

Eat Healthy, Be Active

Welcome to this issue of *Eat Healthy, Be Active*-- the Coulee Region Childhood Obesity Coalition's quarterly newsletter. Through this newsletter we hope to provide you and your family with quick, practical ideas for eating healthy and staying active. We hope you enjoy it, and please...share it with a friend.

Healthy Halloween Treats



Concerned about the amount of sweets Halloween brings into your home? Not only do we have a stash for the trick or treaters in our home that ring our front door-

bell but our kids then bring their "haul" into the house as well! Looking for healthier options to give out to the ghosts & goblins that visit your door? Try these recommendations from Coulee Region Childhood obesity coalition members:

- Individual size microwave popcorn
- 100% juice box
- Individual container of unsweetened applesauce
- Granola bars
- Box of raisins, craisins or other dried fruit
- Mini bags of animal crackers, Goldfish crackers, or pretzels

Looking to go the non-food route? Many stores offer Halloween novelty items that

won't break the bank. Check out or try one of the following ideas!

- Halloween stickers or washable tattoos
- Fun pencils, erasers, small box of crayons, markers, gel pens, or colored pencils
- Glow-in-the-dark wrist bands or bracelets
- Small container of Play dough
- Small notebooks, bubbles or bouncy balls

Members also want to share some tips they've come up with to make Halloween a little healthier...



- **Eat a healthy dinner first.** Fill your children's bellies with a nutritious meal before going out to trick-or treat. Though they may still want to eat candy when they get home, the candy at least won't be replacing healthy foods their bodies need.
- **Set a limit on how much candy they can eat.** Don't let kids gorge when you get home as this can lead to (con't on page 2)



Coulee Region Childhood Obesity Coalition

Fall 2011

Special points of interest:

- ☺ Healthy Halloween ideas
- ☺ Healthy Holiday tips



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Keep your Kids Moving this Winter...

Try these Top 10 ACTIVE Indoor Activities

Winter is the perfect time to test your creativity with indoor activities. Beat the winter blues with these old time favorites! *Remember screen time should be limited to 2 hours or LESS per day.*

1. Play hide & seek.
2. Build a fort. Old cardboard boxes, blankets and chairs provide great forts for creative kids!
3. Dance! Use music for stepping, hopping or jumping in place.
3. Hula hoop to music ...or have a contest to see who can go the longest. (con't on page 2)
4. Jump rope or use a mini trampoline (con't on Page 2)





Healthy Halloween Treats

a stomach ache, preventing them from eating healthy foods. Decide in advance how much they can eat when you get home and how much they can have in the days following Halloween.

- **Reduce trick-or-treat time.** The goal of trick-or-treating is not to collect as much candy as possible, so set a time limit or decide how many streets you will visit. This will help limit your children's candy collection.
- **Inspect the loot.** After you return home, make sure to inspect the goodies. Check for items that may have been

tampered with and toss anything that isn't safely sealed. Also make sure to remove any choking hazards for young children.

- **Be a good model.** As tempting as it is to snatch out all the "good stuff" from your child's stash, avoid the temptation. Remember the best way to influence a child's eating habits is to serve as a good role model.



Junk the Junk Food

October 24th is Food Day...a day set aside think about the food we eat. Its goal is to transform the American diet, to inspire Americans to "eat real"...to cook real food for their families and frequent fewer drive throughs for dinner. The organizers of Food Day want bigger crowds at Farmers Markets, to celebrate fresh fruits and vegetables and whole grains and to support local farmers. Their ultimate goal is to see all Americans, regardless of age, income or where they live to be able to select healthy diets.



Active Indoor Activities

Coulee Region Childhood Obesity members encourage all our readers to celebrate Food Day, everyday, by "Junking the Junk Food" and committing to healthier snacking. Try these tips from members:

5. Set up a scavenger hunt. It can be based on a theme like Thanksgiving or Christmas or use everyday items!



9. Try juggling, top spinning, or holding a yo-yo contest.



6. Play foam ball games. Toss around a foam ball, play catch bouncing it off a wall or play basketball with a mini hoop.

10. Mimic sports: act out sports movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming, and volleyball. Everyone is skillful without the use of equipment!!

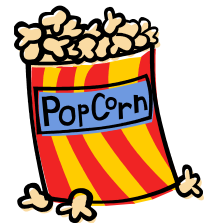
7. Play up, up and away - blow up a few balloons and play keep-away or "volleyball."



8. Play "fitness with the leader." This is like "follow the leader," using exercises.



1. **Don't bring it home!** If its in the house you and your family are more apt to eat it.
2. **Keep healthy foods visible!** We eat with our eyes. If you keep a bowl of fruit on the counter, your family will be more apt to grab it when they are hungry.
3. **Take your kids shopping!** We know...you're thinking...are you crazy??? Kids are more likely to eat foods they've chosen. Start by (con't page 3)



10 Fun Activities to do outside After the Holiday Meal!

In Cold or Snow—

You can:

1. Go sledding at Forest Hills Golf Course
2. Cross-Country Skiing or Snow Shoeing
3. Have a Snow-ball fight
4. Build a fort or snowman
5. Start a Bowling Tournament

Footsteps to Health

Looking for ways to continue your healthy habits this holiday season? Look no further! Footsteps to health has 5 top tips to continue your healthy habits through the holidays...

1. **Small Plates!** Use a smaller plate...it helps control your portions
2. **Healthy Snacks!** Enjoy a healthy snack like fruit or low-fat yogurt before leaving home for holiday gatherings. This will help you avoid rushing to the buffet table upon arrival.

3. **Remember, all foods fit!** Enjoy your favorite holiday treats but take a small portion, eat slowly, and savor the taste and texture of the wonderful foods of the season.

4. **Keep Active!** Maintain your physical activity throughout the holidays. Break up your exercise in to 10-20 minute increments. And after the large feast instead of plopping on the couch, get up and move. Bundle up and take a family walk. Its great for adults and children. Play favorite games like twister, get out the music and dance, go sledding or try playing the Wii!

5. **Beverages add Calories!** Juice, home-made punches, and creamy beverages tend to have hidden calories so consume these in moderation! Keep hydrated with water.

And Remember!

Take the first steps to good health...Eat More Fruits and Vegetables!

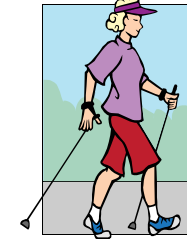
Pumpkin Peanut Butter Dip

- 3/4 cup peanut butter
- 2 Tbsp brown sugar
- 1 tsp vanilla
- 3/4 cup canned pumpkin

In a medium bowl mix peanut butter & brown sugar. Stir in vanilla & pumpkin until combined. Serve with graham crackers or sliced fruit/veggies

In Warm Weather—

You can:

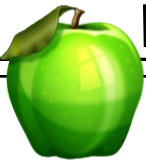


1. Hike the Hixon Forest Trails

2. Play catch and ball at the park
3. Take a walk through the Marsh
4. Start a Kickball Tournament
5. Go hunt for a Christmas tree and cut it down and haul it home yourself!



Junk the Junk Food



visiting the produce department to pick out some snacks then graduate to choosing healthy snacks from other sections of the store. Or...if shopping with them doesn't sound like a good idea, ask them what healthy snacks they'd like you to put on your shopping list.

4. **Offer healthy choices.** We all like to have choices and kids are no different. Have a snack shelf in your refrigerator and/or a snack drawer in your cupboards. Stock it with healthier alternatives...cut up veggies with dip, have string cheese, fruit, small boxes of dried fruit, baked crackers, popcorn,

pretzels, small bags of nuts or trail mix on hand...you get the picture!



5. **Make it fun!** Try ants on a log (celery filled with peanut butter and sprinkled with raisins), cheese cut out in fun shapes with cookie cutters, interesting shaped crackers topped with low fat cream cheese and chopped nuts or dip your crackers or apple slices into the Foot Steps to Health pumpkin peanut butter dip on this page!





This newsletter is brought to you by the Coulee Region Childhood Obesity Coalition. Our goal is to prevent childhood overweight & obesity. Members include:

Gundersen Lutheran Head Start

La Crosse County Health Dept Mayo Clinic Health Systems

School Districts of La Crosse, Onalaska & Holmen YMCA

Viterbo University UW-Extension-WNEP Program



Think Healthy Holiday Donations for the Food Pantry

This year, think "healthy" when you make a donation or receive items from the local food pantry. Gayle Coleman, nutrition specialist with the University of Wisconsin-Extension, suggests avoiding sugary cereals, salty noodle mixes, and fruit-flavored beverages that might be easy to donate, but difficult for families to include in nutritious meals. Instead, Coleman urges consumers to donate or choose foods that have a stable shelf life, are full of nutrients, and are easy to prepare. Good examples include:

- Fresh produce, if allowed.. Check to see if the pantry has refrigeration before donating fresh produce!
- Whole grain, low-sugar cereals such as plain instant oatmeal, whole grain Os, and bran flakes.
- Whole grain or enriched pasta and instant rice—either brown or enriched. Boxed noodle and rice dishes can be an easy starting point for a one-dish meal.
- Whole grain crackers (especially reduced-sodium) and popcorn.
- Canned vegetables, especially those without added salt.
- Fruits canned in juice, unsweetened applesauce, 100-percent fruit juice and dried fruit.
- Spaghetti sauce, salsa and canned beans, including baked beans.
- Canned meats. Food pantries tend to receive a lot of canned salmon or tuna, so consider other meats such as canned chicken, ham or beef. Do not donate meat canned at home.
- Peanuts and peanut butter.
- Reduced-sodium broth and soups.
- Low-fat salad dressings or spreads, and condiments such as catsup or mustard.
- Baby food and infant formula would be welcome donations. Just be sure to donate these products well within the date marked on the package. Infant formula cannot be distributed past the expiration date.

Food pantries may also have special needs that you can help meet. And don't forget that food pantries always welcome cash donations. Cash donations help food pantry volunteers offer the widest possible array of products to the individuals that they serve.

Adapted from: <http://fyi.uwex.edu/news/2010/11/11/enhance-the-value-of-your-donations-to-food-pantries-community-programs/>. Barbara Ingham and Gayle Coleman, UW Extension

Area Food Pantries...

WAFER
403 Causeway Blvd
La Crosse
782-6003

Onalaska Emergency Food Basket
731 Sand Lake Rd
Onalaska
783-7722

Community Care & Share Pantry
359 North Leonard St
West Salem
786-1142

See www.co.la-crosse.wi.us/Health/Nutrition/docs/brochure.pdf for additional emergency food resources.