



December

Eat Healthy, Be Active, Your Kids Are Watching

Ways To Role Model

Show by example

Eat vegetables, fruits with meals or as snacks. Let your child see that you like to munch on raw vegetables.

Focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

Go food shopping together

Grocery shopping can teach your child about food and nutrition. Discuss where vegetables and fruits come from. Let your children make healthy choices.

Limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

Get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

Encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



fit families

Eat Healthy

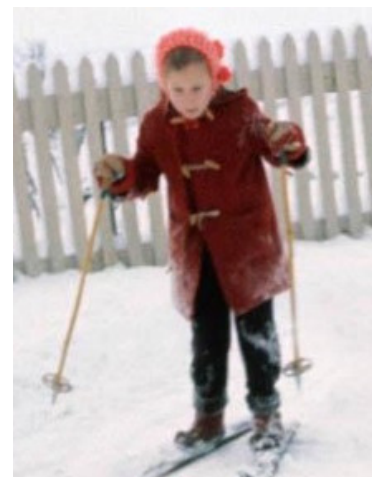
Be Active

Your kids are watching

Move More... Watch Less

Active Play Ideas

- Build snowmen
- Snow angels in the snow
- Build a fort of snow
- Dancing
- Active play bath toys
- Active games such as Twister or Charades.
- Jump rope
- Foam basketball/football/baseball
- Indoor obstacle course
- Sledding



Active play is important for toddlers to develop healthy behaviors. It is essential to development because it adds to the cognitive, physical, social, and emotional well-being of children and youth.



Make Every Bite Count



Directions:

1. Preheat oven to 400 degrees F.
2. Wash asparagus spears and trim off tough ends.
3. In a large bowl, toss spears with the oil, salt, and pepper.
4. Place spears in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up.
5. Roast for 12 to 15 minutes or until the asparagus pieces are lightly browned. Thick spears will take a longer baking time.

Ingredients:

- 3 pounds fresh asparagus spears
- 1 Tablespoon oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Asparagus

Veggie
of the
Month



Mandarin Orange



Fruit
of the
Month

Enjoy these sweet citrus fruit on its own by peeling and eating the pre-sliced goodness.
Add the slices into a salad with a spinach or lettuce base

Orange Delight

Ingredients

- 4 cups non-fat or 1% milk
- 6 ounces frozen orange juice concentrate (about 3/4 cup)
- 1 teaspoon vanilla

Directions

Place all ingredients in a blender. Put the lid on tightly. Blend for about 30 seconds or until smooth. Serve and enjoy. Refrigerate leftovers within 2 hours



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families project.