

Wellness Tips December 2016-January 2017

Holiday Celebrations

Everyone loves a good party but they often have a lot of unhealthy foods which send the wrong message to kids. Instead of sending sweets, why not offer healthy, fun snacks in appropriate portion sizes!

Snack Ideas:

- Vegetable trays with hummus or low-fat dip
- Fresh fruit kabobs
- Fruit smoothies
- Dried fruit (with little or no added sugar)
- Low-fat granola bars
- Low-fat string cheese
- Low-sugar yogurt parfaits
- Unsweetened applesauce



Grinch Fruit Kabobs

Here's a fun and healthy snack that kids will love. All you need are green grapes, banana slices, strawberries and mini marshmallows. Put them all together with a toothpick and you have tasty Grinch kabobs.



15 Non-Sweet Holiday Treats!

- Pencils
- Crayons
- Shoelaces
- Books
- Play-doh
- Jump ropes
- Sidewalk Chalk
- Coloring book
- Play tattoos
- Stickers
- Glow sticks
- Silly sunglasses
- Crazy straws
- Bouncy balls
- Bubbles



Winter Wellness: Fun tips to stay active this winter

Sledding-If you don't have a sled you can use the top to a garbage can, a plastic tray, or even an inflatable tube. Slide down the hill and then race back up.

Winter Scavenger Hunt-Why wait until Easter to hunt for prizes!

Ice skating-Grab a helmet and a pair of skates or sneakers and find a frozen patch of ice to slip and slide. Contact your local parks & recreation for free opportunities to exercise your brain and body.

Snow Castles-Beach toys aren't only for the sand. You can use sand buckets, loaf pans and even cut up milk cartons to build snow castles.

Build a snowman-Search your yard for sticks for his arms, berries for his eyes, and stones for his buttons. Don't forget a carrot for his nose!

Dance Party-Who doesn't love a dance party!

Balloon Bop-The goal is to keep the balloons from touching the floor as long as possible.

Remember you can always check your local newspapers or internet sites to see if there are events taking place close to home!



Happy Holidays from your Wellness Committee and Creating Healthy Schools and Communities.

