regular routine for your child’s bedtime?	1	2	3	4
20. How often does your child get enough sleep at night?	1	2	3	4

**Scoring the FNPA:** The total score is used as the summary score on the FNPA. Each item should be scored on a 1 – 4 point scale with a 4 representing the more favorable practice or policy. Note: Items 3,4,5,7, 10, and 13 are reverse coded so values need to be flipped prior to calculations. Cut points or threshold have not been established for determining healthy or unhealthy home environments so researchers and practitioners should use their own discretion when interpreting scores on the FNPA. Contact Dr. Greg Welk for additional information ([gwelk@iastate.edu](mailto:gwelk@iastate.edu)). The tool is managed through a participatory network of researchers who collaborate on research and applications and this network is open to all (see [www.myfnpa.org](http://www.myfnpa.org)).

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## Recommended Practices:

Do not worry if your family scored low in any of the areas above. We have provided quick and easy recommendations to help you and your family begin to make better choices and lead a healthier lifestyle!

### Family Meals:

- Always try to eat together as a family! It helps to establish positive family interactions around eating.

### Family Eating Practices:

- Try to eat as many home-cooked meals as you can. Eating out frequently, including fast food and take out, has been associated with increased risk of developing obesity.
- No screens while eating! This includes cell phones, laptops, tablets, and TV. Eating while watching something can promote mindless eating and lead to eating too much or too little!

### Food Choices:

- Eat more fresh fruits and vegetables
- Try to eat home cooked meals
- Prepackaged foods tend to contain more fat and salt than freshly prepared meals, which can increase your child's risk of becoming overweight or obese.

### Beverage Choices:

- Water is key!
- Limit sugar- sweetened drinks such as juice, teas, soft drinks, etc.

### Restriction/ Reward:

- Do not restrict unhealthy foods as this can make it more desirable for children as they'll think of it as forbidden. Instead, monitor how much they are eating and try to limit unhealthy foods and junk foods as much as possible.
- Do not use junk food as a reward as it will cause children to value these foods over other healthier options.

### Screen Time & Monitoring:

- Excessive use of screens is associated with increased weight in children. Try to limit screen time to 2 hours.

### Healthy Environment:

- Create a healthy environment to allow for physical activity and provide opportunities to be active like family walks around the neighborhood or time at the park.

### Family Activity Behavior:

- Parents are important role models for children so it is important to remind them about the importance of being physically active. A great way to do this is by being active as a family!

### Child Activity Behavior:

- Remind your child to be active everyday or plan an activity into their day.

### Family Schedule/ Sleep Routine:

- Lack of sleep and irregular routines can increase a child's risk for obesity. We recommend scheduling a bedtime and ensuring your child has a daily routine.



Remember the 5-2-1-0 Rule Everyday!

From Maine Health. Visit [www.letsgo.org](http://www.letsgo.org) for more information.

The infographic consists of four stacked rectangular boxes, each representing a part of the 5-2-1-0 rule. The top box is green and features a large white number '5' on the left and the text 'or more FRUITS & VEGETABLES' on the right. The second box is yellow and features the text 'hours or less of RECREATIONAL SCREEN TIME' on the left and a large white number '2' on the right. The third box is red and features a large white number '1' on the left and the text 'hour or more of PHYSICAL ACTIVITY' on the right. The bottom box is blue and features the text 'sugary drinks, MORE WATER' on the left and a large white number '0' on the right.

**5-2-1-0 EVERY DAY!**



## Let's Talk About Nutrition!

Healthy eating starts at the grocery store!

When looking for foods at the grocery store try to focus on whole foods! These include foods which have anti-inflammatory effects such as nuts, spinach, pineapple, garlic, olive oil, and orange fruits and vegetables. Try to avoid artificial sweeteners and highly processed foods.

If you are looking for a healthy sweetener to substitute for use in baking try date sugar! It is the healthiest sweetener on the planet and full of fiber! Be careful using it in tea or coffee as it can be thick! Black strap molasses and honey are also good sweeteners with some nutritional content.

Applesauce is also great for baking! It can add moisture and sweetness without adding a strong flavor.



It is important to understand how to read food labels so that you can make smart choices for you and your child.

- 1 Check the serving size**  
This is not always the whole package.
- 2 Check the calories**  
Too many calories can lead to weight gain. There is strong evidence that having overweight or obesity is a cause of many cancers.
- 3 Limit these**  
Watch out for food with more than 20% DV for sodium and added sugars. The higher these numbers, the more processed the food.  
  
Highly processed foods also often contain added fats (e.g., chips, cookies, doughnuts or biscuits). Eat these only occasionally and in small amounts. However, plant foods such as nuts and avocados are naturally high in healthy fats, are minimally processed if at all and are part of a healthy diet.
- 4 Get enough of these**  
Look for food that has at least 3g of fiber. Eat plant-based proteins such as soy beans, peas and lentils. Get your vitamins from food instead of supplements.
- 5 You can use Percent Daily Values or %DV's to help evaluate a particular food item.**  
Daily Values are recommended nutrient goals or limits for a person eating 2,000 calories per day. You may need more or less than 2,000 calories per day. Choose foods with 5% or less saturated fat, sodium and added sugars. Choose foods with 20% or more vitamins, minerals and fiber.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Make The Label Work For You

Use the label to support your personal dietary needs—choose foods that contain more of the nutrients you want to get more of and less of nutrients you may want to limit.

More often, choose foods that are:

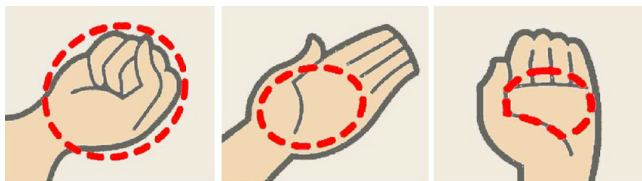
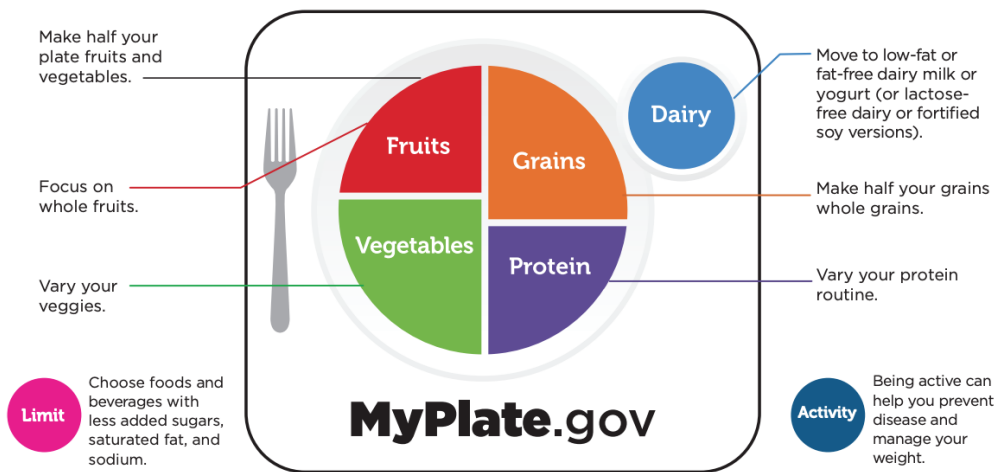
- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

Portion sizes are very important! Remember to consider portion sizes and make them age appropriate. We recommend trying to use the MyPlate model to help you arrange your meals.

# Start simple with MyPlate

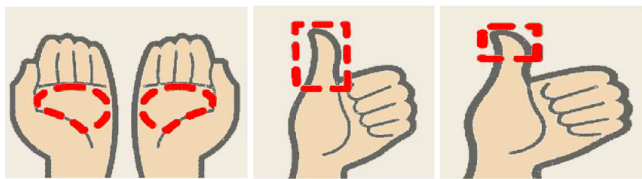
Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



**Clenched fist = 1 cup**  
Useful for estimating: cooked *pap*, rice, *samp*, pasta, potato, fruit

**Size of palm:**  
Useful for estimating: Meat, fish, chicken

**One handful:**  
Useful for estimating: Nuts, raisins



**2 Handfuls:**  
Useful for estimating: Vegetables

**Thumb:**  
Useful for estimating: Peanut butter, hard cheese

**Tip of thumb = 1 teaspoon**  
Useful for estimating: All oils, mayonnaise, margarine

Fruits	Vegetables	Grains	Protein	Dairy
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
<b>Daily Food Group Targets — Based on a 2,000 Calorie Plan</b> Visit <a href="http://MyPlate.gov/MyPlatePlan">MyPlate.gov/MyPlatePlan</a> for a personalized plan.				
<p><b>2 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p><b>2½ cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p><b>6 ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p><b>5½ ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p><b>3 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>

**Limit** Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

**Activity** Don't forget physical activity! Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day    Adults ≥ 150 min/week

## Healthy Snacks:

1. Nuts such as almonds or peanuts with raisins (limit to 1 oz/day).
2. Popcorn: unsalted and unbuttered. Can sprinkle some seasoning on for flavor.
3. Spicy roasted chickpeas: once roasted, chickpeas take on the flavor and texture of nuts. You can add spice to make them taste even better.
4. Guacamole toast: smash avocado and put on toast. Sprinkle salt, pepper, and other seasoning for added flavor.
5. Steamed Edamame beans.
6. Dried or Fresh Fruit
7. Pumpkin/ sunflower seeds
8. Hummus with carrots or other vegetables
9. Apples or Celery with unsweetened peanut butter
10. Baba Ganoush- a mediterranean spread made from ground eggplant, sesame seeds, lemon, and garlic.



## Resources for Fresh Fruits & Vegetables

There are many Community Markets located throughout the city of Detroit providing low cost fresh fruits and vegetables. There are also many programs that will allow you to stretch your dollar further. Additionally, EBT and SNAP benefits are accepted at these markets.

More information is in the pages that follow.

You can also visit [www.detroitmarkets.org](http://www.detroitmarkets.org) or [www.easternmarket.org](http://www.easternmarket.org)



# 2023 DETROIT COMMUNITY MARKETS

**BUY LOCALLY-GROWN FOOD & DETROIT-MADE PRODUCTS HERE!**

**BERG-LAHSER GARDEN MARKET**  
Wednesdays • 12p - 5p

**BRIGHTMOOR ARTISANS FARMERS MARKET**  
Fridays • 3p - 7p

**STATE FAIR INITIATIVE FARMERS MARKET**  
Saturdays • 9a - 2p

**PALMER PARK FARMERS MARKET**  
Wednesdays • 4:30p - 7:30p

**SYLHET FARMERS MARKET**  
Saturdays • 10:30a - 1p

**HOPE VILLAGE FARMERS MARKET**  
Wednesdays • 3:30p - 7p

**NW DETROIT FARMERS MKT**  
Thursdays • 4p - 8p

**GREEN BOOTS VETERAN COMMUNITY MARKETPLACE**  
Tuesdays • 2p - 6p

**D-TOWN FARMERS MARKET**  
Sat. & Sun. 9a - 12p

**SOWING SEED GROWING FUTURES**  
Tuesdays • 3p - 6p

**THE CONGREGATION FARMERS MARKET**  
Sundays • 11a - 2p

**PEACHES & GREENS STORE**  
Tuesday - Friday • 12a - 6p  
Saturday 9a - 1p

**CWO FARMS**  
Fridays • 3p - 7p

**JEFFERSON CHALMERS FARMERS MARKET**  
2nd & 4th Sun. • 2p - 6p

**LOVE N LABOR FARM**  
Fridays + Saturdays • 10a - 2p

**EAST WARREN FARMERS MARKET**  
Thursdays • 5p - 8p

**EASTSIDE COMMUNITY NETWORK**  
Saturdays • 11a - 2p

**GSCC FARMERS STAND**  
Thursdays • 12p - 3p

**OAKLAND AVE FARMERS MKT**  
Saturdays • 11a - 3:30p

**KEEP GROWING DETROIT**  
Friday 9a until Tuesdays 12p

**JEFFERSON CHALMERS FARMERS MARKET**  
2nd & 4th Sun. • 2p - 6p

**LOVE N LABOR FARM**  
Fridays + Saturdays • 10a - 2p

**CAPUCHIN SOUP KITCHEN**  
Mon - Fri • 7a - 1p

**EASTERN MARKET**  
Tuesdays • 9a - 3p  
Saturdays • 6a - 4p

**BROTHER NATURE FARM STAND**  
Fridays • 11a - 3p

**CHASS MERCADO**  
Thursdays • 9a - 1p

**DOUBLE UP FOOD BUCKS**

*Bridge Cards accepted!*

0238 2854 2358 5987  
EASTERN MARKET SHOPPER

## WHO WE ARE

Detroit Community Markets is a network of neighborhood locations where you can buy fresh, affordable, locally grown and produced food. This includes farmers markets, farm stands, gardens, and food box programs! Most of our locations accept Bridge Cards & Double Up Food Bucks.

**DETROITMARKETS.ORG**

@detroitmarkets



Please check each market's website & social media channels for updates about hours, curbside pick-up, food boxes, & more!



## Eastern Market

Address: 2934 Russell Street, Detroit, MI 48207

- Saturday Market: 6am-4pm, Weekly, Year-Round
- Summer Markets: Open June- September
- Sunday Market: 10am-4pm, Weekly (Street Market)
- Tuesday Market: 9am-3pm, Weekly (Health & Wellness)
- Wholesale Market (open to the public, bulk purchases only)-  
Midnight- 6am, Monday- Friday, April- November.

## Michigan Urban Farming Initiative

Address: 7432 Brush St., Detroit, MI 48202

The produce from our production farm (which produced over 50,000 lbs of produce since 2011 years) goes to 1 of 4 places (listed in order of priority):

1. Individual households using a pay-what-you-can model. Think of it as a suggested donation grocery store.
2. Local Markets
3. Local Restaurants & Vendors
4. Food Pantries

# Resources and Programs Supporting Fresh Fruits and Vegetables:

## Bridge Card

You can use your Bridge Card at a farmers market by going to the market information center and receiving coins to spend at the market

## Double Up Food Bucks

Fair Food Network runs the Double Up Food Bucks program that doubles the value of Bridge Card dollars spent at farmers markets up to \$20 dollars, once per day. When a Bridge Card participant asks for \$20 in to spend on eligible food products, they receive an additional \$20 in DUFEB coins to spend on Michigan-grown fruits and vegetables – for a total of \$40. DUFEB tokens are silver coins valued at \$2.00 each. DUFEB participants can only use these tokens to purchase Michigan-grown fruits and vegetables. DUFEB program starts in most markets on June 1st through October 31st.

## WIC Project Fresh

Women and children up to age five currently enrolled in the WIC (Women, Infants, & Children) program can receive coupons for Michigan-grown fruits and vegetables. The program is free for both participants and farmers. Program coupons accepted at farmers markets starting June 1st through October 31st. To apply for WIC Project Fresh, contact your local WIC office.

If fresh fruits and vegetables are not an option for you there are still many ways you can choose healthy options at food pantries or the grocery stores!

### Things to Look Out for Include:

#### Canned Fruits & Vegetables

- **Watch for salt!** Salt, also known as sodium, is usually added to canned foods to preserve them. Look for low-sodium, reduced-sodium or no-salt-added labeled foods. Compare the sodium content on the nutrition label and choose the product with the lowest amount. Drain and rinse canned veggies to reduce sodium even more.
- **Watch for added sugar:** Look for fruit that's canned in water, its own juice, or light syrup (drain and rinse).
- Delicious uses:
  - Add drained cans of corn, tomatoes and pinto beans or any other vegetable to low-sodium chicken broth for a super-fast and filling vegetable soup.
  - Use a blender, food processor or a fork to smash drained and rinsed garbanzo beans, northern beans, or any beans into a bean dip for baby carrots; add a little lemon juice and garlic powder for some zip.
  - Serve canned fruit as a dessert topped with low-fat, no sugar-added yogurt; or top whole grain cereal with canned fruit.

#### Frozen Fruits & Vegetables

These are picked at the peak of ripeness and then flash frozen to preserve optimal nutrition. They last for several months in the freezer and can be a very economical choice.

- **Watch for Sodium:** Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Sauces and seasonings can contain excess salt and add calories.
- **Watch for added sugar:** Choose 100% frozen fruits without added sugars.
- Delicious uses:
  - When you boil pasta, throw in some frozen veggies at the end of the cooking time for added nutrients and variety.
  - Whip up a smoothie of frozen fruit, nonfat or low-fat milk and yogurt.
  - Mix frozen berries into baked goods and oatmeal.



# Free and Low Cost Exercise Programs

## The YMCA

The YMCA has 7 locations throughout Metro Detroit and often has opportunities for discounted rates and sometimes free trials! The YMCA is great for families for many reasons including that it offers many different machines, individual instructors/trainers, and group fitness classes. There is also free childcare at the YMCA so the whole family can go together! Visit <https://ymcadetroit.org/> for more information.

## The Boys and Girls Club

The Boys and Girls Club has several locations throughout the city and offers families with affordable opportunities to grow and learn. In addition to fitness and nutrition classes the children also have the opportunity for mentorship to help them succeed in all areas of their life. Visit: [www.https://bgcsm.org/](https://bgcsm.org/) for more information.

## Butzel Family Center

Address: 7737 Kercheval, Detroit, MI 48214  
Phone: (313) 628-2100, TTY: 711 or 800-649-3777  
Hours: Monday - Friday, 9 a.m. – 7 p.m.; Saturday & Sunday Closed

The Butzel Family Center is a multipurpose community center that houses a number of agencies that provide an array of services under one roof. It offers areas for gathering, individual exercise, and group exercises! Community pass is available and for certain ages membership is free!

## Family Zumba Classes

Saturdays, 10 AM to 11 AM at the CHASS Center  
5635 West Fort Street, Detroit MI 48209

Family Zumba classes feature kid-friendly routines based on original Zumba choreography. Children will get the chance to be active and jam out to their favorite music!

Free. No registration required

This class gives you and your family a chance to be active together, develop a healthy lifestyle and incorporate fitness as a natural part of your children's lives by making exercise fun.

No experience necessary

Ages 5 and up

Bring your own water bottle

Wear comfortable clothing

Arrive 10 minutes before class

Parent or guardian must remain present throughout the class

For more information call: 313.849.3920 Ext. 5075.

## Downtown Boxing Gym

Great opportunity for preteens and teenagers! They are provided with an opportunity to exercise and mentorship for a low cost. For more information visit: <https://dbgdetroit.org/>

## Sport Leagues

All information provided by: [www.littleguidedetroit.com](http://www.littleguidedetroit.com)

*When to get started?* Kids classes start as early as 4 months old for swim lessons (and it's a great idea for safety reasons – [Aqua Tots has a great](#)

program) but kids usually can't fully engage in a structured class until they are 3 or 4 years old. That doesn't mean you need to wait to sign up!

*Where to sign up?* Here's a list of a few of the most popular organizations AND additional guides for specific youth sports below.

Detroit PAL offers 11 different sports for a variety of age and skill levels. PALs programs help athletes learn the skills needed to succeed both on and off the playing field.

- Baseball (ages 9-18)
- Basketball (age 4-17)
- Cheer (age 5-14)
- Football (ages 5-14)
- Golf (ages 5-17)
- Soccer (ages 4-18)
- Softball (ages 9-19)
- T-Ball (ages 4-8)
- Track & Field (ages 7-18)
- Volleyball (ages 10-14)

i9 Sports offers a variety of youth sports at locations across metro Detroit. The i9 Sports curriculum is designed to grow with your child teaching skills and game play. For our Pee Wees, we focus on introducing your child to the sport while providing instruction through activities and drills that keep kids learning and having fun.

- Baseball (ages 3-8)
- Basketball (age 4-14)
- Flag Football (ages 4-14)
- Lacrosse (ages 5-14)
- Soccer (ages 3-9)
- Volleyball (ages 7-14)

Total Sports Complex offers a wide variety of field sports including soccer, baseball, softball, lacrosse and football at multiple locations across metro Detroit.

- Baseball
- Lacrosse
- Soccer
- Softball



## Screen Time

It has been well studied that excessive screen time is harmful to both children and adults. In addition to interfering with development of language and social skills, too much screen time means less time to play and be active! When paired with a poor diet that can lead to increased weight and long term issues like diabetes and high cholesterol.

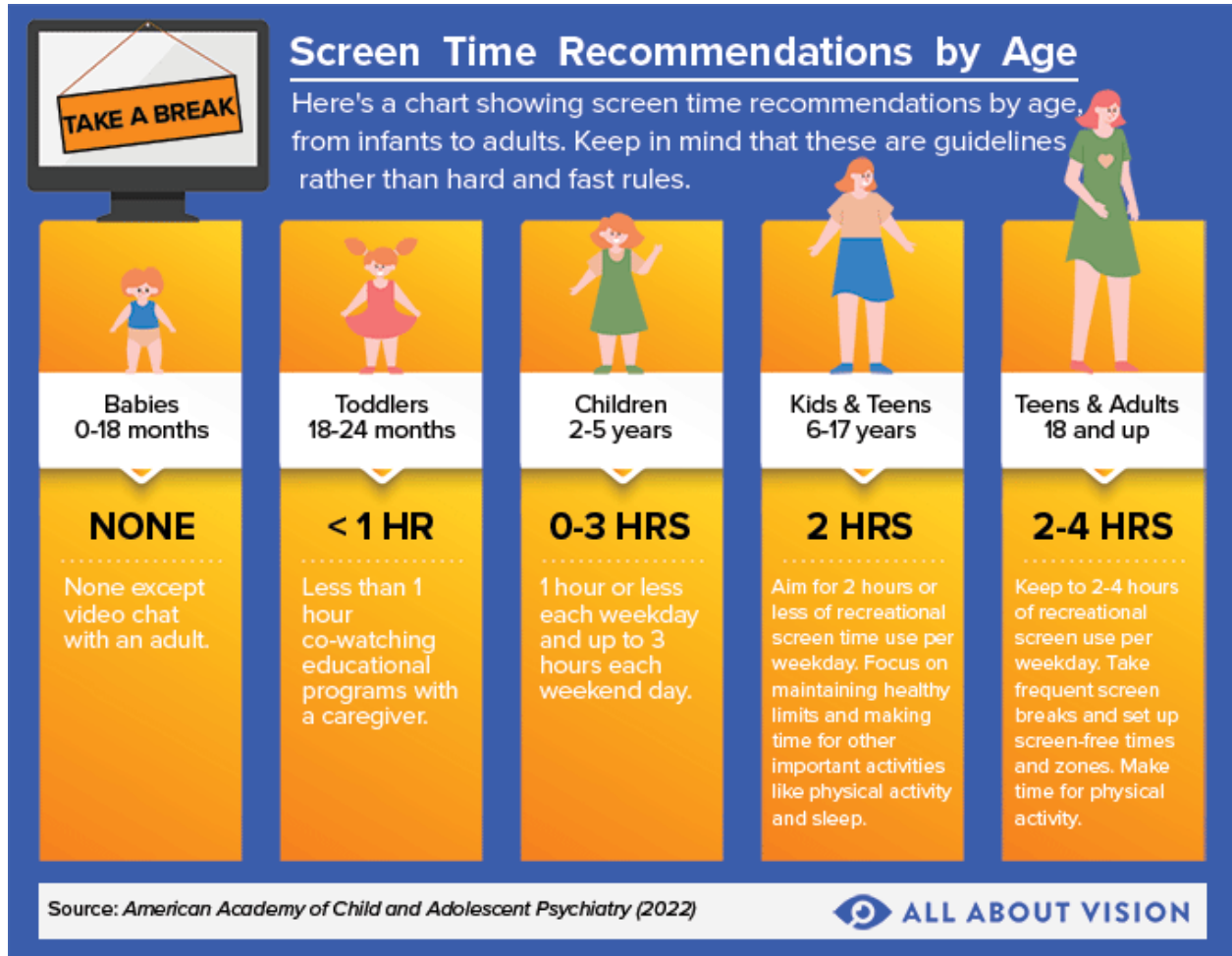
### What Are the Benefits of Limiting Kids' Screen Time?

Limiting screen time improves sleep habits, helps children focus more, boosts academic success, lowers childhood obesity, improves vision, and lowers depression.

- 1) Screen Time is Harmful to Sleep: Blue light is emitted by screens and disrupts our circadian rhythm, which makes it harder to fall asleep and have a restful sleep.
- 2) Screen Time Impacts a Child's Ability to Focus: When children are online, they are constantly interrupted by ads and notifications, and they spend hours watching short videos that don't require concentration. This impairs children's ability to focus on other tasks.
- 3) Screen Time Can Affect Mental Health: There is a link between daily screen time exposure and depression. Watching too much TV can negatively affect the mental health of children and adolescents. However, there is no effect on children's well-being if parents limit their screen time.

# How Much Screen Time Should My Child Have?

The American Academy of Pediatrics recommends that children younger than 2 avoid digital media other than video chatting. They also suggest that children ages 2 to 5 should keep their television viewing (of high-quality children's programs) to a maximum of one hour a day.





## How Should I Limit Screen Time?

Set **Screen Time Rules** and create **SCREEN FREE ZONES!** In order for your child to be allowed screen time, which includes TV, tablet, computer, laptop, video game, or cell phone, they must earn it! Also, it is helpful to set parental controls and limits on their devices. We've included a sample chart that you can use to help you create your own screen time rules!

You can also use the Family Media Plan, which was developed by the AAP. It is Designed to help families make wise media choices, the AAP recommends that parents and caregivers develop a plan that takes into account the health, education and entertainment needs of each individual child as well as the whole family; and then follow the family media plan together, revising it when necessary. [Google AAP Family Media Plan](#) for free access to the tool and begin using it today!

### [Screen Free Zones!!!](#)

Set screen free zones throughout your house where children cannot be on their phone, tablet, or watching TV. Areas that should be included in these zones are: the dinner table, the kitchen, the bathroom, anytime they are outside playing, exercising, or sitting, at the community pool, their bedrooms after a certain time in the evening. You can modify these zones and add more to fit whatever works best for you and your child. By creating screen free zones we are making it easy to limit screen time because they won't have the ability to be on a screen anyway! It is a great tool and a very easy way to reduce your child's screen time.

# SCREEN TIME RULES

*no screen time before*

DAILY

M T W T F S S

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EARN BONUS TIME: each check is worth \_\_\_\_\_ minutes

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## Mental Health & Wellness

Mental health is just as important as physical health! Stressful situations can lead to anxiety, depression, poor sleep, and this can all lead to overeating and low energy. Meditation, mindfulness, journaling, and counseling are all tools that can be used to help maintain our mental health. Your insurance company can help connect you with a therapist or counseling services. There are also many free meditation and mindfulness channels on YouTube where you can participate as a family! It is important to address mental wellness as a family!



# Family Approach to Wellbeing



## Mind Your Stress

Parents, go easy on yourselves as you adapt to balancing new priorities and demands. Take time for your own daily #selfcare.



**Maintain a regular routine.** Include family meals, playtime (aka recess), and worktime - that may include creative pursuits like art, reading, or music.

**Create space for mindfulness.** Designate family time to meditate or practice yoga.

**Limit screen time.** Always recommended for children's development and health, but is particularly crucial now when emotionally disturbing stories and images are broadcasted in increased frequency.

**Note about stress in children:**

Be mindful that new physical symptoms (e.g. stomachaches or headaches), changes in sleep patterns, cognitive disturbances (e.g. inattention), or acting out of emotions (e.g. agitation) can all be signs of stress in children. Children can also regress in milestones, such as bedwetting after a period of being potty trained. Consider a call to a medical professional for any concerning behavior or new complaint.



## Quality Sleep

**Prioritize calming activities before bedtime.** These include reading, guided imagery, mindfulness, or simple boardgames.



Depending on the age, **children may need up to 10-14 hours of sleep a day** including naps. Increased stress can elicit feelings of fatigue so allow children to rest when tired.

Adults should aim to get their needed **eight (8) hours of sleep every night**; a brief afternoon nap may be just the thing to refresh and recharge for the evening!



## Connectivity

**Hold honest discussions to share emotions.** Answer questions for children. This can help children process the reality and feel safe to express how they feel. It helps build their emotional intelligence for the long-term.



**Engage in age-appropriate coping strategies.** Young children may use play or drawing to express emotions, whereas older children may wish to verbalize or write/journal about their reflections.



**Use video chat platforms.** Allow children to connect with other family members, especially if they are hospitalized or ill loved ones.



**Strongly prioritize debriefing.** When a child is ready (perhaps hours later), any emotional events like talking to ill loved ones, others who have died, or disturbing images on the news.



## Healthy Eating

**Involve children in meal preparation.** Children creatively involved are more likely to then enjoy their product. It's also a great way to spend time together!



**Allow creative play with food.** Create a face on a plate with a variety of raw vegetables or fruits. Consider cooking competitions - split the family into two teams and see who can come up with the best dish using healthy ingredients. Give extra points for creative food displays!



**Avoid highly processed foods. Reduce or eliminate** fast food or refined sugar products.



## Activity

**Engage in exercise together.** Family games and activities can be used to encourage children to express their emotions through play. Create a family dance party or ask a child to lead a yoga or stretching class.



**Go outdoors.** Socially distanced walks, a dose of fresh air, and sunshine are good for immunity while maintaining a 6 foot distance from others and avoiding public surfaces including playground equipment



When in need, contact a family physician or pediatrician for guidance and support as many are providing telehealth services.



**Reliable family resources:**

The American Academy of Pediatrics  
Healthychildren.org  
The National Child Traumatic Stress Network  
Robert Wood Johnson Foundation Sesame Street in Communities

**Get the facts from governmental resources:**

The Centers for Disease Control and Prevention  
The Substance Abuse and Mental Health Services Administration

## 6 Tips to Manage Depression: For Teens

Many teens with significant depression reach out for help. You are not alone. Make sure you ask for support when you need it! There are also many things you can do to help manage depression.

### CONNECT

- Make a list of people you can talk to and spend time with.
- Make plans to do things that are enjoyable with your loved ones.
- Let your loved ones help you when you need it. They care about you!
- Don't isolate yourself.
- Limit screen time. Too much social media can worsen your mood.

### KEEP MOVING

- Think about activities you enjoy and can maintain (eg. walking, running, team sports, biking).
- Get moving! Start small if you need to - even 10 minutes per day can make a big difference! Work toward exercising 60 minutes each day. Do things you enjoy and can maintain.
- Do moderate (eg. brisk walking) to vigorous activity (eg. jogging, biking) three days a week.
- Exercise or play sports with other people.

### SLEEP WELL

- Aim for 8-10 hours of sleep every night.
- Take a nap in the day if you need, but make it less than 30 minutes.
- Create a good night time routine (like listening to music, showering, journaling).
- Make your room dark, quiet and cool.
- Be active during the day.
- Avoid caffeine, especially after noon.
- Turn off devices 60-90 minutes before bed because screens emit a stimulating blue light that will disrupt your sleep pattern.

### BE PRESENT

- Avoid using substances like cigarettes, vape, alcohol and marijuana.
- Don't "self-medicate" with substances. They can make your mood worse.

Sometimes life feels too hard and you might feel like not doing anything. Depression can make you unmotivated. Be kind to yourself! Talk to your support persons or mental health professional for help.



### EAT PLANTS

- Don't skip meals!
- Choose more fruits and vegetables, whole grains, legumes.
- Choose less dairy and meats.
- Avoid added sugars, processed foods, soft drinks and fats.
- Drink plenty of water during the day.

### KEEP CALM

- Practice your favorite stress management skills regularly.
- Learn new coping skills (like music, drawing, walking, prayer).
- Learn mindfulness.
- Learn relaxation techniques (like breathing, muscle relaxation).
- Be outside in natural light.

## Better Sleep Resources

If children do not get the required amount of high-quality sleep, they may experience poor brain development, learning difficulties, and negative emotions. Good sleep is essential to a healthy lifestyle!

Toddlers need 11-14 hrs of sleep, preschoolers need 10-13 hrs of sleep, children between the ages of 6 and 12 need 9-12 hrs of sleep, and teenagers need 8-12 hrs of sleep.

### Some Tips for Improving Sleep:

- 1) Get regular sleep: One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) Avoid caffeine & sugary foods/drinks: It is best to avoid consuming any caffeine or sugary foods/drinks for at least 4-6 hours before going to bed.
- 3) Bed is for sleeping. Try not to use your bed for anything other than sleeping, so that your body comes to associate bed with sleep.
- 4) Sleep rituals: You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night.
- 5) Bathtime: Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again.
- 6) Exercise. Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 7) Eat right. A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk!



## Sleep for Teens

### Why is sleep important?

- Improves attention and concentration
- Improves mood
- Helps to manage weight

### How much sleep do I need?

- 8-10 hours per 24 hours for ages 13-18
- Naps should be less than 30 minutes

### How do I get better sleep?

- Practice calming and mindfulness activities before bed (i.e. meditation or spiritual practice, shower, journaling).
- Exercise regularly in the daytime, ideally outdoors.
- Getting daytime exposure to sunlight helps with sleep at night.
- Keep the room quiet, dark, and cool, ideally 65-70 degrees.
- Keep screens including TV, phone, and other devices preferably outside of the bedroom at night.
- Turn off screens 60-90 minutes before bed.
- Avoid late night snacking and high salt foods close to bed.
- Avoid caffeine after noon.
- Stay hydrated throughout the day.
- Keep a consistent sleep schedule 7 days a week (i.e. 10 PM-7 AM daily would give you 9 hours of sleep).

### Why do I have to turn off my screen?

- Screens give off blue light.
- Blue light increases your body temperature. Your body needs to cool to fall asleep.
- Blue light increases a stress hormone in your body called cortisol. Cortisol needs to decrease to fall asleep.
- Blue light decreases the release of melatonin. Melatonin needs to increase to fall asleep.
- It's not just the color of the light but the strength of the light affects your ability to sleep. Blue light from a phone or tablet is stronger when it is closer to your face.
- The effect of blue light is worse when you don't get sun exposure in the daytime.

## Food and Housing Insecurity Assistance

United Way of Michigan: Dial 411

### Apply for Housing Using These Websites:

- Detroit Housing Commission: [www.dhcmi.org](http://www.dhcmi.org)
- Michigan Housing Locator:  
[www.michiganhousinglocator.com](http://www.michiganhousinglocator.com)
- City of Detroit/ Affordable Housing: [www.detroitmi.gov](http://www.detroitmi.gov)

### Food Pantry:

- Gleaners Food Bank
- Capuchin Soup Kitchen
- Salvation Army
- Mercado Food Hub
- St. Patrick's Food Pantry

### WIC:

Visit [www.michigan.gov](http://www.michigan.gov) and search WIC agencies then look for the Directory to find your local office

# Helpful Apps and YouTube Channels

## Nutrition

My Fitness Pal

Awesome Eats

Nicholas' Garden

Eat-and-Move O' Matic

Fooducate

Grow Garden

My Food: Nutrition for Kids

Wello: Healthy Habits for Kids

Cookbook Junior

The Human Body

Disney Healthy Living

Superkids Nutrition

## Fitness

Fitness Kids

NFL Play 60

Nike Training Club

Super Stretch Yoga

Exercise for Kids at Home

Yoga For Kids and Family Fitness

Just Dance Now

Kids Yoga Club

Morning Exercises for Kids

SpiderFitKids PE in your Living Room (YouTube Channel)

Family Fitness with Wes (YouTube Channel)

PE with Joe (YouTube Channel)

## Mindfulness

Headspace (App & YouTube)

Calm (App & YouTube)

Mindful Powers

Smiling Mind

Breathe, Think, Do with Sesame

Day One Journaling App

Three Good Things Happiness Journal

## Midtown Move Contact Information

**Website:** [www.midtownmove.org](http://www.midtownmove.org)

**Email:** [gpamcare@dmc.org](mailto:gpamcare@dmc.org)

**Address:** 3950 Beaubien Blvd.  
Detroit, MI 48201  
First Floor, Pediatric Clinic

**Phone:** 313-832-8274

This Resource Guide was created by Serina Beydoun, MD.