SPOIL YOUR GRANDKIDS

SMART STRATEGIES & RECIPES

High Five! 
Children’s Health Collaborative

POWERED BY Blue Cross of Idaho Foundation for Health, Inc.
Nothing is more natural than wanting to give your grandchildren everything. But as much as kids love junk food and extra TV time, the real treat is time spent playing, laughing and learning with you.

1/3 of Idaho children are overweight or obese. All adults — including grandparents — have a responsibility to help kids develop healthier habits that will last a lifetime.

What follows are a host of ideas, strategies and recipes collected by High Five Children’s Health Collaborative to help get you started...

**THE TREAT IS TIME.**

**PULL THE OL’ SWITCH-ER-ROO**

Kids love sweets, of course. But why not swap out candy and other sugary treats with fun recipes?

The real key is to get the kids “cooking.” Fun is multiplied when they have a part in making their snacks.

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**Simple Smoothie**

1. Pick a cup of fruit (fresh or frozen): berries, bananas, orange
2. Pick a cup of leafy dark green veggies: spinach or kale
3. Pick a cup of liquid: milk, almond milk, water, yogurt

Place all ingredients together in a blender. Blend until smooth. Serve immediately. Add a little “class” by holding a berry or banana slice for garnish.

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**Banana Rolls**

1 banana
2 tablespoons of peanut/almond butter
1/4 cup of rice cereal

Peel and cut bananas into quarters, spread with peanut/almond butter, and roll in rice cereal.

Serve immediately or chill until served.

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Great way to incorporate fruits & veggies in just seconds! Plus, kids love helping to put items in the blender and watching it blend.

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**Trailmix**

Packs in lots of great protein and is fun for kids to help make. Just mix it, shake it, eat it! Yum!

- 2 cups of whole grain cereal (Cheerios)
- 1 cup of dried raisins and/or cranberries
- 1 cup of nuts

**Infused Water**

1. Fill 32oz (or larger) glass with water/sparkling water.
2. Add 1/2 cup fresh chopped fruit, veggies, or herbs. Consider these favorites:
   - Pineapple & Mint
   - Cucumber & Melon
   - Strawberry & Lemon
3. Let sit for a few minutes, then enjoy!

So easy, but sooo popular. Switch out sugary drinks with these fun and tasty “infusions.” A guaranteed kid pleaser when you find the taste bud-teasing recipe.
GET UP & GO!

More than any other activity, time spent playing with your grandkids is a fun way to exercise — for both you and them!

It all begins with turning off the TV and other screens. While some video games can provide a fun indoor activity (more on that below), the best option is to spend time outdoors. Not only will you have room to roam, you’ll also enjoy added benefits of fresh air, sunshine and a sense of adventure.

GET OUT OF HERE!

Here are some easy outdoor activities just about anyone can do with grandchildren:

- Go for a walk
- Fly a kite
- Take a hike
- Walk the dog
- Ride a bike
- Wash a car
- Plant a garden
- Pick wildflowers
- Pull weeds
- Throw a ball
- Kick a ball
- Roll a ball
- Splash in a puddle
- Dance in a hosespray
- Build a snowkid

A fun way to explore your yard or neighborhood is a simple scavenger hunt.

YOU WILL NEED:
- Scavenger hunt list
- Pen or pencil
- Clipboard (optional)
- Bag or box to collect items in

Print out your list (use this preschool age sample list or create your own) and follow your grandkids as they hunt them down, then cross them off as they do! Sometimes it’s hard to tell who has more fun, grandparents or kids!

Sample Scavenger Hunt List

- Small flowers
- Big flowers
- Gray pebble
- Something in their favorite color
- Something that looks like a smile
- A leaf that has a cool shape
- Small stick

NATURE SCAVENGER HUNT
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**INDOORS DOESN’T MEAN INACTIVE**

Winter and rainy days can sometimes slow our activity levels. But with a little advanced planning, even dreary days can be fun days.

**ACTIVE VIDEO GAMES:** Look for consoles that help you get up and get moving. Dance games, sports games and others provide a great option when you’re stuck inside.

**DANCE PARTY:** For kids, grandma or grandpa getting down is both funny and fun. Turn up the tunes and show them your favorite dances from your childhood.

**THE CLASSICS:** Stumped for something to do? Pull out the oldies, but goodies — musical chairs, charades, and bean bag toss.
Looking for more ideas on fighting childhood obesity through physical activity and nutrition? Find them here: www.highfiveidaho.org

ABOUT HIGH FIVE
High Five Children’s Health Collaborative is an effort to combat childhood obesity in Idaho. Created by the Blue Cross of Idaho Foundation for Health, the initiative builds partnerships and innovative programs that promote healthy eating and physical activity among Idaho’s children.

ABOUT THE BLUE CROSS OF IDAHO FOUNDATION FOR HEALTH
The Blue Cross of Idaho Foundation for Health, Inc., is a nonprofit charitable foundation established in 2001 by Blue Cross of Idaho. The Foundation works statewide to improve the health of all Idahoans through wellness and prevention programs.

www.bcidadohofoundation.org