



November, 2023

Dear parent(s):

Your child will participate in the HealthBarn® USA healthy lifestyle “Try it, You’ll Like it” school assembly at Travell Elementary School on Tuesday, November 21, 2023. During the assembly, your child will learn about the importance of trying new foods from the five food groups presented in the USDA MyPlate. They also will be introduced to HealthBarn USA’s healthy habits to practice at home.

This fun and educational experience can easily be part of your healthy home. Trying new foods and eating a variety of fruits and vegetables needs to start at a young age in order for these habits to stick as your child grows and develops for their long-term health and wellness.

The delicious, fresh foods will be free of nuts, tree nuts, eggs and wheat. Here’s a list of the foods that will be sampled:

- **Fruits:** Fresh fruits, including watermelon, cantaloupe, honey dew, and grapes;
- **Vegetables:** Fresh vegetables including carrots, bell peppers, broccoli, and tomatoes (a fruit wanting to be a veggie);
- **Milk:** 1% cow’s milk, oat milk, and rice milk;
- **Whole Grains:** Original Cheerios (no sugar added);
- **Protein:** Edamame (also known as soybeans), organic, GMO-free
- **The Smoothie Bar:** Rainbow Swirly recipe (listed below)

HealthBarn USA is located at 1057 Hillcrest Road, Ridgewood, NJ within the Irene Habernickel Family Park, formerly a 10-acre horse farm. Please visit us for nature hike or class.

Seasonal Programs at the Barn: Living a healthy-lifestyle is important for the health and happiness of your family. We offer fun and educational programs including summer camp for children, ages 3-15 at HealthBarn USA. With this letter, your child will receive the **returning family discount** for seasonal programming from November 2023 until March 2024. Our hands-on approach is also available my book, *Appetite for Life: The Thumbs-Up, No-Yuck’s Guide to Getting Your Kid to be a Great Eater*, HarperOne, available on amazon.com. Please visit our web site at www.healthbarnusa.com or call 201-444-2955 for more information.

Healthy regards!

Stacey Antine, MS, RDN
Founder, HealthBarn USA
Author, Appetite for Life
Director, HealthBarn Foundation



strong bodies **healthy minds**

Rainbow Swirly Smoothie

The Rainbow Swirly Smoothie was created here at HealthBarn for kids by kids! It's so easy, refreshing and vitamin-packed that parents love it, too. Blend this yummy smoothie up for breakfast or share it with friends for a high-energy, after-school snack. It's loaded with vitamin C to help keep your body running strong, it's a good source of calcium, and it has fiber to keep your digestive system regular. Drink up!

Ingredients:

1½ cups frozen blueberries
1 banana, cut in half
¾ cup calcium-fortified orange juice
1 teaspoon honey

Directions:

1. Place all ingredients in blender; blend until smooth.
2. Pour into glasses.

Makes 4 servings (1 cup per serving).

Nutrition Facts per serving: 120 calories; 2.5g total fat (0.5g sat fat, 1g poly, 0g trans fat); 5mg cholesterol; 22g carbohydrate (3g fiber, 12g sugar); 4g protein; 40mg sodium; 4% Daily Value (DV) vitamin A; 70% DV vitamin C; 15% DV calcium; 2% DV iron.