

# Making Mealtime Memories

## Pumpkin Pancakes

Just because the holidays are over, doesn't mean you have to give up those cozy holiday flavors. These Pumpkin Pancakes are quick and easy and can be served for any meal. Serve at breakfast alongside a fruit, or try making "breakfast for dinner" one evening. Make fun designs with fruit (see below) or serve with a meat for added protein!

### Ingredients:

- 1  $\frac{2}{3}$  cup whole wheat pancake mix
- 1/4 tsp cinnamon
- 1 tsp pumpkin pie spice
- 2 cups milk
- $\frac{1}{4}$  cup oil
- $\frac{1}{2}$  cup pumpkin puree
- Spray oil

### Directions:

1. In a medium bowl, add pancake mix, cinnamon, and pumpkin pie spice together. Mix.
2. Add milk, oil and pumpkin puree to the bowl. Mix all ingredients together until just combined. Be careful not to over mix!
3. Allow batter to rest for 5 minutes.
4. On a preheated skillet, spray with oil and set to low heat.
5. Pour 1/4 cup of batter onto skillet for each pancake. Cook one side until bubbles begin to form. Flip and cook for another 1-2 minutes.



# Healthy Living With Head Start

## Raise Healthy Eaters in the New Year



**Small lifestyle changes can lead to big health outcomes. Set meaningful, achievable goals for yourself in this new year, making health a priority!**

**Choose more whole grains.** Replace white bread, white rice, or regular pasta with whole grain options such as brown rice, pasta alternatives or grains such as Quinoa and couscous.

**Get enough sleep.** Sleep is important for maintaining physical health and supports healthy brain function. Try shutting off electronics earlier in the night for optimal sleep.

**Snack smarter.** Keep easy-to-grab healthy snack options in your home. Try low-fat foods that are high in protein such as yogurt or cheese, or vegetable sticks with dip. You can also try popping some popcorn on the stove top; it's cheaper and your kids will love it! You can then control how much butter and salt you add to this whole grain snack!

**Move more.** Check out the next page for a list of ways to move in the New Year.

**Cook at home.** Preparing meals at home gives you control over what you make and what you put in your body. This will help eliminate processed foods that are full of added sugars, fats, and sodium. Plus, you can include your child and you both might enjoy it!

**Take time for yourself.** Find time to do things that YOU love, by yourself. Read a book, practice self-care through exercise or pampering, or watch your favorite T.V. show in peace!

**Sugary drinks.** Water is the best option, at any age. Drinks like soda, juice, sweet teas and coffee with sugar and milk add extra calories and don't have many nutrients. Try adding citrus, berries or other fruit to your water if you don't enjoy it plain.

**Load up on fruits and veggies.** Make half of your plate fruits and vegetables this new year.

Newsletter created by: Maria Arnot

Please contact Maria Arnot, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060 or marnot@ofoinc.org

Find us on Facebook: [facebook.com/ofoinc](https://www.facebook.com/ofoinc)

This Agency is an equal opportunity provider

# Moving Into the New Year

Staying active during the cold winter months can sometime be challenging. Finding the time is hard enough as it is, and add in the price of gym memberships, cold outdoor temps and shorter days makes exercising a challenge.



**Sledding or tubing** is an activity your child is sure to love! Plus, walking back up the hill is a great form of exercise.

**Build an igloo or now maze.** Kids LOVE playing in the snow, so take advantage of this outdoor opportunity for exercise. Building a fort has to be up there at the very top of awesome winter outdoor activities, OR, try creating a maze or outdoor obstacle course for your child to tackle.

**Building a snowmen** is also a fun, creative outdoor activity, and will work your muscles with all that rolling and lifting of snow!

**Shoveling** is an excellent form of exercise and burns a ton of calories. Consider skipping out on the plow or snow blower for a few days to work those muscles.

**Mall walking.** Is free and will allow you to continue walking when it's cold outside.

**Indoor activities** such as skating at Interskate 88 or moving at local gyms are also a great option. Although activities such as these come with a cost, kids usually receive a discount, and may enjoy the break from the cold.

**Ice skating.** Weather permitting, check out Badger Park in Cooperstown (entrance on Beaver Street near the corner of Chestnut Street.) This kid friendly rink offers a unique outdoor activity!

**Dancing.** You can find just about any song or dance on YouTube or Tiktok these days. On cold, slow days, throw on some tunes and have a dance party with your little one.



# New Years: Family Time Capsule

This New Year time capsule is a creative art project for you and your child to try together. Find a “capsule,” fill with memorable items, and plan to open it next New Years (which could start a tradition for years to come! )

## Materials

- Box with a sturdy lid, such as an empty coffee can
- Gallon sized plastic Ziploc bag
- Sharpie

## Optional Materials to Decorate:

- Stickers
- Glitter Glue
- Paint/Paintbrushes
- Markers

## Step 1

Decorate your time capsule box using paint, glue, stickers, tape or whatever you have on hand. Make it colorful, fun, and memorable!

## Step 2

Gather the things you will want to put in the time capsule box. (See below for some ideas!)

## Step 3

If you'd like, put your items in a Ziploc bag. This is completely optional, but may add extra protection for special items!

## Step 4

Once you have all your items in the box, close and secure it with either tape or ribbon. Consider adding an “open by” date, or leave it open-ended, adding new items every year!



## What to include in the time capsule:

- \* Have your child write a short letter, maybe of their wishes and goals for the new year and draw a self portrait of themselves.
- \* Pictures of each family member
- \* A list of accomplishments and successes
- \* Current heights and weights
- \* List of favorite things such as food, sport, color, school class, song, movie, ice cream flavor, book, TV show, birthday present, best friend, etc.
- \* Most wonderful memory from this holiday season
- \* A small memento such as a small toy or keepsake

