



# HCSF Newsletter

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Happy New Year! Read on for tips on how to start the year off on the right foot – literally! We've also given you a fun recipe to make with your kids, and some ideas for what to do when the kids are home on snow days and say "Mommmmmm – we're bored."

## 5 Tips for a Healthy You in the New Year

1. **Wear your pedometer.** (Also known as "show your work".) When you have it on every day you can see how you're doing. Aim for 10,000 steps every day – get creative to get there – take the stairs, park at the end of the lot, circle the block twice after dinner!
2. **Drink water.** Go ahead and have your coffee in the morning and low fat milk with lunch or dinner. Otherwise, reach for water. Offer water to your kids. Drink it chilled, with ice, with a slice of lemon, lime or orange for some flavor. Pick a favorite glass for each family member and always keep it filled with water.
3. **Don't diet.** Instead of focusing on depriving yourself, focus on eating. Eat every three to four hours. Have a good breakfast, lunch, an afternoon snack, supper (with your family at the table if possible) and an after supper snack. Don't go overboard, but don't starve yourself either! Maintaining a healthy weight is a marathon, not a sprint. (See below for a sample menu to get you started.)
4. **Don't eat emotionally or because you're bored.** Eating to make yourself feel better may temporarily lift your mood, but at the end of the day you're still going to have your problems...and maybe a few extra pounds to boot!
5. **Don't drink your calories.** Specialty coffee drinks can have as many calories as a Big Mac! It's ok to have these as a treat every once in awhile but if you do, consider them a meal, not a drink! Energy drinks (like Amp and Monster) add up too – they can have 200-300 or more calories in each can - which is about the same as regular soda.



Portion sizes count, so while your focus should be on eating, not depriving yourself; you still need to keep an eye on how much you are putting on your plate.

**Breakfast:** cereal with milk and fruit (try bananas, blueberries or strawberries)



**Lunch:** sandwich on whole wheat bread, some bite size veggies (carrots, celery, radishes, pepper strips, cherry tomatoes) a stick of string cheese and an apple, orange or banana.

**Afternoon snack:** small handful of nuts (almonds, walnuts, pecans, peanuts) and a container of low fat yogurt or sugar-free applesauce.



**Supper:** Try **Pizza Spaghetti** (see recipe on next page) with a green salad and some whole grain dinner rolls.

**Bonus tip:** prep your veggies for salads and lunches on Sunday for the whole week –this makes throwing together salads a snap and pre-cut veggies will be ready to toss into your lunch bags!

**After supper snack:** Have some air popped popcorn or a few handfuls of pretzels.

**Bonus tip:** put your snacks in a bowl and eat only what's in the bowl – don't eat from the bag.



## Wisdom from the Elders

Teach children to respect their bodies by choosing wisely what they put into it - whether that is food, drink or by what they hear or see.

We have been given the gift of one body. Treat it with care and respect and it will be able to carry you for a lifetime.



*"What is life?*

*It is the flash of a firefly in the night.*

*It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset."*

*-Crowfoot, Blackfoot warrior and orator*

How can you go wrong with two kid favorites in one dish?



## Pizza Spaghetti

### Ingredients

- 1 pound lean ground beef (90% lean) or ground turkey or venison
- 1/2 cup chopped sweet onion
- 4 cans (8 ounces each) no-salt-added tomato sauce
- 3 ounces sliced turkey pepperoni
- 1/2 teaspoon dried parsley flakes
- 1/2 teaspoon dried basil
- Uncooked whole wheat spaghetti
- 3 tablespoons grated Parmesan cheese

### Directions

In a large nonstick skillet, cook the beef, turkey or venison and onion over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, pepperoni, parsley flakes and basil. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until thickened. Meanwhile, cook spaghetti to desired doneness. Drain spaghetti; toss with sauce. Sprinkle with Parmesan cheese.

Yield: 6 servings

**Have the kids help open cans and stir!**

## Stuck Inside Snow Day Ideas

### Tick Tock Timer

Set a ticking kitchen timer for five minutes and then hide it. The children have to find it by listening. Whoever finds it before the bell dings is the winner and gets to be the 'hider of the timer'. Shorten the time to make it harder!



### Freeze Dance

Put on some music and let the kids burn off some energy by dancing. When the music stops they have to freeze in place. Anyone who moves while frozen is out. Dancing resumes when the music starts up again. The winner is the last person dancing.



### Break out the Board Games

To be active – try Twister. Chutes and Ladders, Operation, Hi-Ho Cherry Os, and Hungry Hungry Hippo will also keep the kids in stitches!

