



HCSF Newsletter

January 2009

Welcome to 2009! We hope this issue encourages you to make healthy New Year's resolutions and motivates you to **get outside together**. We've included the **world's easiest vegetable soup recipe** – for those of you who don't want to spend a lot of time in the kitchen after the busy holidays. Together, we can make 2009 a healthy and happy new year!

* NEW YEAR'S RESOLUTIONS *

Every January, we all make New Year's resolutions. This year, why not make resolutions as a family to work on having a healthier lifestyle!

Resolutions will be different for everyone, depending on each family's lifestyle. For example, if your family usually drinks soda every day, limit yourself to only 3 times per week. If your family never drinks soda, but eat lots of candy, decide to cut out candy except as a special treat.

Here are some ideas to get you started:

- ✔ Go for a walk as a family after dinner two nights a week.
- ✔ Try one new fruit or vegetable each week. Have each family member take turns picking which one to try!
- ✔ Read a chapter of a book the whole family will enjoy out loud each night before watching TV or playing video games.
- ✔ Have family game night once a week.
- ✔ Drink less soda.
- ✔ Drink more water – have a glass with dinner each night.
- ✔ Park the car farther away when you go grocery shopping.
- ✔ Add an outdoor family activity like skating or sledding one weekend day.
- ✔ Substitute fruit for candy and fruit snacks.
- ✔ Eat less fast food.

Don't try to change everything at once -- pick one or two resolutions that challenge you and your family but you think you can stick to for the long run!



WINTER ACTIVITIES



Don't let the weather keep you inside! With all the snow on the ground, winter is a great time to get outside - just make sure the kids are all bundled up!

- * Pull each other in sleds or race up the hill for extra exercise. Be careful racing down the hill!
- * Build a snow fort. Look around for shovels or plastic deck chairs to give it support.



- * Mix food coloring and cold water in a spray bottle to dye the snow different colors to make playing even more fun and to make designs on your fort!

- * Play wiffle ball or kick ball – it's even better in the winter! Make sure to slide into the bases for more fun!



- * Ice skating!

- * Have the kids help shovel the driveway. Give them small shovels or buckets to move the snow.



- * Build a snow family! Use rocks, sticks, and clothes to decorate. Don't forget the carrot noses to complete the look!

Recent HCSF Grand Prize Winners!

Evergreen Teller - \$30 Subway card and smoothie maker
Tracy Wilber – Brita Water Filtering Pitcher
Marla Eades and Andrea Wescott– Fun fruit picnic dishes
Melissa Judd - Brita Water Filtering Pitcher and fruit bowl



Mythbusters



MYTH:

Frozen vegetables are less nutritious than fresh ones.

TRUTH:

- You may actually get more nutrients from some frozen fruits and vegetables. Just-picked veggies do have more vitamins and minerals, but nutrient levels drop during shipping and storage. And they sink even further if you add on the days that the produce lingers in your crisper. Frozen veggies, on the other hand, are usually picked ripe and immediately flash frozen, so they retain most of their nutrients.
- Freezing and processing can change the consistency of some foods. Food manufacturers often add salt, sugar, and fat to otherwise healthy products (like those broccoli and cheese mixes, or corn niblets with butter sauce!). If you become a label sleuth, you can bypass foods that contain these “extras”.
- One final note: Items frozen in bags should move about freely, because clumping indicates that the product has been thawed and then refrozen.
- Check out a great way to make a quick meal using nothing more than a few cans of low sodium chicken broth and a package of frozen mixed veggies.

Ready in 20 minutes!

WORLD'S EASIEST VEGGIE SOUP



Ingredients:

- 8 cups boiling water plus two chicken bullion cubes OR 8 cups of low sodium chicken broth (4 cans)
- 1 package of frozen veggies – look for the mixes that say “soup mix” or any other variety your families likes. The ones for soup mixes typically have corn, green beans, carrots and potatoes.
- ½ to ¾ cup small shaped pasta (elbows, shells or alphabet shapes) – Optional
- Any spices your family likes – try adding dill, basil or oregano – just a pinch will do!

Directions:

Add boiling water to bullion cubes in a large pot or open cans of broth and pour into pot. If using broth, bring it up to a boil before adding the veggies.

Add entire package of frozen veggies and reduce heat to medium. Simmer for 15-20 minutes. If adding pasta, add during the last ten minutes.

While soup is cooking, toast up some bread and make a green salad for a quick and easy meal. You could also add leftover chicken or turkey to this soup.