



# HCSF Newsletter

December  
2010



The holidays are here! We know it can be hard to stay physically active this time of year and we're here to help! Find ways to squeeze in some activity for the whole family – see our [Winter Fit Tips](#) below. With snow and cold keeping the kids inside – check out some fun crafts the kids can do – the [shadow puppet theater](#) might be just the thing to keep little ones entertained. Create some fun decorations for the tree with the [egg carton bell](#) on page two. Get the kids in the kitchen to help make [White Bean Dip](#); a quick and healthy appetizer for your next holiday get together.



## Winter Fit Tips - December



**Designate an indoor action spot.** If you have room, set aside a portion of your basement or family room for active play. Put up an [indoor basketball hoop](#), tape a [hopscotch](#) outline to the floor, or make a [track](#) for ride-on toys. Break out the [hula hoops](#), [Twister](#) game, or your [Move Cube](#) with new activity cards the kids make themselves. *No space?* Consider pooling resources with a friend or neighbor. She provides the room, you contribute toys and help supervise the kids.

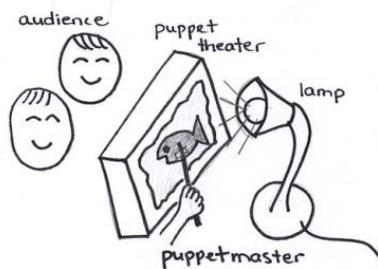
**Fit tips for every day:** Park as far away from the store as you can. If you're at the mall, make a few extra laps to get in some walking time. Take the family to different neighborhoods to see the [holiday lights](#) – but [park and walk](#) instead of just riding by! Always opt for the stairs. Make physical activity a priority by seizing every chance (like those mentioned above) to be active. Your waistline will thank you!



## SHADOW PUPPET THEATER

### Materials

- Empty cereal boxes
- Scissors
- Scotch Tape
- Wax or Copy Paper
- Straws or Popsicle Sticks
- Black magic marker
- Desk Lamp
- Imagination



### Instructions

1. Use scotch tape to tape up sides of one cereal box to make it sturdy.
2. **Adults only** –trace about 1 ½ inches away from the edges of the front and back of the box. Cut out the large rectangles. *Save this cardboard* to use to make puppets!
3. Tape wax paper or copy paper over one side of the box to create the screen. **You now have your puppet theater!**
4. Make puppets using the leftover cardboard from the original cereal box and any extra boxes you may have.
5. To make puppets, trace shapes onto cardboard (animals like cats, dogs, fish and shapes like stars and moons work well). Cut out the shapes and color them in using the black magic marker.
6. Tape the puppets to the straws or popsicle sticks.
7. To put on the show – start with a darkened room, and place the audience on one side of the box, and the puppet-master and the desk lamp on the other. The puppet-master needs to be between the lamp and the theater but not blocking the light!

**Looking for templates for your puppets? Check out these sites:**

<http://www.coloringcastle.com/index.html>, <http://govdocs.evergreen.edu/coloringbooks.html> or

<http://www.edupics.com/>

# COOK WITH YOUR KIDS



Your kids will be so proud to bring an appetizer that THEY made to your next holiday party. Try whipping this up together – you'll be amazed how fast, easy and delicious it is!



## White Bean Dip

### Ingredients

- 2 (15 ounce) cans Cannellini or Great Northern beans, drained and well rinsed
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive oil or canola oil
- 2 tablespoons lemon juice
- 1 teaspoon bottled chopped garlic
- Hot water – as necessary

**Directions:** Blend all ingredients in a blender until very smooth, adding a tablespoon or two of hot water if the beans don't become creamy right away. Serve with dippers.

**Dippers:** Serve the most wholesome dippable food you can get away with: whole grain breadsticks or crackers, strips of whole wheat bread or toast; pita chips, and veggies such as snow peas, raw carrots, bell peppers, and celery sticks, or lightly steamed broccoli, sugar snap peas and green beans.

**Nutritional Information** Per Serving (1/4 cup): 149 Calories, 7g Protein, 20g Carbohydrates, 5g Fiber, 0g Sugar, 5g Fat, 1g Saturated Fat, 165mg Sodium, 0mg Cholesterol.

**Want to avoid looking like this guy? Try the following tips to get you through the holiday season:**



- Be physically active for *at least* 15-30 minutes every day
- Eat a healthy breakfast
- Limit yourself to one serving of sweets/treats per day –if you're going to indulge, have a special treat – skip the stuff you can have anytime (pretzels, chips etc.)
- Have a healthy snack before you go to a party – an apple is a great choice!



## Egg Carton Bell



### Materials Needed:

- Egg carton
- Tin foil
- Large needle
- Thin ribbon or yarn
- Scissors
- Stickers, glue, glitter (optional)



### Instructions:

- Each bell is made using one cup, cut from an egg carton. Start off by cutting off an egg carton cup and trimming around the edges. Cut a piece of tin foil about 6-inches square and wrap it around the egg carton cup and tuck the extra foil into the inside of the cup.
- Poke a small hole in the center of the egg carton cup using a needle. Cut about 12-inches of narrow ribbon or thick yarn. Holding the two ends of the ribbon together, tie two or three knots on top of each other. Push the other end (the looped end) up through the hole so that the knot is inside the bell. Pull the ribbon up as far as it will go.
- Your bell is now ready to decorate! You can decorate with stickers, glitter, or anything else you like. You can also leave it plain.