



# Real Kids Real Food Club

## Virtual Winter/Spring Program

3 – 12 Club | Healthy Lifestyle and Fun Recipes

FREE • Fun • Online via Zoom

**Saturdays, January 31 – April 11, 2026**  
**9:45 – 11:00 AM**

(No meeting April 4th in observance of religious holidays)

👉 **Register Here:** [www.realkidsrealfood.org](http://www.realkidsrealfood.org)

Questions? Call **617-835-2913** or email [betsy@realkidsrealfood.org](mailto:betsy@realkidsrealfood.org)

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### **Week 1 – January 31.**

#### **What is Real Food?**

Recipe: Guacamole Faces (*p.11*)

Activities: Walking on Sunshine Dance, Mindfulness Sailboat

### **Week 2 – February 7.**

#### **Eating a Rainbow**

Recipe: Ants on a Log (*p.43*)

Activities: Animal Yoga, Mindfulness Balloon Breathing

### **Week 3 – February 14.**

#### **How Seeds Become the Foods We Eat**

Recipe: *Valentine Strawberry-Chocolate Love Bites*

Activities: Simon Says, Mindfulness Cloud

## **Week 4 – February 21.**

### **Why Water is Important**

Recipe: Strawberry Banana Spinach Smoothie (*p.20*)

Activities: Spin the Exercise, Mindfulness Grassy Field

## **Week 5 – February 28.**

### **Why Eat Local and Seasonal**

Recipe: Witches' Fingers (*p.45*)

Activities: Karate, Mindfulness Waterfall

## **Week 6 – March 7.**

### **Sugar Shock**

Recipe: Sweet Potato Corn Chowder (*p.26*)

Activities: Shape Yoga, Mindfulness Meadow

## **Week 7 – March 14.**

### **Good, Bad, and Ugly Fat**

Recipe: Banana Strawberry Ice Cream (*p.47*)

Activities: Flexibility Exercises, Mindfulness Field of Flowers

## **Week 8 – March 21.**

### **How to De-Stress**

Recipe: Kale Avocado Salad (*p.24*)

Activities: Olympic Yoga, Mindfulness Rainy Day & Rainbow

## **Week 9 – March 28.**

### **Fruit Art and Review**

Recipe: Zucchini Linguini with Marinara Sauce (*p.37*)

Activities: Ballet Yoga, Mindfulness, Floating on a Cloud

## **Week 10 – April 11.**

**Fruit art and review** – Zucchini Linguini with Marinara Sauce (RKRF Recipe Book page 37)

- Bringing it all home

- Playing online Jeopardy, reviewing all of the material (Using jeopardy labs.com)
  - Choosing prizes for participation points
  - Physical activity – Ballet Yoga
  - Mindfulness – Floating on a cloud
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**Real Kids Real Food**

400 Hemenway St #275, Marlborough, MA 01752

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