Growing Healthy Families

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www.healthyvermonters.info

Fun, food and fitness

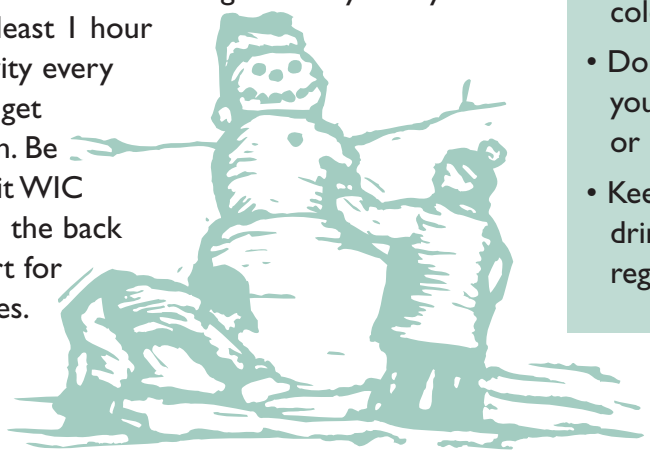
Fun, food and fitness — build a healthy lifestyle! Make changes that will help build a healthy lifestyle for you and help your child learn healthy habits that will last a lifetime.

Choose a plant-based diet. Eat a diet high in vegetables, fruits, whole grains and legumes (beans, peas, lentils). You don't need to be a vegetarian to enjoy a plant-based diet. Eating an "almost vegetarian" diet can be the best choice for your family. Eating meals made with small amounts of meat taste great, are healthy choices and save money. See the recipe in this issue for "Hearty Chili" which can be made with or without meat.

Enjoy more vegetables and fruits — serve a variety for meals and snacks. Vegetables and fruits naturally taste great and are loaded with nutrition. See ideas in this issue for using frozen vegetables.

Build healthy bones with plenty of calcium. Offer milk at meals. Chose low-fat (1% or skim) dairy foods, including cheese and yogurt, for snacks and meals.

Try to have at least 30 minutes of physical activity on most days. Exercise is as important as diet in building a healthy lifestyle. Young children need at least 1 hour of planned physical activity every day. Turn off the TV and get active with your children. Be sure to check out the Fit WIC Fun and Games page on the back of your newsletter insert for some fun winter activities.



Be well this season!

Cold and flu season is here. There are many ways you can protect yourself and others from getting colds and the flu by following some simple steps:

- Please do not come to a WIC clinic if your child or you are sick. Call ahead of the clinic date to reschedule your appointment for a time when you are feeling well and to make arrangements to keep your food order coming.
- Avoid close contact with people who are sick with a cold or the flu.
- Wash your hands often with soap and water. You can use gel sanitizers when soap and water are not available.
- Clean surfaces you touch often if someone in your household has a cold or the flu.
- Don't share anything that goes into your mouth, such as toothbrushes or drinking glasses.
- Keep healthy by getting plenty of rest, drinking plenty of water, exercising regularly and eating healthy foods.

Drink 1% or skim milk

Children need plenty of calcium to build strong bones to last a lifetime. Milk is the main source of calcium in their diets. But what type of milk should children drink? Which milk is the best choice?

Children under the age of 2 years need whole milk. Once children reach their second birthday, they should switch to 1% or skim milk.

Many families drink whole or 2% milk. We tend to drink the milk that we have become used to drinking. Our eating habits often start early in life.

Whole and 2% milk are major sources of fat in children's diets. One cup of whole milk has as much fat as 5 strips of bacon. 2% milk is not low fat milk either. One cup of 2% milk has as much fat as 3 strips of bacon. Switching to 1% or skim milk is one of the easiest ways to reduce fat in a child's diet.

Start healthy eating habits for your child. Children who drink 1% or skim milk are likely to also drink it when they are adults. It will be the milk that they prefer in school and for the rest of their lives.

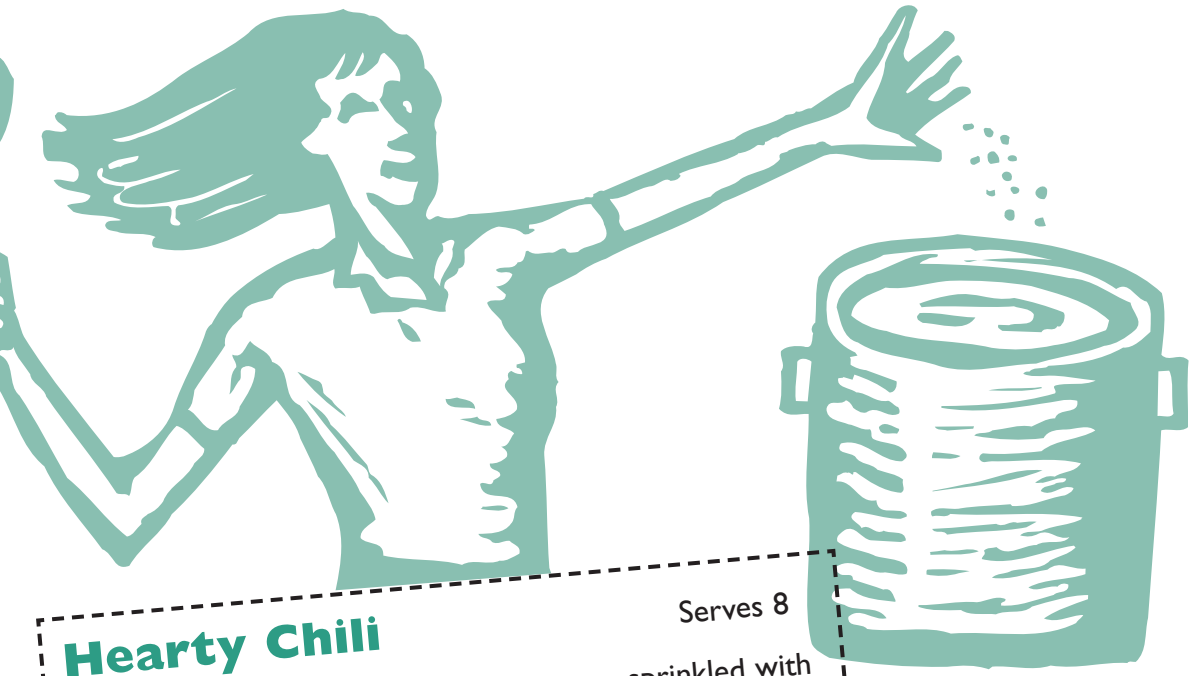
Children like to copy what they see their parents and others doing. Drink 1% or skim milk with your child.

If your family is unsure about making the switch to skim milk, change slowly. Mix whole milk with 2% milk for a few days, and then mix 2% with 1% for a few days. Gradually work towards skim milk. Make a healthy change for your family.

Winter veggies

Use your favorite frozen vegetable combination to make this quick dish!

Heat skillet with 1 tablespoon vegetable oil over medium heat. Toss in frozen vegetables (broccoli, cauliflower, peppers, carrots, peas, green beans, etc.) and cook while stirring until warm. Season to your taste with soy sauce and minced garlic or garlic powder, or black pepper and parmesan cheese.



Hearty Chili

Serves 8

A hearty soup that makes a meal — serve sprinkled with grated low-fat cheese, on top of brown rice or with whole grain bread. Leftovers freeze well.

1 pound lean ground beef or turkey*

1 cup chopped onion

1 tablespoon minced garlic
(or 1 teaspoon garlic powder)

1 (28 ounce) can crushed tomatoes

3 cups cooked or canned beans
(try pinto, red kidney, black, garbanzo, navy)

1 (6 ounce) can tomato paste

2 cups chopped fresh, frozen or canned vegetables
(try bell peppers, corn, peas, carrots, broccoli, spinach)

1 cup water

1 tablespoon chili powder

1 teaspoon ground cumin

1/4 teaspoon cayenne pepper (optional)

Cook ground beef or turkey in skillet until browned. Drain fat from skillet. Add onion and garlic and cook for an additional 2 minutes. Combine all ingredients in large pot. Bring to a boil. Reduce to medium-low heat and cover. Simmer for 1 hour, stirring occasionally and adding water as needed. Serve hot.

Nutrition analysis per serving: Calories 230, Protein 21 grams, Carbohydrate 32 grams, Fat 3 grams, Sodium 360 milligrams

*Chili can be made vegetarian. Leave out the meat or use ground meat substitute and cook with onions and garlic in 1 tablespoon of vegetable oil before adding remaining ingredients.

clip & save recipe!

WIC food vendor corner

Snowstorms and icy weather are coming.

Keep your WIC foods from freezing by placing a cooler out for your vendor to put the foods into.

If your vendor cannot reach your normal delivery location during winter weather, he will place your foods by the roadside. Look for them before calling your local WIC office to report a missing delivery. You may arrange for an alternate drop-off location during storms by calling your District Office.

WIC is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex or disability, immediately contact USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue S.W., Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

Watch less TV!

Watch television for 2 hours or less each day.

Studies have shown that children who watch the most television are more likely to be overweight. These children may be as active as children who watch less television. What is causing these children to become overweight? It may in part be the commercials.

A typical child will see about 40,000 ads a year on TV. Most of these ads are for candy, cereal, soda and fast foods. Children's favorite TV and movie characters are often promoting these foods.

Television commercials encourage children to eat more fast foods, sugary cereals, sweets and soda. Children are then more likely to beg for these types of foods from their parents and others. Help your child make healthy choices — watch less TV — go for a winter walk, play in the snow, read a book, dance to music.

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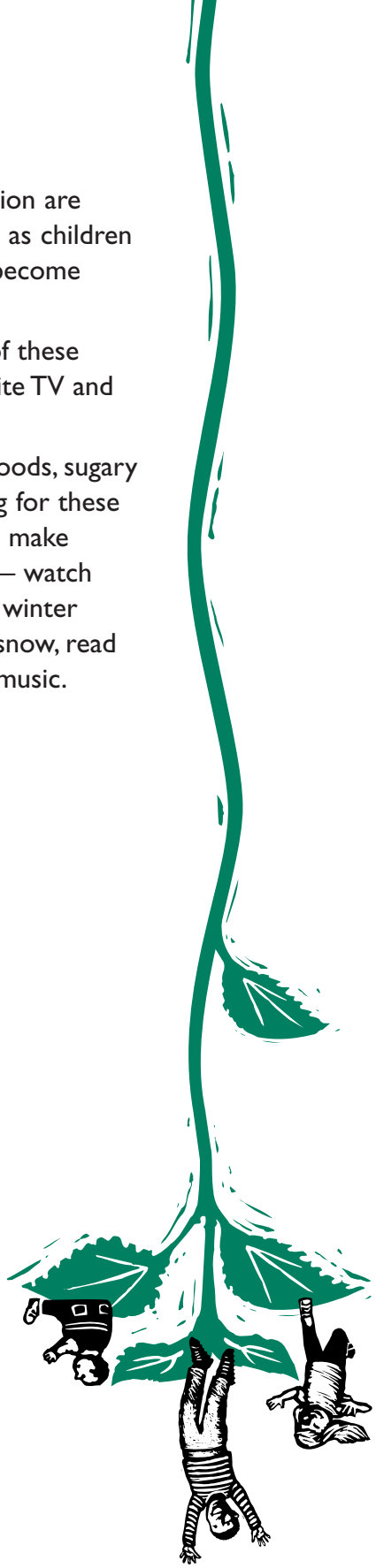

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