



## It's That Time of Year Again – SNOW!

These winter activities are a great way to help you get an hour of fun physical activity each day. Bundle up the family and head outside for some fun in the snow!

**Build a snowman:** Take turns rolling snowballs to make a body for the snowman. Once that is done, look for things around the house or yard to decorate the snowman.

**Snow sports:** Try playing your favorite sports in the snow for a fun twist. Set up soccer goals in your yard and prepare for some family-winter-fun!

**Sledding:** A classic and fun snow activity! Race down the hill on your sled and then see how fast you can make it to the top of the hill to go down again.

**Colored glass:** For this activity you'll need balloons, water and food coloring. Fill the balloons with water and then drop your favorite food coloring into the water. Then, tightly tie the balloon and put them into the freezer. Once frozen, peel the balloon off and you have a colored "glass" ball that can be put in the snow for decoration.

Be sure to head back inside and warm up by enjoying a cup of sugar free hot chocolate made with low or nonfat milk. Yum!



Grab a paper plate, colored paper, scissors, glue and a few markers or crayons to create your own No-Melt Snowman!

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### Did You Know?

- The pumelo is the largest member of the citrus family.
- It comes from South Asia & can weigh 2-4 pounds.
- The seeds typically take 8 years to flower & bear fruit.
- It tastes similar to a grapefruit but is sweeter and not as tart and tangy as a grapefruit.
- It's in season in winter
- The pumelo is high in vitamin C, dietary fiber, vitamin B6 and potassium.

### In the News

#### February is National Children's Dental Health Month

Tooth decay is a very common problem in children. Avoid tooth decay by drinking water instead of sugary drinks. Remember to brush your teeth at least twice each day!



## Drinking Water Can Be Fun! — Kylee Bosworth, Weighing In Intern

Drinking water is just as important in winter as it is in summer. For most, we need at least four, 8 ounce servings of water each day to keep our bodies doing their best. Here are some tips to help kids drink more water, not sugary drinks:

1. Try making a water reward chart to track their progress towards a water goal. Have kids draw a mark or put a sticker on each serving of water they have had for that day.
2. When they reach their goal, let them pick out a fun, reusable water bottle!
3. Make water popsicles. Fill a popsicle mold with water and some fruit and have the kids enjoy a popsicle while helping to get in a serving of water.
4. Add slices of fresh orange, lemon, lime or grapefruit to your water for a little hint of flavor.
5. Set a good example. When kids see adults choosing water over sugary drinks, they will be more likely to do the same.

## H2O = Good!!!



### 3 Servings a Day!

Milk is important to help grow strong bones and teeth and also to keep us healthy. Here are some tips to get three servings of low or nonfat milk or yogurt each day:

- Add low or nonfat milk to your favorite oatmeal
- Instead of sour cream, try using low-fat yogurt to make veggie dips



### What's In Season this Winter?

- Kale
- Kiwi
- Mandarin oranges
- Pears
- Grapefruits
- Tangerines
- Collard greens
- Pumelo
- Turnip
- Pomegranate

To learn more about what's in season, visit [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)



### Fruit and Yogurt



With all of the yummy fruit in season this winter, why not make a yummy fruit kabob? Simply pick out some of your favorite fruit, cut into pieces as needed and slide them onto a kabob stick. Serve your kabobs with your favorite low-fat yogurt dip as another way to enjoy your fruit!



### Healthy Apps & Trackers for the New Year!— Kylee Bosworth, Weighing In Intern

The New Year is the perfect time to start a new fitness or health goal! What Fit-Tastic! health habit do you want to work on? Here are some tools designed to get you moving while keeping your goals in mind.

**Fit Quest Lite:** In this app you become a squirrel running outside but oh no! here comes a snake, better jump over it! While holding your device in your hand you have to jog or run in place to keep the squirrel going to the destination and if the path is blocked you'll have to jump in place or duck to avoid it. This app gets the entire family up and moving to see how far they can make it in the game. Free on the Apple App Store.

**MyPlate Calorie Tracker by Livestrong:** In this app, you are able to track what you've eaten and the water you've had to drink daily. In addition to tracking your physical activity for the day, the app offers workout tutorials that can help you if you are not sure what exercise you should try! Once you set your health goals the app keeps you on track by offering visuals so you can see the areas you may need to improve. Free on the Apple App store and Google Play store.

**12345 Fit-Tastic! Tracker** Check out the Fit-Tastic! tracker at [FitTastic.org](http://FitTastic.org). Sign up as a partner and download a tracker for everyone in your family!



### Recipe Corner

### Zucchini Chips (Zips)

Makes 4 servings, 3/4 of a cup

#### Ingredients:

- 1/4 Cup dry bread-crumbs
- 1/4 Cup (1 ounce) grated parmesan cheese
- 1/4 tsp seasoned salt
- 1/4 tsp garlic powder
- 1/8 tsp ground black pepper
- 2 Tbsp fat free milk
- 2 1/2 Cups (1/4 inch thick) slices zucchini (about 2 small)
- Cooking spray

#### Preparation:

1. Preheat oven to 425 degrees.
2. Combine first 5 ingredients in a medium bowl, stirring with a whisk.
3. Place milk in shallow bowl.
4. Dip zucchini slices in milk and dredge in breadcrumb mixture.
5. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
6. Bake at 425 degrees for 30 minutes until brown and crisp.
7. Serve immediately.



#### Nutrition Facts:

- 45 calories; 1.5 g total fat,
- 5 g carbohydrate, 2 g sugar,
- 1 g fiber, 3 g protein



**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

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