

# Healthy Family Newsletter

**SAFE Tips for Tots:  
Do You Fear Your  
Neighborhood Is Unsafe For  
Outdoor Play? Try these  
tips:**

- Go to a school playground or nearby park to sled or make snow angels!
- Walk around the mall or a big store.
- Schedule regular times to get together with friends and family and play games like charades or twister!
- Dance together in your living room!

## Eat Smart. Play Hard.

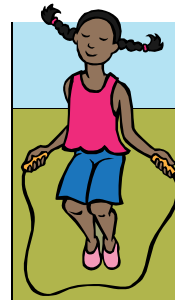
Did you know that your 3-5 year old needs up to 2 hours of daily physical activity? You may think your child is "active," but he still may not be getting the recommended time for physical activity every day. What can you do?

**Go on a sledding adventure!! (It's even more fun to be active in the winter!)**

- Look for different animals or pets.
- Imagine taking a walk to the fire station! What would you see?
- Imagine being an Eskimo and moving more to stay warm!
- Pretend you're on a roller coaster while being pulled in a sled. Switch turns and go fast!

**Do fun activities inside the house together:**

- Play "Ring-Around-the-Rosie" and "London Bridge."
- Create a Hallway Parade! Dress up kids, pets, and adults and parade down your hallway!
- Build a fort with blankets in-between your furniture. and crawl through the fort.



Play with your child in the driveway this week—jump rope or hopscotch is fun!

### IN THIS ISSUE:

- How to keep your child safe while playing outdoors.
- Tips for busy parents making time to be active with their kids.
- How to make activity fun!
- **IN EVERY ISSUE:** Tips for Tots, Fab Snacks, Bringing it Home, and Did You Know, full of useful tips for your family!

As parents, we can help our children make powerful choices.  
Eat healthy and be physically active, *together*.



**Eat Smart. Play Hard.™**

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)



## Fab Snacks

- **Yogurt. Frozen.**  
Frozen yogurt is great, but have you tried yogurt, frozen? Stick a yogurt container in the freezer and eat it later—what a treat!
- **Tortilla Roll-Up**  
Spread nonfat refried beans and lowfat cheese on a whole wheat tortilla and roll-up.
- **Bagel & Peanut Butter**  
Take half of a whole wheat bagel and add peanut butter.
- **Cinnamon Toast**  
Toast whole wheat bread. Spread a little margarine on top and sprinkle with cinnamon and a touch of sugar.



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## Did You Know...

Your child has a natural desire to move and be active!

Your child learns about the environment by being physically active.

Just playing around is “physical activity!”

Your child can use his/her creative talents to be physically active!

As a family you can be active even during story time! Read a children’s story and do all of the actions of the characters in the story. Everyone can take a different character and make the story come alive!

## Bringing It Home:

### No time to be active with your child?

- Instead of watching tv, read stories to your child and ask her to act out the action parts of the story.
- Play children’s music while you’re cooking or cleaning and allow your child to dance to the music.
- During tv commercials, get up and play with your child.
- Have even a spare minute? Just play and **laugh with your child!** This will help you with **stress relief**, too.
- Give your child one simple house chore to do each day. **This will save you time!**
- If it rains, go play in it!
- If it snows, get outside and go sledding! Even if you don’t have a hill, your kids can pull each other around on a sled and run in the snow!

*Kids just want to have fun and tv & video games are fun. Guaranteed they’ll have more fun playing with you than either of those less-healthy things! JUST PLAY!*

# Cheesy Quesadillas

Makes: 2-4 servings    Preparation Time: 15 minutes



1/4 c Mozzarella Cheese  
1/4 c Cheddar Cheese  
1/4 c American Cheese  
1/4 c Monterrey Jack Cheese  
(or optional Pepper Jack Cheese)

**You will need:**



4- 6" Whole Wheat Tortillas  
Non-Stick Cooking Spray  
Oven  
Oven Mitts  
Baking Sheet  
Mixing Bowl  
Measuring Cup

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**1. Preheat oven to 350°.**



**2. Spray baking sheet with non-stick cooking spray.**



**3. Place two tortillas on baking sheet.**



**4. Combine cheese in medium bowl.**
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**5. Sprinkle tortillas with cheese evenly.**



**6. Place tortillas on top.**



**7. Spray top of tortillas with cooking spray.**



**8. Place in oven and bake 8 minutes or until cheese is melted and tortillas are golden brown.**
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**9. Using oven mitts, carefully remove from oven.**



**10. Cut into wedges and serve. ENJOY! Option: Cook in Skillet**

Recipe created by Hickman Mills High School Teen Health Mentors  
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