



# HCSF Newsletter



December  
2011

It's December, another year done, and now time for us to say goodbye. We will miss putting together these monthly missives for you and your family but we'll leave you with some final words of wisdom. And a recipe. And a game. And a craft project. (Don't forget to grab your HCSF Cookbook and your Games & Activities Book if you need more ideas!)

Wishing you a healthy and happy 2012...and beyond!

## Better Together



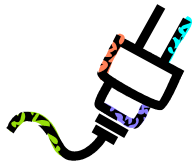
**It's no fun going it alone...**and it's hard to stay healthy if the whole family isn't on board. So reconfirm as a family your healthy lifestyle goals once a year (perhaps at say, New Years??). Together you can commit to healthy choices – like family meals together most nights of the week, regular (and fun!) physical activity, choosing water and milk over soda, choosing fruits and vegetables to sample and maybe even grow in the garden next spring! Just make sure everyone gets a say and don't forget to reward your family for sticking to it!



## Walk the Walk - Part 1

Sometimes you just want to lie on the sofa and veg out all night. Sometimes the thought of cooking dinner seems like climbing Mt. Everest. Sometimes you just want to plopp the kids in front of the TV so you can have five minutes to yourself. We've all been there. Unfortunately, as hard as being a parent is, it's up to us to show our kids how it's done. Give yourself permission to have an off day – but make a commitment to be the best role model you can the other 99% of the time – your kids ARE watching!

## Suspend Screen Time



The American Academy of Pediatrics recommends *no more than 2 hours per day of screen time* for kids, and says a resounding **NO** to TVs/internet connection in kid's bedrooms. **WHY?** In addition to kids being inactive while watching TV or playing online, they are also continually exposed to violent images and are inundated with advertising – usually for unhealthy foods and expensive toys. Screen time can have its place in your family's routine, just don't make it center stage.



Taste Test from



to....



No kid sprang from the womb begging for broccoli and carrots. Kids need to be introduced to new foods (and it helps if they see you eating them too!). Keep in mind that it can take many tries before kids will accept new foods, so start them off with small servings, alongside something you know they like. Get them in the kitchen with you making family meals – kids are more likely to try something they feel proud of making! Serve them veggies before dinner (when you know they're hungry). They will eat them, and they'll eat some at dinner too.

## Walk the Walk - Part 2



This time we mean literally! So grab those sneakers and hit the pavement. Family walks are free, everyone can participate (even if it's in a stroller), you can walk all year long (and if it's truly frightful – there are places to walk inside – think high school, local mall or even a few laps around the grocery store!). Don't let weather be an excuse. Keep a few active game ideas up your sleeve for when everyone is stuck inside.

# Three Sisters Stew

*This recipe looks complicated, but it comes together fast!*

- 1 pie pumpkin or 1 butternut squash (about 2 pounds), peeled and cut into large chunks
- 2 tablespoons olive or canola oil, divided
- 1 onion, chopped
- 2 - 4 cloves garlic, chopped (or use jarred minced garlic)
- 1 boppin bell pepper (any color), chopped
- 2 teaspoons cumin, 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 (14 oz) can diced tomatoes with liquid
- 1 (15 oz) can pinto or red kidney beans, drained and rinsed
- 2 cups corn (thaw if using frozen)
- 1 (4 oz) can mild green chilies (optional)
- 1 ½ cups water
- Salt and pepper to taste



Coat the diced pumpkin or squash with one tablespoon oil. Roast in a 400 degree oven for about 30 minutes. Set aside until last step. In a heavy bottomed pot, heat the other tablespoon of oil, then add the onion and garlic and cook for about 5 minutes. Next, add the bell pepper and cook for 2-3 more minutes. To the vegetables add all the spices (cumin through oregano) and stir to combine. Next, add the tomatoes, corn, beans, green chilies (if using) and water. Bring the mixture to a boil, then turn heat down to low and cook the stew covered for 20 minutes. After 20 minutes, add the roasted butternut squash or pumpkin and simmer uncovered for 5 minutes. Add salt and pepper to taste.

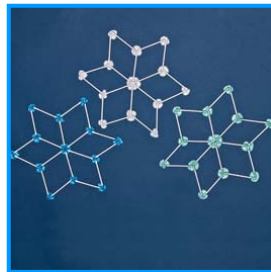
**Pressed for time?** Check your produce department for butternut squash that is already diced. Just keep in mind, *you will pay for the convenience* 😊

## Sparkly Stars

These sparkly snowflake stars require only glue, glitter, and cotton swabs!

### Materials

- cardboard and plastic wrap
- 18 cotton swabs per star
- tacky glue
- glitter
- fishing line or ribbon for hanging



### Instructions

First create a work surface by covering a large piece of cardboard with plastic wrap.

For each snowflake, arrange 18 cotton swabs as shown. (**Hint**, it's easiest if you make an \* with six swabs and then work out from there to create the sides of the star.)

Squeeze a small amount of tacky glue where the ends of the swabs meet. Make sure the glue covers each connecting point. Sprinkle glitter onto the glue and let the snowflakes dry overnight.

Carefully peel each flake from the plastic. Hang up your snowflakes with fishing line or pretty ribbon.

## Penguin Shuffle

This fun game will keep kids on their toes – *literally!*



### Materials

- 1 balled up sock for each player

### Instructions

Have the children stand side by side with their "eggs" (socks) on top of their feet.

Players try to shuffle across the room and back without dropping their "eggs." The first one to succeed wins.

Make it harder by asking them to walk backwards! Got a real show off?? See if they can do it with their eyes closed!