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.

Move More... Watch Less

Active Play Ideas

• Build snowmen
• Snow angles 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**

**Asparagus**

**Veggie of the Month**

**Mandarin Orange**

**Fruit of the Month**

**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.*