

Winter Fun —By Carolyn Graves, Weighing In intern

Garrison Community Center Winter Carnival

Location: 124 E. 5th St., Kansas City, Mo.

Date: 1/24/15

Time: 1 – 4 p.m.

Cost: \$1 for 4 tickets

Try your luck at a variety of games of chance. Take a chance to win a small prize!

Fairy Tale Village Exhibit

Location: Crown Center Shops Showplace, Level 1

Date: 2/7/2015 - 5/3/2015

Time: Mon-Sat 10 a.m. to 6 p.m.; Sun 12 p.m. to 6 p.m.

Cost: FREE

Children's tales come to life as you walk into a world of make-believe to interact with characters from favorite stories and rhymes.

Sunday in The Park With StoneLion

Location: Westport-Roanoke Community, 3601 Roanoke Rd., Kansas City, Mo.

Date: 03/1/15

Time: House opens: 1:30 p.m. General admission seating. Showtime: 2 p.m.

Cost: Free to the public.

Come see a puppet show in the park! For more information visit:

<http://www.stonelionpuppets.org>.



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Did You Know?

- Tooth decay is the number one chronic disease in children.
- Drinking sugary drinks can lead to tooth decay.
- Research shows that if a child's tooth decay goes untreated, it can lead to tooth loss and speech problems.
- Eating crunchy fruits and vegetables like apples, celery or carrots helps keep loose food from sticking to your teeth which keeps them healthy.

In The News

February is National Children's Dental Health Month

Developing good habits starts at an early age. For a healthy smile, remember the 2min2x code—brush your teeth two minutes, two times a day!



Eat Your Water— By Carolyn Graves, Weighing In Intern

You may find this surprising, but it is even more important to drink water in the winter!

Drinking water is crucial to staying healthy even in colder months. But did you know you also get water from many foods?

About 20% of our daily water intake comes from solid foods like fruits and vegetables.

While it is still very important to drink plenty of water, you may also plan to eat these

super hydrating foods, all of which contain at least 90% water by weight.

1. **Cucumber**—Perfect in salads, or sliced eaten plain or with hummus.
2. **Iceberg Lettuce**— Great for salads or sandwiches!
3. **Celery**— Try with peanut butter or your favorite low-fat dip!
4. **Tomatoes**— Add to sandwiches, sauces, or salads!
5. **Green Peppers**— Great in salads or as a pre-dinner snack!
6. **Cauliflower**— Chop and sprinkle on salads or eat with your favorite low-fat dip.
7. **Watermelon**— Add to water for a new flavor or eat as a snack.
8. **Spinach**— Make a salad or top your favorite sandwich with this leafy green.
9. **Strawberries**— Add to salad, yogurt or simply slice and eat.
10. **Carrots**— A great crunchy snack anytime of day!



Screen Time Alternatives

- Indoor Ice Skating—All you need is some wax paper, rubber bands, and carpet. Be careful, as it's quite slippery!
- Coffee Filter Snowflake Blizzard—If you have coffee filters and scissors, you can make these snowflakes! Simply create your snow flakes then make it snow!
- You can also create snowballs out of socks or newspaper and have an indoor snowball fight!



2 HOURS
LIMIT OF
SCREEN TIME

What's In Season This Winter?

- Collard greens
- Kale
- Kiwi
- Mandarin oranges
- Tangerines
- Pears



For ideas on how to enjoy these go to:
www.fruitandveggiesmorematters.org

Ways to Eat Yogurt

- Yogurt Smoothies—Use yogurt as a healthier alternative to ice cream.
- Customize Your Yogurt—Add in different fruits to add more flavor.
- Yogurt in Recipes –Try as a substitute ingredient in recipes. Substitute nonfat, plain yogurt for mayonnaise or sour cream.



3 SERVINGS
LIMIT OF
MILK OR YOGURT

Recipe Corner

Egg White Bites

Recipe adapted from: <http://www.mommysavers.com>

Makes 36 bites = 9 servings

Ingredients:

- 1, 32 ounce carton of Egg Beaters
- ¼ cup onion, diced
- ½ cup red pepper, diced
- 1 cup spinach
- Cooking spray
- Black pepper, to taste



Preparation:

1. Preheat oven to 350 degrees.
2. Spray mini muffin tin with cooking spray.
3. Shred spinach and add a few pieces to each mini muffin slot.
4. Add 1 Tbsp. of diced vegetables to each mini muffin tin. Then fill each mini muffin tin with 1 Tbsp. of egg whites.
5. Sprinkle egg whites with ground black pepper for flavor. Place mini muffin tin into the oven for 10 minutes.
6. After 10 minutes take the mini muffin tin out and let cool for a few minutes. Serve when hot!

Nutrition Facts (One serving = four bites):

60 calories; 0 g total fat;
3 g carbohydrate; 0 g fiber;
2 g sugar; 11 g protein



5 SERVINGS
LIMIT OF
FRUITS &
VEGETABLES

10 Tips to Keep Kids Active This Winter—By Carolyn Graves, Weighing In Intern

With the weather turning cold and the sun setting early, trying to keep your kids active can seem impossible. With a little creativity you can keep your family moving all winter long by trying some of these tips.

1. Discover Indoor Facilities-

Find an indoor pool, water park, ice skating rink or a local basketball court at a nearby YMCA, school or gym.

2. Dance Your Heart Out!

Encourage your child to pick out the music, crank it up and then dance away! This is a very easy way to incorporate moves that burn calories!

3. Take it Outside

If there is snow where you live, get the whole family outside! Go sledding, build snowmen, have a snowball fight, or even make snow angels! Any activity helps.

4. Walk the Mall

When it's too cold to play outdoors take the family for a brisk walk around a mall. Make sure to take the stairs instead of the escalators.

5. Keep it Clean

Challenge your kids to help with the house cleaning.. You can even make it a race or see who can get the most chores done.

6. Visit the Library

Libraries are a great resource for children's fitness videos and books. You can use these resources to help teach your child indoor exercises or even dance moves.

<http://www.kclibrary.org/>

7. Hit the Trails

Check out local trails with the kids for a fun aerobic workout. You can even create a winter scavenger hunt!

<http://www.trailink.com/city/kansas-city-mo-trails.aspx>

8. Visit the Zoo

Zoos can be fun winter destinations that provide an opportunity to be active. Check out the

list of activities going on at the Kansas City Zoo.

<http://www.kansascityzoo.org/>

9. Sign Them Up

Enroll your child in a group class. Try dancing, gymnastics, or indoor swimming lessons. Basically anything that will get him or her active will work!

10. Find Middle Ground

If it's impossible to pry kids away from the TV, encourage them to do jumping jacks, sit-ups, and push-ups during commercial breaks.



1 HOUR
LIMIT OF
PHYSICAL
ACTIVITY

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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