Show them you care

It’s easy to use food as a reward with children (dessert after a meal, a candy bar, a meal at a fast food restaurant, etc.) But when we do this, children learn to reward or comfort themselves with food. Over time it can lead to overweight. Try these non-food ideas to reward your children and show them you care:

• Praise is a great reward: “You did a great job!”, “You amaze me!”, “Awesome!”, and “What a good helper!”
• Have your child choose a game to play with you.
• Turn on some music and dance with your child.
• Let your child invite a friend over to play or spend the night.
• Take your child to the library to pick out a new book and then read it to your child.
• Do a puzzle or an art project together.
• Make up stories or draw pictures together.

What’s in Season...

Save money and enjoy the best flavors of the season! Best buys for fresh fruits and vegetables in December are:

Vegetables:
- Cabbage
- Carrots
- Parsnips
- Potatoes
- Turnips
- Winter squash

Fruits:
- Apples
- Dates
- Grapefruit
- Oranges
- Pomegranates
- Tangerines

Keep Moving

Children love to move! Physical activity helps both their brains and bodies develop. Give holiday presents that will encourage active play in all seasons. Choose things you enjoy too! Frisbees, hula hoops, soccer balls, jump ropes, water bottles, or a CD of dance music are all fun. Try giving coupons for doing a physical activity together such as a walk to a nearby playground or visits to the library to choose exercise DVDs or videos.

Winter Vegetable Soup

Serves 10

1. Wash and prepare the vegetables.
2. Put the vegetables in a large pot or saucepan.
3. Add the barley, water, bouillon cubes and basil and bring to a boil.
4. Reduce the heat, cover and simmer for 1 to 2 hours.
5. Check the soup often, adding more water as needed.
6. Add pepper to taste. You can also add a few shakes of Tabasco sauce and ¼ teaspoon of curry powder if you would like a spicier taste.

Nutrition Facts:
- Serving Size: 1 cup
- Calories: 80
- Fruits and Vegetables: 1/2 cup
- Fat: 0 g
- Fiber: 3 g
- Sodium: 210 mg
Sopa invernal de vegetales

2 nabizas o chirivías (parsnips), peladas y picadas
2 nabos (turnips), pelados y picados
2 zanahorias, peladas y picadas
2 cebollas medianas, peladas y picadas
½ taza de cebada, sin cocinar
6 tazas de agua
2 cubitos de caldo de pollo o verduras
2 cucharaditas de albahaca seca
Pimienta al gusto

Datos de nutrición: Tamaño de la porción: 1 taza; calorías: 80; frutas y verduras: ½ taza; grasas: 0 g; fibra: 3 g; sodio: 210 mg

Porciones: 10