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Welcome to SNAP-Ed!

Is winter giving your kids cabin fever?
Below are some indoor activities if they can't make it outdoors.



A Helpful Infographic

Benefits

- Better mood
- Sleep well at night
- Stronger muscles and bones
- Healthy weight
- FUN!



Recommendations

- Ages 6-17 years old: 60 minutes of moderate or vigorous physical activity each day
 - include muscle and bone-strengthening activities like climbing and jumping at least 3 days a week
- Ages 2-5 years old: play actively several times each day



Examples

- Scavenger hunts
- Keep balloon off the ground
- Sports/action charades
- Obstacle course
- Assign action for each number in a deck of cards (ex- 8 means 10 jumping jacks)
- Get them moving during screen time (60 minute show=15 minutes of commercial breaks)





BOOST YOUR IMMUNE HEALTH* WITH NUTRITION

VITAMINS AND MINERALS FOUND IN FRUITS, VEGETABLES, LEAN PROTEINS, DAIRY AND WHOLE GRAINS, REGULATE AND SUPPORT THE IMMUNE SYSTEM. IMMUNE HEALTH HAS BEEN LINKED TO DECREASED RISK OF ACQUIRING INFECTION AND IMPROVED IMMUNE RESPONSE.

WHAT ARE NUTRIENT DENSE FOODS?

LEAN PROTEINS

Protein helps the body build and repair tissues. Examples of good sources of protein are meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

LOW FAT DAIRY

Provides calcium and vitamin D to support bone health. Dairy products are fluid milk, milk products and calcium-fortified soymilk (soy beverage). Look for low fat or fat free options.

FRUITS & VEGETABLES

Eat a colorful variety of fresh, frozen or canned fruits and vegetables to consume an array of vitamins and minerals. Examples: bell peppers, oranges, kiwi, tomatoes, kale, spinach, sweet potatoes.

WHOLE GRAINS

At least half of the grains you eat should come from whole grains. Look for phrases like 'whole wheat' or 'whole grain'. Examples: whole wheat flour, oats, quinoa, buckwheat, brown rice.

Recipe of the Month



Ingredients

- 1/2 cup nut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.



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