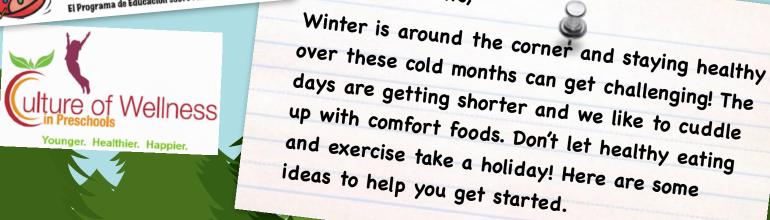
# From Classroom to Family



Keep healthy habits going all winter.

Dear Parents,



# Try these fun challenges with your family!

| Set a healthy family goal for the month by following these fun activities!      | Create an indoor obstacle course and race against the clock.              | Take your kids shopping and have them pick a new fruit and veggie to try.     | Try fruit infused water using cucumber with mint. Drink less sugary drinks!                         | Set a consistent<br>bedtime routine<br>like reading<br>before bed. | Make the Cuban<br>Black Bean<br>soup. See<br>recipe on the<br>next page.                    | Play in the snow! Build a snowman or go sledding.               |
|---|---|---|---|--|---|---|
| This week set a family goal to eat more fruits and veggies.                     | Blow up a balloon and work together to keep it in the air for 10 minutes. | Add an extra<br>serving of fruits<br>and veggies to<br>your family<br>meals.  | Eat veggies with<br>breakfast. Try<br>salsa on eggs,<br>or add some<br>spinach to your<br>smoothie. | Take 15 minutes<br>to relax, deep<br>breathe, and<br>reflect.      | Make a rainbow<br>salad. Try, corn,<br>carrots, spinach,<br>tomatoes, and<br>purple grapes. | Go to your<br>nearest<br>playground or<br>park and play<br>tag. |
| 15<br>This week set a   | 16<br>Have a family   | 17<br>Find a healthy  | 18<br>Make a pizza  | 19<br>Turn off the TV  | 20<br>Include more  | <b>21</b><br>Together as a                                      |
| family goal to<br>eat more whole<br>grains. Give<br>whole wheat<br>pasta a try! | dance party. Pick your favorite songs and dance!                          | breakfast recipe<br>to try. What<br>about whole<br>wheat pumpkin<br>pancakes? | and add lots of<br>veggies. Make<br>sure to use a<br>whole grain<br>crust!                          | at least 30<br>minutes before<br>bedtime.                          | whole grains in<br>your meals. Mix<br>brown rice with<br>white rice.                        | family shovel<br>your sidewalk<br>and your<br>neighbor's.       |

# Healthy veggie soups to keep you warm!

Vietnamese Chicken Noodle Soup

Makes 4 Servings

# Ingredients

8 cups low-sodium chicken broth

4 slices fresh ginger

2 garlic cloves, peeled and sliced

Grated peel from 1/2 a lime

2 tablespoons soy sauce

4 cups rice noodles

1 cup shredded cooked chicken

1 cup sliced bell peppers

1 cup shredded carrots

1/4 cup cilantro, chopped

1 cup bean sprouts (look for it in the produce

section of your grocery store)

1 tablespoon chili paste or hot sauce

#### Directions

- 1. Add broth, ginger, garlic, lime and soy sauce in a large pot and heat on medium-high. Bring to a boil and turn the heat down to low and simmer for 20 minutes.
- 2. While the broth is cooking, put the noodles in a bowl and cover with hot water. Set aside until soft (about 20-30 minutes). Drain and divide among 4 bowls.
- 3. Ladle broth on top of each bowl of noodles and add chicken, vegetables, cilantro, bean sprouts, and chili

4. Eat and enjoy! Have fruit for dessert!

#### SPICE IT UP!

Try adding hot sauce, chili powder, mustard powder, harissa, or even wasabi! Spices are a great way to add more flavor to your food without getting the extra calories or salt.

Cuban Black Bean Soup

Makes 10 servings

## **Ingredients**

- 2 tablespoons olive oil
- 2 large onions, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 1/2 teaspoons dried oregano
- 3 cans (15 oz) black beans, drained, rinsed
- 8 cups low-sodium chicken broth
- 2 tablespoons fresh lime juice
- 2 tablespoons cilantro, chopped
- 4 tablespoons plain yogurt, for garnish

### **Directions**

- Heat oil in a large pot on medium-high heat and cook onions, carrots, celery, garlic, and spices until tender, about 10-15 minutes.
- 2. Add the beans and broth and bring to a boil. Lower the heat and cook for 2 hours, stirring frequently.
- 3. Stir in the lime juice.
- Serve hot and garnish with yogurt and cilantro. Eat and enjoy!

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