



Color Me Healthy NEWS

preschoolers moving & eating healthy

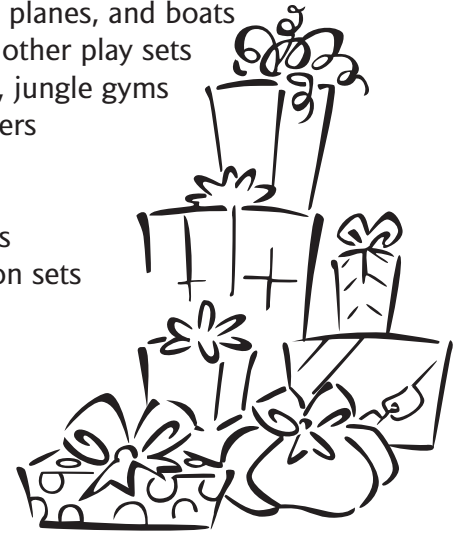
DECEMBER

Toy Buying For The Holidays

As parents, you have to make wise choices when buying toys for the holidays. Consider the array of items that lend themselves to your child being safe and physically active. When choosing a toy, ask yourself, "Will my children be active when playing with this toy, or do they sit and watch?" Are batteries needed? Is your child's imagination involved? Do your children need a parent or friend to enjoy the toy?

Choose toys carefully. Look for good design and quality construction in the toys you buy. Watch out for toys with small parts and sharp edges. Be a label reader and look for suggested age range. Buy toys that suit your child's age, interest and abilities. Consider the following list of age appropriate toys for four and five year olds:

- Small trucks, cars, planes, and boats
- Farm, village, and other play sets
- Backyard gymsets, jungle gyms
- Puppets and theaters
- Storekeeping toys
- Playhouses
- Housekeeping toys
- Simple construction sets
- Domestic toys
- Trains
- Larger tricycles
- Sleds
- Wagons
- Tapes and CDs



5 A Day The Easy Way

Eating lots of fruits and vegetables can have a big impact on your family's health. They are high in the good stuff like fiber and vitamins. Fruits and vegetables are the original fast foods and are quick and easy to grab and go. Keep a bowl of fruit on the kitchen counter for easy pick-up. It will also serve as a reminder to eat more fruits and vegetables. Fresh fruits and vegetables are great; however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned fruits and vegetables are great and will get you well on your way to getting your 5 A Day. Also, keep frozen fruits and vegetables on hand for easy side dishes.

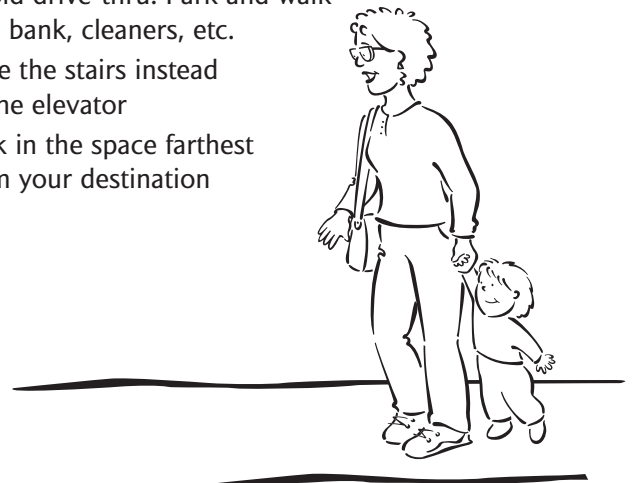
When choosing fruits and vegetables for your family, remember to eat all your colors! There are a wide variety of fruits and vegetables that come in a rainbow of colors. Different color fruits and vegetables are high in different nutrients. For example, deep yellow and orange fruits as well as vegetables are high in vitamin A. So choose a variety of fruits and vegetables to make sure your family is getting all the nutrients they need.



Being Active All Days, All Ways

Accumulating physical activity in your family's day, a little bit at the time adds up! So do the health benefits! Here are 4 quick ways to add more movement in your day, everyday:

- Walk to your mailbox instead of driving
- Avoid drive-thru. Park and walk into bank, cleaners, etc.
- Take the stairs instead of the elevator
- Park in the space farthest from your destination



Color Me Healthy Parent Bulletin Board

Too cold to play outside? Help your child make boxer shoes by cutting holes in the front of cereal boxes large enough for little feet to fit in. Walk around the house in new shoes!

Great snacks are animal crackers, pretzels, and string cheese!

Eating out can be a high fat affair, so balance it with healthy low fat meals and snacks that you can prepare at home.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Snack Mix

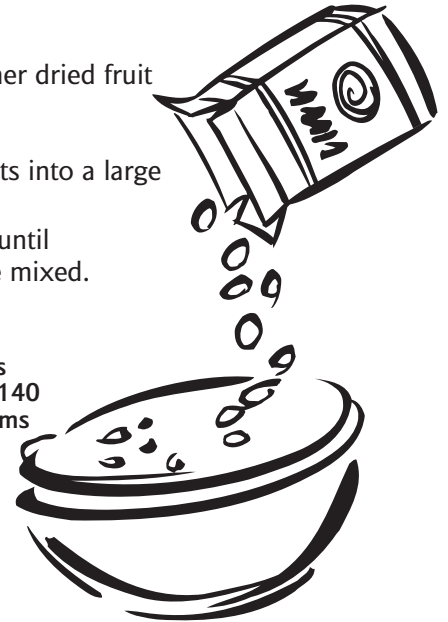
INGREDIENTS

- 2 cups dried cereal (Chex, Cheerios, Corn Flakes)
- 1-cup raisins
- 1-cup nuts
- 1-cup dates or other dried fruit

INSTRUCTIONS

1. Pour all ingredients into a large mixing bowl.
2. Cover and shake until all ingredients are mixed.

Prep Time: 5 minutes
Cook Time: 0 minutes
Calories per serving: 140
Fat per serving: 7 grams



Food For Families On The Go

Chicken Quesadillas 4 servings

INGREDIENTS

- 4 flour tortillas (10")
- 1 can (10 ounces) chicken-white meat
- 2 tablespoons chunky salsa
- 1/2 cup Monterey Jack Cheese shredded
- 1/4 cup chopped white onions

OPTIONAL

- 1/4 cup chopped green chilies
- dash of cayenne pepper

Prep Time: 10 minutes
Cook Time: 6-8 minutes
Calories per serving: 388
Fat per serving: 14 grams

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Completely drain chicken.
3. Mix salsa, chicken, onions, cayenne pepper (optional) and green chilies (optional).
4. Put tortillas on baking sheet.
5. Place 1/4 of the chicken mixture on half of each tortilla.
6. Sprinkle 1/4 of the cheese on top of the chicken mixture; fold tortilla over filling.
7. Put in oven for 3 minutes; flip and cook on other side for 3-5 minutes until slightly brown.
8. Take out of oven and cool for 3 minutes; cut each folded tortilla into 3 wedges.