



# Color Me Healthy NEWS

preschoolers moving & eating healthy

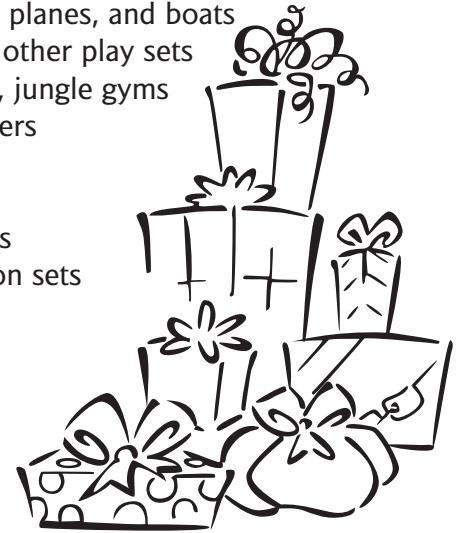
DECEMBER

## 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? 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 suit 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 gymsets, jungle gyms
- Puppets and theaters
- Storekeeping toys
- Playhouses
- Housekeeping toys
- Simple construction sets
- Domestic toys
- Trains
- Larger tricycles
- Sleds
- Wagons
- Tapes and CDs



### Plan: Know What's for Dinner

Sometimes the hardest part about fixing dinner is figuring out 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 [www.colormehealthy.com](http://www.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 [www.colormehealthy.com](http://www.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, everyday:

- Walk to your mailbox instead of driving
- Avoid drive-thru. Park and walk into 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.

Great snacks are animal crackers, pretzels, and string cheese.

Eating out can be a high fat affair, so balance it with healthy low fat meals and snacks that you can prepare at home.



## 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

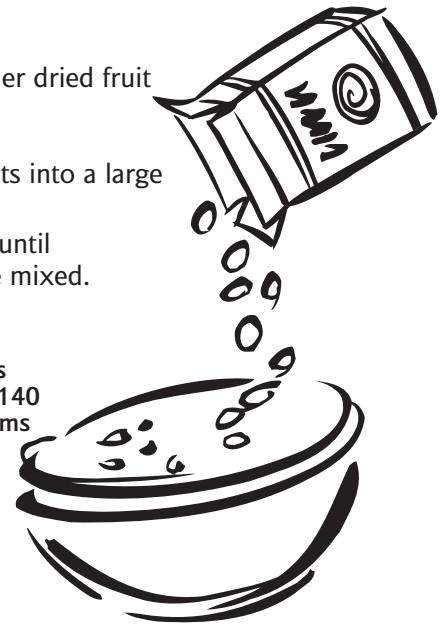
#### INGREDIENTS

- 2 cups dried cereal (Chex, Cheerios, Corn Flakes)
- 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  
Fat per serving: 7 grams



## Food For Families On The Go

### Chicken Quesadillas 4 servings

#### INGREDIENTS

- 4 flour tortillas (10")
- 1 can (10 ounces) chicken-white meat
- 2 tablespoons chunky salsa
- 1/2 cup Monterey Jack Cheese shredded
- 1/4 cup chopped white onions

#### OPTIONAL

- 1/4 cup chopped green chilies
- dash of cayenne pepper

Prep Time: 10 minutes  
Cook Time: 6-8 minutes  
Calories per serving: 388  
Fat per serving: 14 grams

#### INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Completely drain chicken.
3. Mix salsa, chicken, onions, cayenne pepper (optional) and green chilies (optional).
4. Put tortillas on baking sheet.
5. Place 1/4 of the chicken mixture on half of each tortilla.
6. Sprinkle 1/4 of the cheese on top of the chicken mixture; fold tortilla over filling.
7. Put in oven for 3 minutes; flip and cook on other side for 3-5 minutes until slightly brown.
8. Take out of oven and cool for 3 minutes; cut each folded tortilla into 3 wedges.