Stay Home, Eat Well, Keep Moving

Staying home doesn’t have to be boring. Create a daily plan to help you eat healthfully and stay active while at home! Do one activity from each category each weekday. Check off the boxes as you complete them.

Put on your chef hat! Check out these healthy snack ideas that you can make at home:
- **Healthy Trail Mix:**
- **Breakfast Banana Split:** go.umd.edu/healthy-trail-mix go.umd.edu/banana-split
- **Pumpkin Oatmeal Energy Bites:**
- **Apple Bark:** go.umd.edu/pumpkin-energy-bites go.umd.edu/apple-bark

Physical activity ideas:
- **Stair challenge:** Run up and down the stairs five times in a row. Do three sets!
- **Spell with your body!** Learn movements for each letter of the alphabet and spell words for a family member--see if they can guess what you’re spelling! go.umd.edu/alphabet-activities
- **Crab walk** to every room in your house (wash your hands when you’re done!).

Family meals - Take the challenge!
Use weekends to take time to be active together, enjoy the outdoors safely, and join in family meals. Parents! Help your child with fresh ideas each week. **Follow our blog at:** go.umd.edu/covidresources
- **Cowboy Caviar:** go.umd.edu/caviar
- **Scavenger hunt:** Have a family member hide five objects around your house, such as a stuffed animal, a hat, a book, a toy, and a shoe. See how fast you can find them.
- **Hallway Soccer:** Make your hallway your new soccer field. All you need is a soft ball or sock ball and a family member. Score!
- **Fruit and veggies challenge:** Serve yourself at dinner. Is half your plate filled with fruits and vegetables? How about your other family members? Discuss!
- **Eat out while eating in:** Pretend your house is a restaurant. Everyone gets a job: head chef, assistant chef, waiter/waitress, hostess, and busser. Use your best manners and practice polite conversation.
- **Pantry challenge:** Work with an adult to find a recipe that uses canned beans and vegetables: go.umd.edu/eatsmart-recipes
- **MyPlate plan:** Make a meal that includes all five MyPlate food groups.
- **Chat session:** Have a conversation at dinner about your favorite summertime activities.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland’s Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.