Hello Head Start Families!!!! Happy Monday we hope you are enjoying your time with your family. Also, staying safe and healthy. With that being said we believe living a healthy lifestyle is important. Therefore, here are some ways you can continue staying active (while being safe) and continue eating healthy (by following some easy healthy recipes).

**Family-Friendly Exercises/Activities:**

1. **Frog Jumps**- Hop, hop, back and forth like a frog.
2. **Starfish Jumps**- Jumping jacks as fast as you can, with arms and legs spread wide.
3. **Elephant Stomps**- March in place lifting your knees as high as you can and stomping the ground as hard as you can.
4. Throw a frisbee in your backyard.
5. Do the hula hoop until you can’t anymore.
6. Jump rope forward and backwards.
7. Play a game of Hopscotch.
8. Play a game of tag in your backyard.
9. Kick around a ball or play a game of toss.

**Recipe 1 - Cinnamon Apple Crisps**
**Preparation Time:** 2 hours 45 minutes  
**Serving Size:** 4

**Ingredients:**
4 McIntosh Apples, cored & sliced 1/8”
2 tsp. Ground Cinnamon
1 tsp. Granulated Sugar
Cooking Spray

**Directions:**
1. Preheat oven to 200 degrees F.
2. Spray the baking sheet with cooking spray.
3. Add sliced apples into a large bowl.
4. Coat the apples with cinnamon and sugar.
5. Place apples on a baking sheet.
6. Use two pans if they overlap.
7. Bake for 2-3 hours or until the chips are dry yet still soft.
8. Allow them to cool before putting them in an air tight container.
9. Enjoy!

**Recipe 2 - Healthy Fruit Salsa**
**Preparation Time:** 40 minutes  
**Serves:** 8

**Ingredients:**
2 Peaches, peeled & diced
1 Mango, peeled & diced
4 Kiwis, peeled & diced
1 (16oz pkg.) Strawberries, hulled & diced
2 tsp. fresh lemon juice
2 TBSP. Honey
2 TBSP. Basil, chopped

**Directions:**
1. Peel and chop all fruits in a medium bowl. Add lemon juice and honey until fully combined.
2. Place in fridge for about 30 minutes before serving.
3. Serve with your desire choice of chips, preferably pita chips since it is a healthier option.