



# Healthy Living With Head Start



## Successful Ways to Wellness

Health and wellness is a topic that we read about, watch about, and talk about regularly. It is easy to become overwhelmed and unmotivated; eventually returning to less healthy habits. Uncomplicating health is the first step towards wellness. Here are some simple reasons why sticking to those healthy choices is important to you and your family:

**General Health** - When you treat your body well, you will have more energy and feel better in general. A healthy body can improve your mood, productivity, and even your sleep patterns.

**Immune System** - Giving your body all the nutrients it needs to run efficiently can help your immune system stay ahead of any cold or flu you catch. No food on it's own is a miracle; but eating a variety of fruits and vegetables, whole grains, and low fat protein will go a long way to help you stay well.

**Emotional Wellbeing** - From maintaining healthy bodily functions and hormone balances to just being proud of how you treat your body, eating well and staying active will do your mind just as much good as your body.

**Setting an Example** - A benefit that can be overlooked when making lifestyle changes is the impact on your children. Modeling healthy choices and surrounding your children with the tools to maintain a healthy lifestyle will set the tone for their entire lives.

# Making Healthy Choices

## Fitting health into your family's lifestyle



**Stay active** - Aim to be physically active for at least 60 minutes each day. Use this time to play with your children, or go for a walk.



**Balance your plate** - Fill your plate with nutrient-packed foods like whole grains, low fat protein, and a variety of fruits and vegetables. Aim to make half your plate vegetables or fruit at each meal, and make at least half your daily grain choices whole grains.



**Hydrate** - Drinking plenty of water throughout the day is an important part of a healthy lifestyle. Reducing the number of sugary drinks like juice, sports drinks, and sodas you drink is a great way to make healthy changes in your life.



**Balance your time** - Many times, making healthier choices comes down to squeezing one more thing into your already busy life. Take a moment as a family to review your schedules. Make cuts and changes based on the new, healthier direction you are aiming for. Always make sure to schedule time for self care and plenty of sleep for everyone.

## How to floss your way to a healthy smile

1. Select a plastic flosser or a string of floss that is about the length of your arm, wrapped around each of your middle fingers (leaving about 2 inches of floss between).
2. Holding the floss tightly, press it against one side of your tooth and gently pull side to side along the length of the tooth. Be careful to avoid hurting your gums.
3. Make sure to floss all the way to the bottom of the tooth and just beneath the gum line, while Use the same back and forth motion to bring the floss out from between the teeth.
4. Rinse the floss or use a new section for each space between teeth.



# Tools for Healthy Choices



A great source for reliable information for general health, growth and development, and nutrition for children of all ages.



Find nutrition information including recommendations, recipes, and teaching games at [choosemyplate.gov](http://choosemyplate.gov)



Doctoryum.org is dedicated to providing family friendly recipes and nutrition support in a fun and engaging way.



Getfreshcooking.com is full of healthy recipes aimed at building healthy mealtime habits as a family.



[aapd.org](http://aapd.org) is a great resource for child oral health questions and tools. Check out the Parent section under Resources.



Discover new oral health activities for at [Cavityfreekids.org](http://Cavityfreekids.org). Look for extra family resources under Activities for Early Learning.



[CDC.gov](http://CDC.gov) is a reliable source for health information. Look for information under Healthy Living or search for a specific topic.



Learn about health and the world around you on [niehs.nih.gov](http://niehs.nih.gov). Explore Kids Health under the Health & Education Tab for fun activities.

# Making Mealtime Memories

## Cucumber Dip

This light and refreshing alternative to other creamy dressings is a great way to incorporate healthier options into your meals and snacks. Using low fat Greek yogurt will make a rich and protein-packed dip, while letting the crisp flavor of cucumber shine through. Children will love to help with measuring and mixing, making this recipe a winner all around.

### Ingredients

- \* 1 Cup plain Greek yogurt
- \* 1 Medium cucumber (seeds removed)
- \* 1 Garlic clove
- \* 1 Tablespoon lemon juice (add a little lemon zest if you would like)
- \* 2 Tablespoons chopped dill
- \* Salt and pepper to taste



### Directions

- \* Remove seeds from cucumber by cutting length wise and scooping the seeds out with a spoon.
- \* Chop cucumber into small pieces (1/4 inch).
- \* Mince garlic.
- \* Mix all ingredients together.
- \* Serve with plenty of fresh vegetables.



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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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