

# Federal Hocking Kids on Campus Newsletter

March  
2018

**Hello KOC Families!** Let's hope we're putting the snow behind us, but who knows when it comes to March. Will our Spring break feel much like spring? Speaking of, don't forget **Federal Hocking's Spring break is March 12<sup>th</sup> through the 16<sup>th</sup>**. You can look at our snack calendar on the back for school closing dates and other dates like our **Family Event** night coming up on **March 6<sup>th</sup>**. We do hope you can make it out for a fun family night with a good meal and **STEM** based activities!

Our clubs have been well underway and we are excited to see the finished projects for the clubs that have been working on the past 9 weeks. Some clubs will come to an end by spring break, but we will have new clubs to join when they get back!

## Family STEM Night

**Celebrate the power of STEM with your child by attending our hands-on family event. We will be serving lasagna, salad, garlic bread and dessert. After dinner there will be activities for everyone to participate in and win prizes!**

**Date: Tuesday, March 6, 2018**

**Time: 3:45-5:15**

**RSVP: 740-662-2133**

**We are looking forward to seeing you on March 6<sup>th</sup>.**



## March is National Nutrition Month Smart Snacking for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugar. Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving. Make snacking a smart habit by:

- Snacking only when you're hungry. Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- Having snacks planned and portioned out ahead of time. Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- Practicing food safety. Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried varieties are all good options. Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus. Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Looking back in February  
**Valentine's Day Party!**



The students enjoyed a Valentine's Day party after homework and intervention. They enjoyed treats like Oreo truffles made by the Top Chef cooking club, cupcakes, Rice Krispy treats, and valentine candy. They also played Bingo, had a cupcake walk, and other fun games.

# What I Love About KOC!

By Natalie Wilfong

This is my first year at KOC, and I love how there are so many great opportunities here. When we got back from Christmas break we were put in clubs we chose. There were some great things that people got to pick. I think everyone has learned something new or got to participate in something we liked to do already. It was been a great experience!

~Natalie



\*Natalie participates in clubs such as Scrapbooking, Creation Station, and Kindness Counts Cooking.

## March Snack Menu and Closings

Monday	Tuesday	Wednesday	Thursday
5 Popcorn Juice	6 <b>Family Event</b>	7 Cereal Milk	8 Granola Bar Fruit Cup
(-----Spring Break-----)			
12	13	14	15
19 Ritz Bits Juice	20 Munchie Mix Fruit Cup	21 Pop tart Milk	22 Breakfast Kit Juice
26 Cereal Milk	27 Popcorn Juice	28 Beef Stick (2) Cheese Stick	29 Granola Bar Fruit Cup

## Contact Information

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Kids-on-Campus



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