Stay Active This Winter

Winter in Western New York can be tough. It’s snowy, windy, cold and often times grey. The winter weather does not motivate most of us to get outside and take part in winter activities. But, being physically active during the winter (and all year round!) can help to keep our minds and bodies healthy. Physical activity that increases your heart and breathing rate help to build endurance and keep you strong to do the tasks you need to do each day. Just getting outside can boost your mood and there are many winter activities that burn lots of calories. Many activities, like walking, shoveling snow or sledding, are free. For only a few dollar per person (the cost of renting the equipment), often you can snowshoe, cross country ski and ice skate. Check out what is available in your area. You may be surprised at just how inexpensive it can be to try a new winter time activity. Here is a short list of how many calories a 150 pound woman can burn doing these winter time activities for 30 minutes:

- Snowshoeing 250
- Cross country skiing 250
- Ice skating 180
- Sledding 180
- Shoveling snow 150

How much food equals 250 calories? One cup of toasted o’s cereal with ½ cup of fat free milk and a medium banana is 245 calories. You can see that these activities are a good way to burn calories and they are a great way to get your family off the couch and outside this winter!

In Season

Citrus fruits are in season in January. Look for good buys at the supermarket on oranges, grapefruits, tangerines, Clementines, lemons, limes, kumquats, pummelos and Ugli fruit.
Head to the library with your child and borrow "Gregory, the Terrible Eater" by Mitchell Sharmat. It's a funny story about a goat, who eats all the wrong things, like fruits and vegetables, and what his parents do to help him stop eating a healthy diet of old shoes and tires. This mixed up story is sure to get a laugh from your child. When you have finished reading the book, have your child make a book mark from paper, crayons, markers or paints that shows his/her favorite part of the book.

Tamale Pie

Ingredients:
1 cup onion, chopped
1 cup bell pepper, chopped (1 pepper)
1/2 pound lean ground beef
1/2 cup salsa
1 package corn muffin mix
1/3 cup plain Greek yogurt or light sour cream
1 can diced green chilies, undrained
1 egg
1/2 cup shredded cheddar cheese (or other cheese)

Directions:
1. Preheat oven to 350 degrees.
2. Heat skillet over medium heat. Spray with non stick cooking spray. Cook onion, bell pepper and ground beef until beef is cooked through, about 6 minutes. Drain grease.
3. Stir in salsa and cheese.
4. Spray an 8 inch pie plate with non stick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate. Mix corn muffin mix, yogurt or sour cream, green chilies and egg until combined. Spread on top of meet and vegetable mixture.
5. Bake until corn muffin topping is golden brown and set, about 30 minutes.

Source: Healthy and Homemade 2018 Nutrition and Fitness Calendar, Iowa State University Extension and Outreach

Source: Share Our Strength’s Cooking Matters: For Families. Published July 2011

Recipe from Cornell University Cooperative Extension - New York City Nutrition & Health Program Recipe Collection.

Nutrition Facts: Serving Size: 1 slice, 270 calories, 9g total fat, 2.5g saturated fat, 60mg cholesterol, 60mg sodium, 33g total carbohydrate, 1g dietary fiber, 11g total sugars, 14g protein, 0mcg vitamin D, 65mg calcium, 3mg iron, 345mg potassium