

From Classroom to Family



The Integrated Nutrition Education Program™
El Programa de Educación sobre Alimentación Integrada™



Keep healthy habits going all winter.

Dear Parents,

Winter is around the corner and staying healthy over these cold months can get challenging! The days are getting shorter and we like to cuddle up with comfort foods. Don't let healthy eating and exercise take a holiday! Here are some ideas to help you get started.

Try these fun challenges with your family!

1 Set a healthy family goal for the month by following these fun activities!	2 Create an indoor obstacle course and race against the clock.	3 Take your kids shopping and have them pick a new fruit and veggie to try.	4 Try fruit infused water using cucumber with mint. Drink less sugary drinks!	5 Set a consistent bedtime routine like reading before bed.	6 Make the Cuban Black Bean soup. See recipe on the next page.	7 Play in the snow! Build a snowman or go sledding.
8 This week set a family goal to eat more fruits and veggies.	9 Blow up a balloon and work together to keep it in the air for 10 minutes.	10 Add an extra serving of fruits and veggies to your family meals.	11 Eat veggies with breakfast. Try salsa on eggs, or add some spinach to your smoothie.	12 Take 15 minutes to relax, deep breathe, and reflect.	13 Make a rainbow salad. Try, corn, carrots, spinach, tomatoes, and purple grapes.	14 Go to your nearest playground or park and play tag.
15 This week set a family goal to eat more whole grains. Give whole wheat pasta a try!	16 Have a family dance party. Pick your favorite songs and dance!	17 Find a healthy breakfast recipe to try. What about whole wheat pumpkin pancakes?	18 Make a pizza and add lots of veggies. Make sure to use a whole grain crust!	19 Turn off the TV at least 30 minutes before bedtime.	20 Include more whole grains in your meals. Mix brown rice with white rice.	21 Together as a family shovel your sidewalk and your neighbor's.
22 For the last week set a goal to cook and eat together as a family.	23 Try yoga with your family. It helps strengthen the body and still the mind	24 Make the Vietnamese Noodle Soup. See recipe on the next page.	25 Take the stairs and park far from the store. Little changes make a big difference.	26 Bundle-up and take a walk in the snow. Enjoy the peace and quiet.	27 Cook with your kids. They can help you measure, stir, or even chop!	28 Practice mindful eating. Don't rush to eat, but take time to savor your food.

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 paste.
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

1. 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.
4. Serve hot and garnish with yogurt and cilantro. Eat and enjoy!



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