

# Healthy Helpings

*A newsletter for child care providers and parents with children enrolled in the NDC food program!*

## New Year's Resolutions for Kids

Here's a few New Year tips from the American Academy of Pediatrics. We encourage you to share this list with the children in your care and their families for a safe and healthy new year!

### Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs or other pets—even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

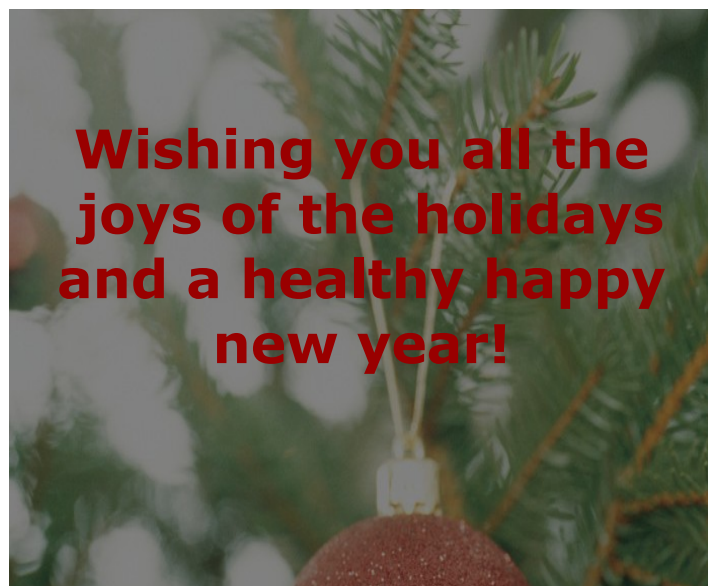
### Kids, 5 to 12 year olds

- I will drink milk and water three times each day, and limit soda and fruit drinks to once each day.
- I will apply sunscreen before I go outdoors on bright sunny days. I will wear a hat and sunglasses especially when playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing , or riding my bike) that I like and do it at least three times a week.
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends—like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Source: American Academy of Pediatrics

## Enjoy Red and Green for the Holidays!

- Red and green apple slices surrounding a fruit dip like a wreath
- Coleslaw with red apple chunks
- Romaine lettuce with cherry tomato or grape tomato halves
- Small sprigs of red and green grapes as an edible garnish around a holiday meat platter
- Green and red pepper strips
- Red and green cabbage
- Kiwifruit and strawberry slices





## Suds or Hand Sanitizers?

The number is enough to make you queasy: at any given time, each square inch of a person's skin has around 50,000 bacteria. What is the

best way to protect yourself and also reduce spreading germs to others? The best practice is still washing your hands. Hand sanitizers (even those with a very high alcohol content) aren't effective at zapping the noroviruses that cause the stomach flu.

An effective tactic against the norovirus is to physically force the virus off your hands with the help of running water. To properly wash your hands, wet them with clean, running water (warm or cold) and apply soap. Rub hands together to make a lather and scrub them well; be sure to also scrub the backs of your hands, between your fingers, and under your nails. Continue rubbing your hands for at least 20 seconds (about as long as it takes to sing "happy birthday" twice), then rinse well under running water, then dry them using a clean towel or air dry.

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but they do **not** eliminate all types of germs. Hand sanitizers are also **not** effective if hands are visibly dirty.

Source: <http://www.cdc.gov>

### Holiday Food Safety Tip

*Keep eggnog, cheesecake, cream pies, pumpkin pies and cakes/bars with whipped cream and cream-cheese frostings refrigerated.*

## Gift Giving In a Jar

Kids can enjoy making this simple and nutritious gift to share with family and friends. It can be a great gift idea to share this holiday season or in the new year—Valentine's Day, Mother's or Father's Day!

### Friendship Soup Mix

- 1/2 cup dry split peas
- 2 Tbsp. beef bouillon granules
- 1/4 cup pearl barley
- 1/2 cup dry lentils
- 1/4 cup dry, minced onions
- 2 tsp. Italian seasoning
- 1/2 cup rice
- 1/2 cup macaroni noodles

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card below.

### Friendship Soup

- 1 container Friendship Soup Mix
- Additional ingredients:
  - 1 lb. lean ground beef or turkey
  - 3 qt. water
  - 1 (28 oz.) can diced tomatoes

**Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10-15 minutes (until macaroni is done). For best flavor, use this mix within one year.**

**Makes 12 servings.**

**Recipe courtesy of NDSU Extension Service. For other gift in a jar ideas visit: [www.ag.ndsu.edu/extension/](http://www.ag.ndsu.edu/extension/)**

