



Use these Vermont products in your snack program this month:

Apples ►

Beets

Cabbage

Carrots

Celeriac

Garlic

◀ Parsnips

Potatoes

Rutabaga

Turnips

Winter Squash ►



Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

Celebrating...

FAMILY FIT LIFESTYLE MONTH



Other January Celebrations

Martin Luther King Jr. Day
(January 20th): mlkday.gov

Resources

More ideas for celebrating
Family Fit Lifestyle Month:

- letsmove.gov
- healthymeals.nal.usda.gov

Health and well-being increase quality and longevity of life. This January, celebrate Family Fit Lifestyle Month by spending more time engaging in active indoor and outdoor activities together. Being physically active and incorporating fresh, nutritious food into your diet reduces the risk of heart disease, diabetes, and high blood pressure. Encouraging children to be active and eat fruits and vegetables from a young age may lessen the chance of childhood or adult obesity. This month, spend time as a family — go on adventures, try new foods, and get fit! For more information visit www.childrensaidsociety.org/blog/2011/01/05/january-national-family-fit-lifestyle-month.

ACTIVITIES for FAMILY FIT LIFESTYLE MONTH

- ★ **Ride your bike** to school, work, the store, or for fun on the weekend. Make sure to wear a helmet.
- ★ **Play tag**, swim, toss a ball, jump rope, hula-hoop, dance to music or play a dancing video game. It doesn't have to be sports—just get your family moving!
- ★ **Cook a meal together.** Get ingredients from a farmer's market or local farm to taste what's in season.
- ★ **Take the stairs**, walk the dog, go for a jog or a bike ride, or head to the park and let kids run around.
- ★ **Get the whole family involved in household chores** like cleaning, vacuuming, and yard work.
- ★ **Walk instead of drive whenever you can.** If you have to drive, find a spot at the far end of the parking lot and walk to your destination.

Family Fit Lifestyle Recommendations

- It is recommended that children be active for 60 minutes per day.
- Health experts suggest no more than two hours of computer or television time per day unless it's related to work or homework. Children younger than two should be kept away from the TV entirely.
- Frequent family dinners reduce the chance of children engaging in substance abuse
- Intimate familial relationships increase children's academic performance, emotional health, and social interaction.



See the **Education Activities & Connections Section** for more ideas.

SNACK bites

- **Make a salad with dinner.** Divvy up the jobs: washing greens, chopping vegetables, making or shaking up salad dressings, and setting the table.
- **Create your own smoothie.** Blend fat free yogurt with your favorite fruits or vegetables.
- **Put together a trail mix** to bring on your family adventure. Dried fruits and nuts are packed with energy and tasty, too.
- **Root vegetable fries are a great cold day snack.** Chop up carrots, potatoes, beets, or parsnips and roast them in the oven until crispy.



See **RECIPE** section for more ideas