



Color Me Healthy NEWS

preschoolers moving & eating healthy

DECEMBER

Toy Buying For The Holidays

As parents, you have to make wise choices when buying toys for the holidays. Consider the array of items that lend themselves to your child being safe and physically active. When choosing a toy, ask yourself, "Will my children be active when playing with this toy, or do they sit and watch?" Are batteries needed? Does it have to be changed? Is your child's imagination involved? Do your children need a parent or friend to enjoy the toy?

Choose toys carefully. Look for good design and quality construction in the toys you buy. Watch out for toys with small parts and sharp edges. Be a label reader and look for suggested age range. Buy toys that match your child's age, interest and abilities.

Consider the following list of age appropriate toys for four and five year olds:

- Small trucks, cars, planes, and boats
- Farm, village, and other play sets
- Backyard gym sets, jungle gyms
- Puppets and theaters
- Playhouses
- Cooking toys
- Wagons
- Tricycles



Plan: Know What's For Dinner

Sometimes the hardest part about preparing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Go to colormehealthy.com click on Eat Smart, then Prepare More Meals at Home to find shopping and planning guides to help you make mealtime easier. Also at colormehealthy.com you will find easy, quick recipes that will fast become family favorites.



Being Active All Days, All Ways

Accumulating physical activity in your family's day, a little bit at the time adds up. So do the health benefits. Here are 4 quick ways to add more movement in your day, every day:

- Walk to your mailbox instead of driving
- Avoid the drive-thru. Park and walk into the bank, cleaners, etc.
- Take the stairs instead of the elevator
- Park in the space farthest from your destination



Color Me Healthy Parent Bulletin Board

Too cold to play outside? Help your child make boxer shoes by cutting holes in the front of cereal boxes large enough for little feet to fit in. Walk around the house in new shoes.

Balls that can be bounced, rolled, caught, or thrown, all encourage gross motor skills, hand-eye coordination, and dexterity.

As fine motor skills improve, activities such as holding a crayon, drawing, and using a pair of safety scissors can strengthen coordination, encourage creativity, and foster self-esteem.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Snack Mix

INGREDIENTS

- 2 cups dried cereal (Chex, Cheerios)
- 1 cup raisins
- 1 cup nuts
- 1 cup dates or other dried fruit

INSTRUCTIONS

1. Pour all ingredients into a large mixing bowl.
2. Cover and shake until all ingredients are mixed.

Prep Time: 5 minutes
Cook Time: 0 minutes
Calories per serving: 140



Food For Families On The Go

Chicken Quesadillas 4 servings

INGREDIENTS

- 1 cup chopped, cooked chicken
- 2 tablespoons salsa
- 1/4 cup chopped white onion
- Non-stick vegetable cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack, Colby or other cheese, shredded
- 4 (10-inch) whole-wheat tortillas

Calories per serving: 240

INSTRUCTIONS

1. Preheat electric skillet to 350°.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and seal edges.
4. Place in skillet sprayed with non-stick vegetable cooking spray.
5. Brown on one side at medium heat for approximately 3–4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.