



# Healthy Living With Head Start

## Survival Guide for a Healthy Year



### Being S.M.A.R.T. in the New Year

We all start the year with the best intentions of making big changes and resolutions, but many are unsure of the steps needed to achieve our goals. This new year, design your resolution around being S.M.A.R.T. :

#### **S**pecific

- \*Define exactly what you want.
- \*Ask yourself who, what, when, where, why, and how.

#### **M**easurable

- \*Think about ways you can measure progress towards your goals.
- \*Ask yourself how much, how many, and how I will know I have been successful.

#### **A**ttainable

- \*Identify goals that are important to you and that you are excited about achieving.
- \*Ask yourself if you can be successful in meeting your goals.

#### **R**ealistic

- \*Your goal should be something you are willing and able to work for.
- \*Ask yourself if your goals will fit into your life to support long term changes.

#### **T**imely

- \*Give yourself short-term goals to help visualize your path to success.
- \*Ask yourself if you can break goals up into smaller weekly steps to stay on track.



# Better Choices for a Better Year

## Aim for a more nutritious New Year

**Choose healthy carbs:** Satisfy your winter “carb cravings” with fruits, vegetables, and whole grains instead of sugary foods like candy, cakes, and processed treats. This will reduce the amount of processed foods and added sugar in your diet with the bonus of adding nutrients your body needs to stay healthy.

**Shop seasonal produce:** Squash, Brussels sprouts, sweet potato, and citrus fruits are just a few of the fresh, nutrient-packed produce items still in season. They are widely available in the grocery store throughout the winter and are less expensive during the winter months.

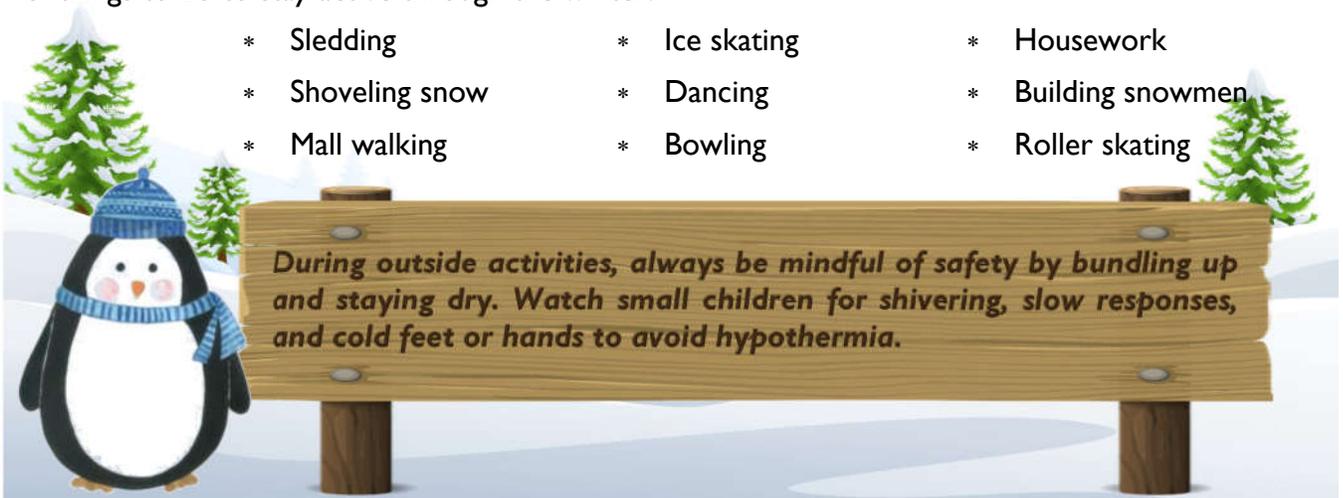
**Eat to stay healthy:** Vitamin C, vitamin E, iron, and zinc are a few vitamins and minerals that boost your immune system. Choose foods like citrus, nuts, seafood, and whole grains to build a better defense through the winter.

**Find comfort in food:** Broth-based soups are perfect for chilly weather and help you feel full without adding too many calories. By personalizing soups with your favorite add-ins like vegetables, beans, and spices, you can make them nutritious, filling, and flavorful.

## Staying active

Cold weather can make it hard to reach goals aimed at staying active. Though you may not be able to take a long walk through the woods or take the family out for a swim, there are plenty of things to do to stay active through the winter:

- \* Sledding
- \* Shoveling snow
- \* Mall walking
- \* Ice skating
- \* Dancing
- \* Bowling
- \* Housework
- \* Building snowmen
- \* Roller skating



# Making a Family Menu Board

Planning ahead for healthy meals can be a fun and engaging family experience with a family menu board. Children will love being part of the process and you will love the extra help with menu ideas.

## Materials Needed:

- \* Large (sturdy) piece of cardboard or foam board as a backboard
- \* An assortment of small boxes
- \* 7 Clothespins
- \* Index cards
- \* Construction paper or patterned paper
- \* Markers, crayons, paint, pens, pencils, embellishments, decorative tapes
- \* Scissors
- \* Glue (you may want to use hot glue for larger items)

## Directions:

- \* Lay out your backboard, small boxes, and clothespins to design your menu board. Add anything you would like to your board to customize it to your family's needs.
- \* Paint, cover, or decorate your backboard, small boxes, and clothespins.
- \* While everything is drying, sit down as a family and pick out some popular meals and recipes. Write the recipe names on each card with notes or the full recipe on the back.
- \* Mark each clothespin for a day of the week and label small boxes with recipe categories, leaving one for blank cards.
- \* Glue your clothespins on your backboard making sure to leave enough room to pin a recipe card to each day of the week.
- \* Glue the small boxes and any other remaining embellishments onto the backboard.
- \* Hang where all family members can easily interact with it.



# Making Mealtime Memories

## Finger Food Festivities

Bring in the new year with a smorgasbord of fun and easy finger foods! These are all fun twists on party food to make your family's new year fun for everyone. Letting your child take part in the preparation is a great way to get them excited about the celebration.



### Ingredients:

- \* Sliced vegetables
- \* Hummus or dip

### Directions:

- \* Slice vegetables into strips
- \* Fill small cups 1/4 full with dip or hummus
- \* Stand sliced vegetable up in cups



### Ingredients:

- \* Assorted meats and cheeses
- \* Bread

### Directions:

- \* Using a cookie cutter, cut bread, meats, and cheeses into matching shapes
- \* Assemble sandwiches with the cut shapes



### Ingredients:

- \* Hummus
- \* Cherry tomatoes
- \* Pretzels, olives, cheese

### Directions:

- \* Cover tomatoes with hummus
- \* Roll tomatoes in shredded cheese
- \* Decorate with pretzels and olives



### Ingredients:

- \* Apples
- \* Yogurt
- \* Assorted fruit, sliced

### Directions:

- \* Remove core and cut apples into thin slices
- \* Spread yogurt over the top
- \* Decorate with assorted sliced fruits

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Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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