

Healthy Living With Head Start

A Healthy Winter is a Happy Winter

Wonderful Winter Flavors



Celebrate the time of year by enjoying foods that are in season. Beets, squash, and cranberries are all easy to find and less expensive during the winter. Take advantage of the winter flavors to help add some fresh foods to your winter diet.



- * **Beets** - This colorful root vegetable is full of earthy flavors that will make any meal seem warm and wholesome. Enjoy all the beet has to offer, including lots of folate that can help reduce the risk of birth defects in prenatal women.
- * **Winter Squash** - A no fuss vegetable like squash is packed with all kinds of nutrients including vitamin A. Mix some winter squash into soups or casseroles to help your family maintain healthy eyes, skin, and immune systems.
- * **Cranberries** - Though most of us think of them as a canned-shaped side dish, fresh cranberries can contribute a lot to any meal with their tart, refreshing flavor. Add them to salads, oatmeal, or stir-fry to take advantage of all the vitamins and minerals that help meet your daily nutritional needs.

Healthy Holiday Smiles

Winter holidays can make healthy choices a little harder to make. Over indulging can do more than add inches to your waist, all the extra sweets, treats, and stress can also affect your oral health. Consider these tips when planning for your family's holiday:

- **Avoid eating too many sweets.** Candy is filled with sugar, which can lead to dental decay. If you plan on eating a lot of candy this holiday season, make sure to brush your teeth thoroughly afterward.
- **Give gifts to support oral health.** Colorful toothbrushes, floss, and different flavored toothpaste can be great small gifts to give to children.
- **Avoid grazing on food.** Grazing increases your risk of tooth decay. Stick to specific meal times when planning your holiday menu. Having a space to sit down and enjoy a holiday meal together may become a new family tradition.
- **Choose water over sugary drinks.** Juices and sodas can be hard to avoid when attending holiday parties and events. Consider asking for a glass of water instead of a sugary drink to help keep your teeth healthy.
- **Don't sweat the small stuff.** Stressing over every little detail of your family's holiday can cause stress to your teeth too. When people are stressed they are more likely to clench their teeth which can cause jaw pain, headaches, and can chip away at your teeth.
- **Plan with your family's health in mind.** It is easy to get caught up in the excitement of holiday planning and leave healthier options off the grocery list. Sit down to make a meal plan as a family, making sure to have healthy options at the table. Having fruit and vegetable platters can work as easy snacks that will also help keep your family's teeth strong and healthy.
- **Don't forget your regular routine.** Maintaining your family's regular oral health routine of brushing, flossing, and dental visits can be hard around the holidays. Make sure to stay on top of upcoming appointments and brush and floss at least twice a day.



Happy Tooth Wand

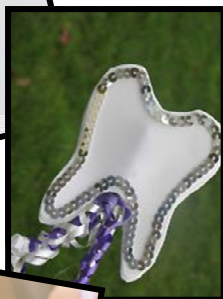
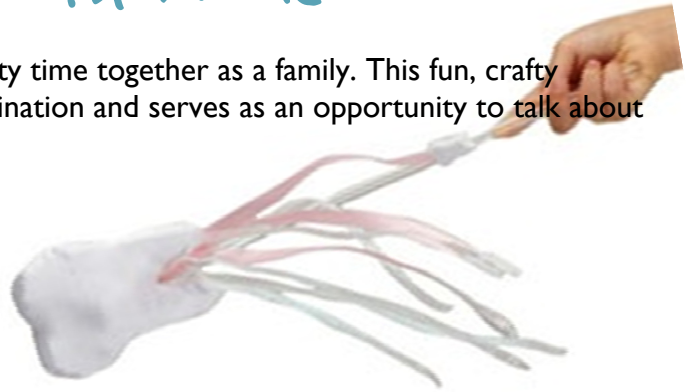
Arts and crafts are a great way to spend quality time together as a family. This fun, crafty project encourages children to use their imagination and serves as an opportunity to talk about healthy teeth.

Materials Needed:

- * White poster board or felt
- * Craft stick
- * Glue stick
- * Hot glue gun
- * Scissors
- * Pen/marker/crayons
- * Glitter
- * Pom-poms
- * Googly eyes
- * Ribbon

Directions:

- * Outline the shape of a tooth on the white poster board or felt, then cut it out with scissors.
- * Using the glue stick or glue gun, glue the craft stick to the tooth cutout so you can hold the craft stick with your hand.
- * Now make the tooth artistic! Get creative with pom-poms, googly eyes, sequins, and glitter.
- * Be sure to allow the wand to dry before playing!



A fun way to get children thinking about their teeth and a good way to encourage healthy oral health habits.

Making Mealtime Memories

Cranberry Turkey Meat Loaf

This easy dish offers all the comfort of a classic meat loaf with a healthier twist and a touch of cranberry for a sweet, surprising flavor. Take a break from the stress of the season by spending time trying new recipes as a family.

Ingredients

Turkey Meat Loaf

- * 16 oz. ground turkey
- * 2 tsp vegetable oil
- * 1 cup onion, minced
- * 3 cloves garlic, minced
- * 1 cup breadcrumbs
- * 1 egg
- * 1/4 cup ketchup
- * 2 teaspoons Worcestershire sauce
- * 1/2 teaspoon black pepper
- * 1/4 teaspoon salt

Cranberry Sauce

- * 2 cups fresh or frozen cranberries
- * 1/2 cup sugar
- * 1/4 cup water



Directions

Turkey Meat Loaf

1. Preheat oven to 350 degrees.
2. Heat a small skillet over medium-high heat, add oil. Mix in onion and garlic and cook for 5 minutes, stirring occasionally.
3. Transfer onion and garlic mixture to large bowl and allow to cool.
4. Add ground turkey, breadcrumbs, egg, ketchup, Worcestershire sauce, salt and pepper to the onion and garlic mixture. Mix well using clean hands.
5. Press into a 8x4 inch loaf pan and bake for about 60 minutes or until it reaches 165°F.

Cranberry Sauce

1. Rinse cranberries with cool water.
2. Heat water and sugar over medium heat until boiling, stirring occasionally. Boil for 5 minutes.
3. Stir in cranberries. Return to boiling and continue cooking until cranberries pop. Pour sauce over meat loaf. Slice and serve.



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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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