



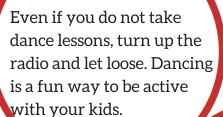
# January



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



#### Dance Breaks







Eat Healthy

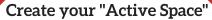
Be Active

Your kids are watching



#### **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.



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.





### 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



Broccoli



Month

### Broccoli Alfredo

Ingredients

4 cups of broccoli, cooked

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

\*4 cups whole wheat pasta, 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

## 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.