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Warm Wishes!

In this edition, we're sharing tips on winter foods for optimal health, including seasonal and nutrient-rich options. You'll also find food preparation tips for winter weather, with ideas to stock your kitchen and how to keep food safe during colder conditions. To encourage movement, we're highlighting simple winter workouts that are easy to fit into busy schedules for the whole family. Plus, warm up with a healthy, cozy recipe that's comforting and nutritious, perfect for chilly days.

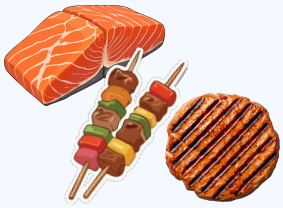
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HOW TO STAY HEALTHY IN THE WINTER

WINTER FOODS FOR OPTIMAL HEALTH

During the winter months, daylight hours lessen and cooler temperatures can impact both energy levels and mood. Children may also be less active during this time, making balanced nutrition a priority to stay healthy. Here are some foods that you can include in your meals that help support health and energy throughout the winter season.



Salmon

- Rich in omega-3 fatty acids that support brain health, mood, and help you focus.
- Provides Vitamin D when sunlight is limited.
- High quality protein to help you feel full.

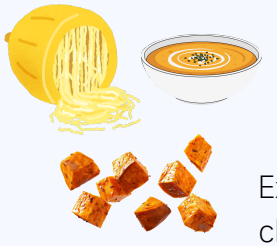
Examples: Try salmon patties for a burger night or use small salmon pieces for kebabs.



Citrus Fruit

- Packed with Vitamin C for immune health during cold and flu season.
- Provides hydration
- Adds flavor to meals

Examples: Use oranges and grapefruits in a spinach salad to add color and freshness. Pack a clementine to pair with lunch for a quick grab-n-go fruit option.



Winter Squash & Sweet Potatoes

- Complex carbs that add fiber and slow digestion to help keep you energized and full.
- High in Vitamin A to support eye and skin health.
- Versatile and adds natural sweetness to meals.

Examples: Try baking spaghetti squash with your favorite pasta sauce sprinkled with cheese on top. For a more sweeter dish, try roasting sweet potato cubes with cinnamon and maple syrup. Blend roasted butternut squash for a cozy soup.



Cruciferous Vegetables

- Contain antioxidants and phytochemicals that support immune health.
- Provide fiber to help with digestion.
- Offers Vitamins C & K that are important for bone health.

Examples: Try roasting broccoli and cauliflower and top with Parmesan cheese. You can even use frozen cauliflower rice in stir-fry dishes or mix it in with white rice for a casserole. Try purple cauliflower with ranch dip for a fun color!

Source: Academy of Nutrition & Dietetics, eatright.org



FOOD PREPARATION TIPS FOR WINTER WEATHER



Cold weather and unpredictable winter conditions can make grocery trips and meal planning challenging. Preparing ahead can help keep meals balanced, comforting, and stress-free to keep you nourished in case of weather emergencies. Here are some tips on what foods to stock up on and recommendations on food safety.

INCLUDE VITAMIN D-RICH FOODS

Foods rich in Vitamin D such as fatty fish like salmon, milk, yogurt, and cheese help support bone health and immune function, especially when you are inside a lot.

NON-PERISHABLE STAPLES

Build your pantry with non-perishables such as cereals, breads, tortillas, crackers, dried fruit, and nuts and seeds. These items are versatile and can be easily paired with proteins or produce for quick meals and snacks. Canned tuna, salmon, chicken in water, and nut butters are excellent protein sources that can be unrefrigerated before opening..

ROOM-TEMPERATURE FRUITS

Stock up on room-temperature fruits like oranges, apples, bananas, pears, and kiwis that last longer and provide Vitamin C and fiber.

FOOD SAFETY TIPS

If the power goes out, keep the refrigerator and freezer doors closed as much as possible. Food will spoil faster during a power outage if it's in the temperature danger zone, between 40°F and 140°F. A refrigerator stays cold for about 4 hours unopened, while a freezer can keep food safe for up to two days. Once the power is restored, check the temperature inside your fridge and freezer. If the temperature has reached 45°F or higher, discard any foods that may have spoiled. When in doubt, toss it out. Restock once the fridge reaches 40°F.

Source: Academy of Nutrition & Dietetics, eatright.org



STAYING ACTIVE IN WINTER

SIMPLE WINTER WORKOUTS TO STAY ON TRACK



Spending time outdoors can be challenging with colder weather. However, winter does not mean less movement.
Staying active indoors can be fun and easy for the whole family. Try these movement ideas:

- Walking at your local mall
- Having a family dance party
- Playing “freeze dance” when the music stops
- Engaging in yoga and stretching
- Completing a family cardio circuit of jumping jacks, arm circles, squats, and lunges



Don’t forget to stay hydrated! Be sure to drink enough fluids throughout the day because winter hydration is just as important as it is in the warmer months.

No gym required! Hand weights and resistance bands are simple tools for strengthening muscles and bones at home.

Source: heart.org/en/healthy-living/fitness/getting-active/how-to-stay-active-in-cold-weather

Healthy, Cozy Winter Recipe

Skillet Lasagna

MAKES 8 SERVINGS



Recipe from: https://www.myplate.gov/recipes/skillet-lasagna

Ingredients

8 ounces lasagna noodles (or 4 cups of any other type of pasta, uncooked)
1 ricotta cheese, part-skim 15 ounces (or cottage cheese)
1/2 cup Parmesan cheese (grated)
1 1/4 tablespoons Italian seasoning
1 jar spaghetti sauce, low-sodium (24 ounces)
1 package frozen spinach, thawed & squeezed dry (10 ounces, or chopped broccoli)
2 cups mozzarella cheese, part-skim shredded

Directions

1. Wash hands with soap and water.
2. Cook the noodles as directed on the package. Drain and set aside.
3. In a small bowl, mix the ricotta cheese (or cottage cheese), 1/4 cup Parmesan cheese, and Italian seasoning.
4. Spray a large skillet well with cooking spray. Do NOT place skillet on heat until all ingredients are in skillet.
5. Spread half of the jar of sauce in skillet. Top with half the cooked noodles (4 lasagna noodles).
6. Spread half of the cheese mixture over the noodles. Top with half the spinach or broccoli.
7. Sprinkle half the mozzarella cheese over the vegetables.
8. Repeat with the remaining noodles, the remaining cheese mixture, the remaining vegetables, the remaining sauce, and the remaining mozzarella cheese.
9. Sprinkle with the rest of the Parmesan cheese. Cover.
10. Turn on the stove top to medium-low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
12. Notes: Enjoy with a side salad!

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