

Healthy Kids



Enjoy the benefits
of healthy children!

Children who eat

well and are

physically active

have improved

concentration,

enhanced social

skills, and sleep

better at night.

Healthy children

feel good mentally

and physically!

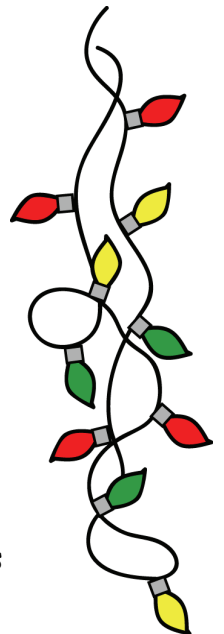
The Holiday Season

The holidays are a time for sharing. Small children are often thinking about what gifts they will receive during the holiday season. Children also need to feel the joy of giving gifts to others.

Help your child learn the true feeling of the holidays. Try making some gifts for family and friends. Share the joy of the holiday season.

Quick and Easy Homemade Gift Ideas:

- * **Fruit Bowl**—Put together a bowl full of fruit. Apples, oranges, grapefruit, tangerines, bananas, and dried fruits taste wonderful during the winter season.
- * **Healthy Snack Jar**—Fill a clear, covered container with a healthy snack mix. Try the Honey Nut Granola (on back page). Write the recipe on a card. Tie the recipe card to the top of the container.
- * **Treats in a Mug**—Fill a festive mug with hot cocoa mixes. Include a couple peppermint candy sticks for stirring.
- * **Homemade Gift Bags**—Turn plain brown lunch bags into pretty gift bags. Let your children draw holiday designs on the bags with crayons or markers. Fill the bags with special treats packed in plastic bags—homemade cookies, seasoned popcorn, snack mixes or flavored pretzels. Tie a colorful ribbon on the bags and deliver!
- * **Bird Treats**—Coat a large pinecone with peanut butter and roll in birdseed. Tie a string on the pinecone to hang in a tree. Wrap pinecone in plastic wrap and put into a homemade gift bag. Give to others so they can feed the birds during the winter!



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A healthy life starts in childhood, you are your child's first and most important teacher!

Watch less TV

Limit TV time to 2 hours or less each day.

- **Studies have shown that children who watch the most television are more likely to be overweight.** What is causing these children to become overweight? It may be the commercials!
- **A typical child will see about 40,000 ads a year on TV.** Most of these ads are for candy, cereal, soda and fast foods. Children's favorite TV and movie characters are often promoting these foods.
- **Television commercials encourage children to eat more fast foods, sugary cereals, sweets and soda.** Children are then more likely to beg for these types of foods from their parents and others.
- **Help your child make healthy choices—watch less TV!**



Honey Nut Granola

Delicious snack for holiday gifts!

- 6 cups **old fashioned** oats
- 2 cups sliced almonds (could also use pecans or walnuts)
- 2 cups flaked coconut
- $\frac{1}{2}$ cup margarine
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup honey
- 1 tablespoon vanilla
- 2 teaspoons ground cinnamon
- 1 cup raisins



Mix oats, almonds and coconut together in a large bowl. Pour onto a large baking sheet.

Melt margarine. Combine margarine, sugar, honey, vanilla and cinnamon together in a medium bowl until smooth. Pour over oat mixture. Stir with a fork to coat.

Bake in a 350° oven for 50 minutes. Stir every 10 minutes until granola is brown and toasted. Remove from oven and cool for 1 hour. Stir in raisins. Store in an airtight container.

Have a dance party

A fun way to get moving and relieve some stress

The holidays are a busy time of year. Many of us find our stress levels. If you're feeling stressed these days, chances are your children are feeling it too. To help relieve some of your stress, take a break—turn on some music and dance like the animals!

- **Wave your arms like a monkey**
- **Hop like a bunny**
- **Stretch like a cat**
- **Fly like a bird**
- **Gallop like a horse**
- **Wiggle like a snake**



Dancing is good for the body and soul! Take a few minutes to dance with your children. They'll enjoy it and you will too!