



Cold Weather Fun!

Move together as a family. Go sledding or have a dance party!

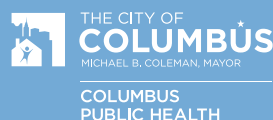
Adapted from Team Nutrition



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy Weights at Columbus Public Health

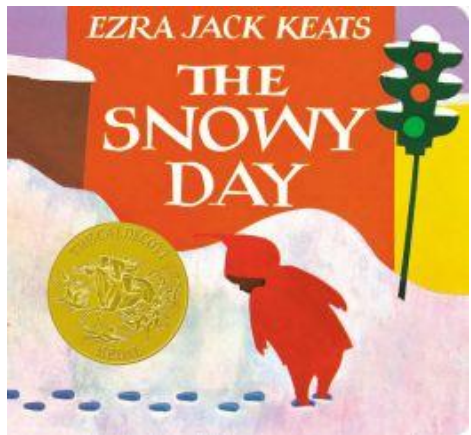
For information about these materials visit www.publichealth.columbus.gov



HEALTHY FAMILIES: BOOK OF THE MONTH



Cold Weather Fun ★★



Title
The Snowy Day

Author
Ezra Jack Keats

Summary
Waking up to a world of snowy white—what could be better? Young Peter can't wait to jump in his snowsuit and run out to explore. There are snowmen to build snowballs to pack, mountains to climb and snowbanks to collapse in—to carve a snow angel! And when the day is done, there's a dark night of dreams and drifting snow, and a new snowy day to awake to.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnatilibrary.org/>. This book is also available in stores and online.



Cold Weather Fun ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

60 Minutes of Play

Children need at least 60 minutes of indoor and outdoor physical activity each day, even during the winter months. Dress for the weather and follow recommendations for safe play in the winter months. Improved attention and behavior, improved sleeping habits, and healthy body weight are just the tip of the iceberg when talking about the benefits of daily physical activity for children and adults. So don't let the cold stop you!

Recommendations

Help your children keep physically active all year round. Make an obstacle course or play a game of bowling with empty water bottles and a soft foam ball for indoor fun. Bundle up and play in the snow or take the children on a nature scavenger hunt for some outdoor adventures.

What You Can Do

1. Make sure your child is dressed for the weather. Wear proper gloves, mittens, boots, hats, scarves, and multiple layers to keep dry and warm.
2. Keep extra warm clothes at the child care center and at home.
3. Join in the fun and play with your children. Set appropriate time limits depending on the temperature.

For more information on Cold Weather Fun:

1. Columbus Public Health | Healthy Children, Healthy Weights Tools and Resources—
<http://columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/Healthy-Children,-Healthy-Weights-Tools-and-Resources/>
2. Let's Move | Let's Move Outside—
<http://www.letsmove.gov/lets-move-outside>
3. Cincinnati Children's Hospital Medical Center | Safety Tips for Playing Outside in the Winter—
<http://www.cincinnatichildrens.org/news/release/2012/winter-safety-tips-12-27-2012/>

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Cold Weather Fun ★★★

Build a Fort

Fort building is lots of fun on a cold day, but can sometimes quickly lose its luster. Make the fun last by using lightweight blankets or sheets and laundry clips so the fort stays up more easily. Soft items, such as couch cushions or pillows, can be used to form walls; taller items like kitchen or dining room chairs can be used to hold up the “roof.” You may encourage your child to include stuffed animal friends, make signs for the fort, and read books in the fort to make it even more fun.

Go for a “Snow Safari”

Bundle up and take a walk outside! Look for various things that might be on the ground, such as pinecones, dried leaves, and acorns, as well as wildlife that might be present; like cardinals, squirrels, deer, and more! Make a checklist or a bingo card to keep track of what was found and to make the safari even more adventurous. If a camera is available, take photos to capture your findings. To continue the fun, have your child draw pictures of what (s)he saw or tell a story about what happened on the safari.



jumpin' jambalaya

Ingredients

14 ounces low-fat turkey
kielbasa

1 pound, boneless, skinless
chicken breasts

nonstick cooking spray

1 medium celery stalk chopped

2 small onions, chopped

4 cloves garlic, chopped

1 small bunch green onions,
chopped

1 medium bell pepper, chopped

1 14 1/2 -ounce can of diced
tomatoes, no salt added

1 1/2 cup uncooked brown rice

4 cups water

2 cubes, low-sodium chicken
bouillon

1 bay leaf

1 1/2 teaspoons cayenne pepper

3 tablespoons parsley, finely
chopped



1. Wash chicken and pat dry. Cut the chicken breasts and kielbasa into 1-inch chunks.
2. Spray a medium-sized pan with nonstick cooking spray. Brown the kielbasa and chicken over medium heat and remove from the pan.
3. Add next 6 ingredients to the same pot and cook over medium heat for 10 minutes.
4. Put the cooked meat back into the pot; add the rice, water, chicken bouillon cubes, bay leaf, and cayenne pepper. Bring to a boil; Cover, reduce heat, and let simmer for about 50 minutes* or until the water is evaporated.
5. Stir in parsley and serve warm.

**Instant brown rice will take less time.*

Yield 9 servings, **Serving Size** 1 cup, **Calories** 250, **Total Fat** 4g,
Saturated Fat 1g, **Cholesterol** 53mg, **Sodium** 531mg, **Total Fiber** 5g,
Protein 22g, **Carbohydrates** 31g, **Potassium** 427mg



National Heart, Lung,
and Blood Institute

Quick Stir-Fry:

Take a Wok
on the
Wild Side



Ingredients

- 1½ cups water
- ¾ cup uncooked brown rice
- 1 tablespoon olive oil
- 8 ounces lean ground turkey (93% lean, 7% fat)
- 4 teaspoons low sodium soy sauce
- 3 cups frozen vegetables (such as broccoli, carrots, bell peppers, pea pods)
- ½ teaspoon ground black pepper

Preparation

- 1.** In a heavy saucepan, bring water to a boil. Add rice and cover the pan. Reduce heat to low. Cook 30 to 40 minutes or until rice is tender. Remove pan from heat using a pot holder.
- 2.** In a large skillet, heat oil over medium heat. Add ground turkey. Cook and stir for about 5 minutes or until meat is no longer pink. Reduce heat to low.
- 3.** Stir in soy sauce.
- 4.** Add cooked rice, vegetables, and black pepper. Increase heat to medium-high. Cook and stir for about 5 minutes or until vegetables are tender and mixture is hot.
- 5.** Spoon even amounts onto 4 plates. Serve.

Makes 4 servings. One serving equals 1¼ cups.

Preparation time: 5 minutes
Cooking time: 40 minutes

Helpful Hint: This recipe uses brown rice. Eating whole grains like brown rice is a great way to get more fiber. Fiber helps you feel full and helps protect you from some diseases.

Network for A Healthy California: Kids...Get Cookin'! Fast and Fun Recipes
Available at: www.cdph.ca.gov

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Children need at least 60 minutes of physical activity each day.

GET MOVING OUTDOORS:

- Go sledding
- Build a snowman
- Make snow angels
- Create snow creatures (dinosaurs, monkeys, elephants and more)
- Take a nature walk

GET MOVING INDOORS:

- **Treasure Hunt** - Hide an item and place clues around the house (use picture cues for little ones, harder phrases for older children).
- **Put on a Play** - Act out your child's favorite book, acting out the movements to the story as you read it. Use dress up clothes for costumes.
- **Basketball** - Play basketball with a soft foam or sponge ball. Hoop can be any basket (either hung on the wall or resting on the floor). Have kids shoot from different parts of the room or in different ways.
- **Little Helpers** - Allow your child to help with chores like vacuuming, dusting or sweeping - even if it takes longer than doing it by yourself.
- **Freeze Dance** - Play music and stop it without warning. The person who stops first or stops holding the funniest position wins that round.

