



# HCSF Newsletter

January 2008



**Happy 2008!** The New Year symbolizes the beginning of a better tomorrow... so why not take the opportunity to make new healthy goals for you and your family? Whether it be to replace sugary drinks and soda with **100% juice** or **water**, parking the farthest spot away from the store, or just going outside for fresh air... having small goals can make **big differences!** Here's to a healthier you!

## HCSF- Menominee Group Session: Winter Wonderland 2007 December 5, 2007

Menominee families learned some history on snowshoes, as well as the importance of exercise and getting fresh air. Keep an eye out for this activity coming soon to your community!



- Kids learned about snowshoes, and got to try them out!
- Adult learned how long it takes to burn off the calories in the food we eat.



Learning about snowshoes!



Laying down on the job? You bet—but for a good cause! This group of adults learned that it took the “sitting” and “laying down” groups a lot longer to burn off one saltine cracker versus the “walking” and “running” groups.



All bundled up to go outside and break in the snowshoes.



Testing out the snowshoes!



Learning about skunks!



## New Year, New Goals!

Need ideas for new health goals for the New Year? Here are some that you and your family can aim to achieve this year.



**-Eat the Rainbow!** Choose a variety of fruits and vegetables each day—select from all vegetable groups (dark green, orange, legumes, starchy vegetables, and other vegetables).

**-Get Grainy!** Getting whole grains into your diet can be easy! Try some of these sources of whole grains: natural popcorn, oatmeal, barley, wild and brown rice, or if you're adventurous, quinoa! Go to <http://www.savvyvegetarian.com/recipes/basic-quinoa.php> for tips on how to cook quinoa.

Also, check out the **Wild Rice Stuffed Peppers** recipe to get in a **green veggie** and a **whole grain!**

**-Make meal time family time.** Turn off the TV during dinner time. This is a perfect opportunity to spend more quality family time together.

**-Go Outside!** Although the weather is colder now, you can warm up by taking a short walk around the neighborhood after dinner for some fresh air with the family. Or take the family sledding down some hills in the park!

**-Get movin'!** An easy way to stay active is to walk. When going to work or the store, park your car further away from the door.



### Wisdom from the Elders

During the colder winter months we may find ourselves indoors more than we want to be.

Take advantage of this time with your family to enjoy the fun art of storytelling. Gather the family together with a warm winter drink, some natural popcorn and turn off the TV so you can take turns telling stories. You will be creating fun family memories while surviving the remaining weeks of winter.



### Wild Rice Stuffed Peppers

Serves 8

#### Ingredients:

- \* 4 green peppers
- \* 1 lb. extra lean ground beef or venison
- \* 2 cups cooked wild rice
- \* 1 medium onion, chopped
- \* 1/2 cup dried fruit bits (raisins, cranberries etc.)
- \* 1 cup shredded part skim mozzarella cheese
- \* 1/2 teaspoon salt
- \* 1 teaspoon pepper
- \* 1 teaspoon cinnamon



#### Directions:

Preheat oven to 350° F.

Cut green peppers in half and remove stems & seeds. Combine the rest of the ingredients. Lightly stuff pepper halves with rice mixture. Place in baking dish & loosely cover with foil. Bake 30 minutes; uncover & bake 10 minutes more or until pepper is tender.