**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? Does it have to be changed? 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 match 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 gym sets, jungle gyms
- Puppets and theaters
- Playhouses
- Cooking toys
- Wagons
- Tricycles

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**Plan: Know What’s For Dinner**

Sometimes the hardest part about preparing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Go to colormehealthy.com click on Eat Smart, then Prepare More Meals at Home to find shopping and planning guides to help you make mealtime easier. Also at colormehealthy.com you will find easy, quick recipes that will fast become family favorites.

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**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, every day:

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

INGREDIENTS
- 2 cups dried cereal (Chex, Cheerios)
- 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