



January



Keeping your family active during the winter months can be tricky, but with these creative ideas for 2-4 year olds you'll stay fit and have fun, even when storms and sub-zero chill keep you indoors

*Move
More
Watch
Less*



Eat Healthy
Be Active
Your kids are watching

Dance Breaks
Even if you do not take dance lessons, turn up the radio and let loose. Dancing is a fun way to be active with your kids.



Create your "Active Space"
You can be active anywhere in your home, but it might be fun to set up a special place with activities you like to do. This could range from hanging a basketball hoop (socks in a laundry basket) on the wall or taping hopscotch to the floor.

Build an Obstacle Course
Make an obstacle course inside or outside. Use different household items like carpets and laundry baskets to jump or zig zag around. Create a path or have them jump over obstacles. Use blankets over chairs to crawl under.



Go Sledding or Tubing
Find a hill that requires walking up, and your kids are sure to have a blast while getting in exercise (without even realizing it!)



Make Every Bite Count

Fresh Grapefruit Juice Smoothie

- * 1 1/2 cups freshly squeezed grapefruit juice
- * 8 strawberries
- * 2 medium bananas, sliced
- * 1 (8 oz.) container strawberry banana yogurt
- * 2 tbs honey
- * 1 cup crushed ice

Directions: Put all ingredients in a blender, and blend well.

Grapefruit

Fruit
of the
Month



Broccoli



Veggie
of the
Month

Broccoli Alfredo

Ingredients

- 4 cups of broccoli, cooked
- *4 cups whole wheat pasta, cooked
- *2 cups of milk
- *1 cup of parmesan cheese
- *1 tsp basil
- *1/2 tsp garlic powder
- *2 tbs cornstarch

Directions:

- 1.) Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
- 2.) Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
- 3.) Pour mixture over pasta and broccoli. Serve.

Make Every Sip Count

Drink Water Your Way

1. Allow your child to choose a special container to drink their healthy beverage.
2. Sip your drinks with a cool straw!
3. Add a garnish to your glass such as a citrus slice on the edge or piece of fruit.



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Family Project.