

January 2019



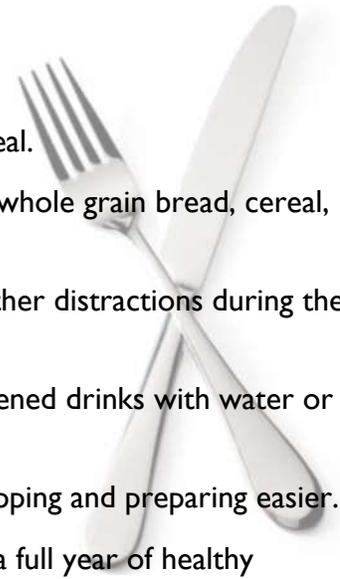
Healthy Living With Head Start



A common New Year's resolution is to live a healthier lifestyle. Good nutrition will help maintain a healthy body weight, strengthen the immune system, and prevent many chronic health conditions. January is the perfect time to set a goal for your health.

Here are a few ideas:

- * Have at least one vegetable on the table at dinner every night.
- * Set a family goal to try one new food per month.
- * Try to have at least two different colors on your plate at each meal.
- * Switch one of your grain choices to a whole grain. This might be whole grain bread, cereal, pasta, rice, tortillas, or crackers.
- * Focus on mealtime by turning off TVs, tablets, cell phones, and other distractions during the meal.
- * Limit juice to 8 ounces per week. Replace soda and other sweetened drinks with water or milk whenever possible.
- * Plan meals out by the week or month on a calendar to make shopping and preparing easier.
- * Make small family goals throughout the year to stay on track for a full year of healthy choices.

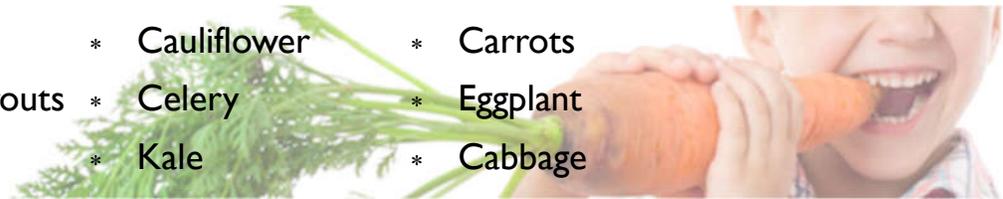


Optimize Oral Health in 2019

Eat Your Way to Healthy Teeth

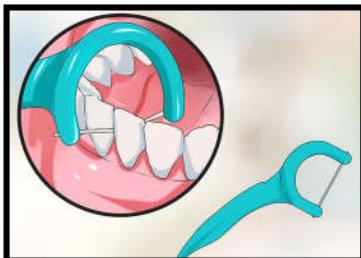
Help keep everyone's smile healthy by choosing fiber-rich vegetables. Eating raw vegetables or vegetables high in fiber will scrub teeth and help keep them strong. Vegetables also contain a lot of water and stimulate saliva production that will wash away harmful acids and food particles that cause tooth decay. Incorporate a few of these vegetables into your daily diet to keep your smile bright:

- * Broccoli
- * Brussels Sprouts
- * Lettuce
- * Cauliflower
- * Celery
- * Kale
- * Carrots
- * Eggplant
- * Cabbage



Simple Steps to Flossing Right

1. Use about an arms' length of floss. A plastic flosser may be easier to use for children.
2. Wind the floss around each middle finger, leaving about 2 inches of floss to go between your teeth.
3. Holding the strand tight between your thumb and index finger, press the floss against one side of your tooth and gently pull side to side along the length of the tooth without hurting your gum.
4. Make sure to floss all the way to the bottom of the tooth and just beneath the gum line.
5. Use the same back and forth motion to bring the floss out from between the teeth.
6. As you move to the next tooth, use a clean section of floss.



Jazzing-Up Oral Hygiene

These handmade timers will help make tooth brushing more engaging and will also help encourage a full 2 minutes of brushing. Have your child shake up the glitter filled jar, set it down where it can easily be seen, and brush until the glitter settles.

Materials Needed:

- * Small jars (baby food jars will work well)
- * 1 glitter glue pen
- * 1 teaspoon of glitter
- * Water
- * Super glue



Directions:

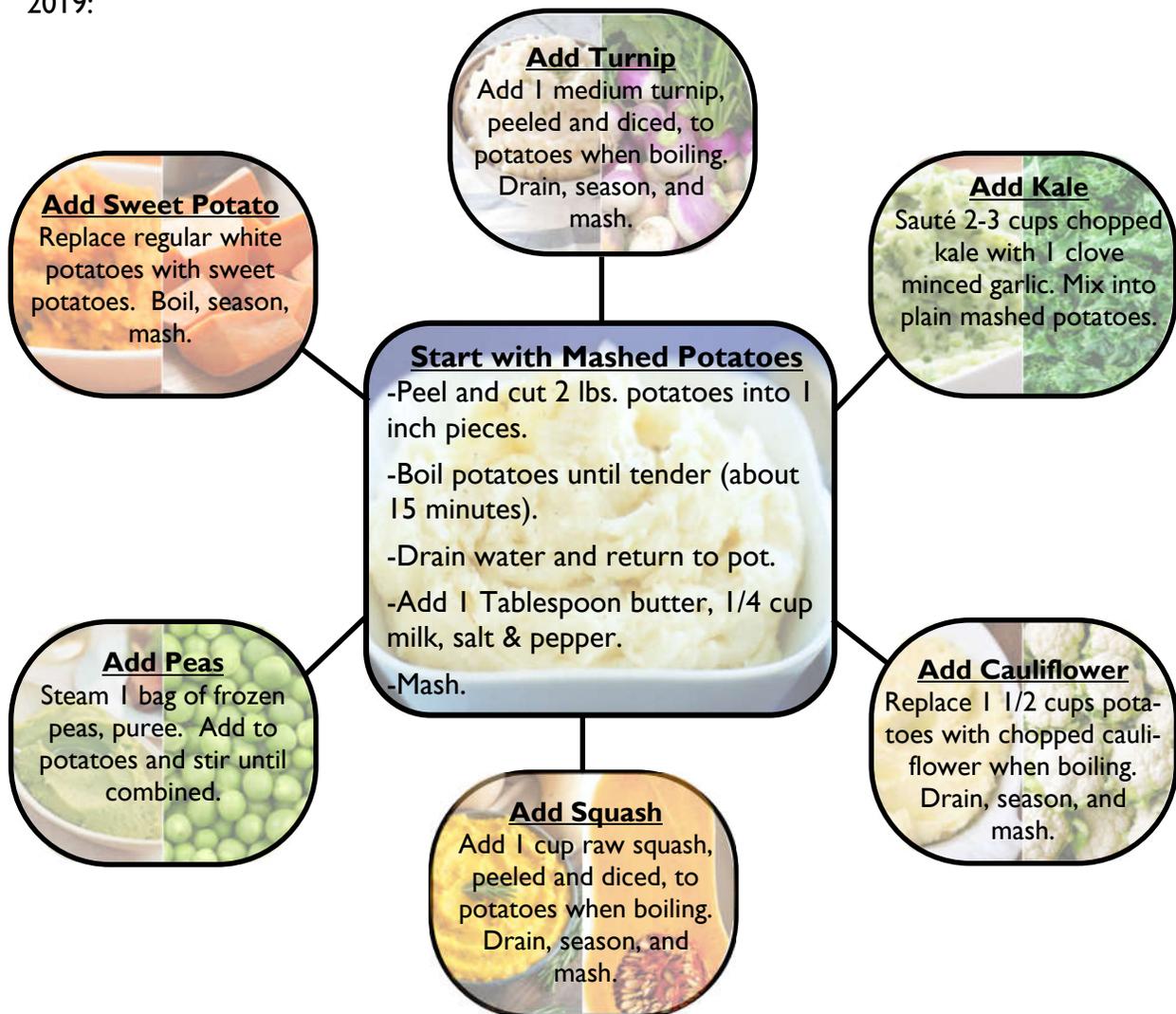
- * Fill the jar 3/4 full with water
- * Add the contents of the glitter glue pen
- * Add the extra glitter
- * Put a few dots of super glue on the rim of the jar, secure lid tightly, and let glue set
- * Shake jar until everything is fully mixed



Making Mealtime Memories

Potato Mash Up

Add new flavors and new colors to a mealtime staple to encourage children to start the new year off with a bang. Adding new foods to a familiar line up can help children be brave and try a bite. Mix some of these new foods into your mashed potatoes for a new experience in 2019:



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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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