

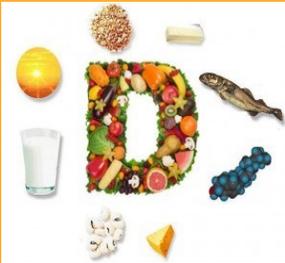


KIDSTOCK

Fun, Food & Fitness

WINTER ISSUE

JANUARY—MARCH 2015



Vitamin D Edition!



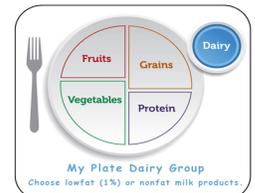
Why Is the Letter D So Important?

The sun helps your body to make Vitamin D. During winter, the sun's rays are not as strong and powerful as they are during the summer. This means that your body may not be getting all of the Vitamin D it needs. Vitamin D is necessary because it helps build strong bones, teeth, hair, skin and nails. Can't get enough Vitamin D from the sun in the winter? Don't worry. You can get it from the foods you eat. The richest food sources are foods from the dairy group like yogurt, milk and ice cream. Other protein foods such as fish, and egg yolks are good choices too! Eating at least 3 of the foods listed below everyday is a great start!

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Dip into Dairy



MILK



FISH



EGG YOLKS



YOGURT



Staying Active Outdoors

As the weather gets colder, going outside to play and exercise can be a bit of a challenge. But not to worry; there are a lot of fun and simple ways you can get moving and stay warm and active outdoors!

Sledding - Jumping on and off a sled to slide down a hill or mountain is a good all over body exercise. Doing this repeatedly for an hour or more can help your body burn some calories.

Snow Hill Climbing—Running or walking up and down hills many times is a good exercise for your lungs, heart and your lower body muscles.

Ice Skating - helps improve balance and coordination in your upper and lower body. Bending your knees and legs slightly, will decrease the risk of injuries by strengthening your muscles.

Snow Angels - In February 2007, North Dakota set the world record for the most snow angels made. Laying down and moving your arms and legs up and down, can increase your body's flexibility.



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Goodness Graininess!

Grains for you Brain! All grain and bread products that you eat and digest turn into Glucose. **Glucose** is fuel to your brain and body like Gas is to a car. Without it you are running on empty. Be sure to get 5-11 servings of grains every day. A 1/2 to 1 cup of grains is all you need at each meal along with the other food groups to provide you with the energy, vitamins & minerals you need to grow, think and be well. Grains make a great side dish and come in a variety of tastes and textures. See how many of these good grains you can try, and rate them by coloring in the grain buckets below!

5 buckets = delicious!, 4 buckets = great, 3 buckets = good, 2 buckets = ok 1 bucket =tried it, but didn't like it (that's ok! It's great that you still tried it!)

Barley



Oatmeal



Brown Rice



Whole Grain Bread & Cereal



Pasta



A Snowman Treat To Eat!

The Stuff you need:

- Chocolate Graham Crackers
- Light whipped Cream Cheese
- Dried Raisins or Cranberries
- 100% Fruit leather or roll-up
- Fresh Baby Carrots
- Whole Wheat Ritz Crackers
- Whole Wheat Pretzel Sticks

What to do with the stuff:

Make the snowman you see in the picture to the right. Have fun & enjoy!

1 serving=1snowman





What's Happening?



We are proud of all you do, and we love to share your experiences! If you have any exciting news you wish to share in an upcoming issue of our newsletter, please contact Kerry Tooker at ktooker@licares.org.

