

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



December 2017

Healthy Celebrations Month

Make Your Own Activity Cube

Wishing You a Healthy Holiday

The holidays are right around the corner. Here are some tips to plan a fun and healthy celebration:

- Plan parties at locations that encourage physical activity. Take a look at the Activity Cube on the right.
- Make foods look festive. Cut vegetables into new shapes or decorate plates with colorful fruits.
- Make moving part of every event. Incorporate dancing, moving, playing active games, treasure hunts, wiggling, and giggling throughout the day.
- Try out some healthier recipes. Provide fruit kebabs, pita pizza or mini muffins instead of a cake, cookies and cupcakes.
- Provide non-food party favors. Provide age-appropriate trinkets like bubbles, cars, whistles, jump ropes, bouncy balls, stickers, glow sticks, mini-books, Frisbees® or temporary tattoos.
- Focus on being healthy and happy.

Shift the focus from food to the children by incorporating a fun nutrition activity in which you involve children in the planning and preparation of healthy snacks.

- Decorate Healthy. Create fun centerpieces made from fruits and vegetables.

Source: Nemours



1. Get your template [here](#).
2. Write the activities on each square.
3. Follow directions to assemble your activity cube!
4. Before you tape the last square on, stuff in a few pieces of crumpled newspaper to give it stability.



Sample Activity Ideas:

- Spin in a circle
- Jump 5 times
- Flap your arms like a bird
- Hop on one foot
- Do Jumping Jacks
- Touch your toes
- Dance
- Run from the front door to the back door

Source: Little Family Fun

Holiday Schedule

Offices will be closed in observance of National Holidays
December 25, 2017
January 1, 2018
January 15, 2018



Winter Vegetables and Fruit



Fresh fruits and vegetables are a delicious, healthy part of meals and snacks. While most produce is available year-round, it can be expensive when it isn't purchased during the growing season. The list below shows which fruits and vegetables grow best in the winter. When preparing food, keep this list in mind and use seasonally appropriate ingredients to save money. If a recipe calls for a vegetable that is not in season, replace it with one from this list that is!

- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery Root
- Dates
- Fennel
- Grapefruit
- Greens
- Lemons
- Wild Mushrooms
- Mandarin Oranges
- Sweet Oranges
- Pears
- Spinach
- Sweet Potatoes
- Tangerines
- Turnips



Source: Nemours, Best Practices for Healthy Eating

"Clip and Save"

Makes it easy to clip out and save this healthy recipe before recycling your newsletter.



Winter Fruit and Veggie Fun Facts



- 1) Brussel sprouts may be small, but this cruciferous vegetable packs in a nutritional punch. In fact, an 80g serving of sprouts contains four times more vitamin C than an orange.
- 2) Leeks were eaten by the Roman Emperor Nero, because he believed they improved his singing voice.



- 3) George Washington Carver developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics. Who knew sweet potatoes could be so versatile?

- 4) Turnip roots and leaves can be eaten. Roots have a strong flavor, but are milder and sweeter when young.

- 5) Tangerines have quite an interesting and expansive history. They have been cultivated for over three thousand years in countries like Japan and China. But, the name "tangerine" originates from Tangier, Morocco which was the port from which the very first batch of the tangerine fruit were shipped from Tangier, Morocco in Southeast Asia to Europe.

- 6) Dates don't just offer a great way to naturally sweeten smoothies, they are also highly nutritious and considered by many to be one of nature's most perfect foods.

Adapted from: https://greenblender.com/smoothies/1936/fun-food-facts-winter-fruits-and-vegetables?utm_content=buffer802d0&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

Healthy Eats

Sweet Potato Baked Fries

Ingredients:

- 2 large Sweet Potatoes
- 1 TBSP Olive Oil
- ½ tsp Salt

Directions:

1. Preheat oven to 425°F.
2. Cut potatoes into 1x3 inch slices.
3. Place sweet potatoes and vegetable oil in a large bowl and toss lightly.
4. Add spices as desired.
5. Arrange in a single layer on a baking sheet.
6. Bake until tender and golden brown, about 18- 24 minutes.
7. Enjoy!

Serving Size 6-8 wedges

Nutrition Facts:

Calories 50, Sodium 330 mg, Carbohydrate 13g, Protein 1 g

Source: Children's Mercy

