

Resources

• **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: www.vivaped.com/resources

For current events visit us on Facebook. www.facebook.com/VIVAPeds

• **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! www.carestarter.co/connectionsapp



• **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at www.theparkerleeproject.org

• **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: www.facebook.com/ProtectTXFragileKids
For more info visit: www.protecttxfragilekids.org

• **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. www.dfwchild.com/thrive/directory

• **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



Get Healthy with Giggles

National Nutrition Month

Spring is finally here! Not only is March known for its sunny weather but it's also known as National Nutrition Month. This health initiative highlights the importance of making smart food decisions and developing healthy eating and physical activity habits.

As a family, commit to a new fruit or vegetable each week. Get the kids involved by letting them choose their own produce that they have never eaten before. There are also plenty of recipes online that you can find that incorporate the fruit or vegetable that your family is trying for the week.

Visit ChooseMyPlate.gov to learn how to build healthy, balanced plates for you and your family. ChooseMyPlate.gov is a great tool to utilize when trying to incorporate a healthy amount of vegetables, fruits, grains, proteins and dairy into your family's everyday diet. The website also provides various exercise tips and techniques as well as advice on how to eat fewer calories everyday.

Plan to eat more home-cooked meals as a family. Eating out can be expensive and many foods can be prepared healthier and cheaper in the comfort of your own home. There's nothing better than cooking a delicious healthy meal as a family.

Happy Spring!

- Jordyn Ruiz

Food for Thought



Nutritious and Kid Approved Razzy Blue Smoothie

Ingredients

- 1 banana
- 16 whole almonds
- 1/4 cup rolled oats
- 1 tablespoon flaxseed meal
- 1 cup frozen blueberries
- 1 cup raspberry yogurt
- 1/4 cup Concord grape juice
- 1 cup 1% buttermilk

Directions

- Peel the banana and cut into 1/2-inch chunks.
- Chill in freezer until solid, about 2 hours.
- Place the almonds, oats, and flaxseed meal into a blender; pulse until finely ground.
- Add the frozen banana, frozen blueberries, yogurt, grape juice, and buttermilk
- Puree until smooth.

Enjoy!

Why is Cinderella bad at soccer?



Because she's always running away from the ball!



Just for Giggles!