

Families Making the Connection

Let's Move—Stay Active this Winter!

Keep a healthy weight throughout the year by being active in winter. Your physical and mental well-being will get an energetic boost!

Family members make great winter workout buddies

People who are active together are more likely to stick to a routine. Activity buddies offer support, healthy competition and fun. Being active together as a family might also give you the chance to hear about your child's day and vice versa.

Stay safe and comfortable

- **Think visibility.** In winter, there are fewer daylight hours. If you are going for a walk in dim light, make sure you walk on the sidewalk in the direction opposite the traffic flow and wear light colored or reflective clothing so drivers can see you.
- **Think layers.** Wearing layers of clothing gives you the chance to adjust your comfort level as you warm up.

Move more inside and out

- Get tied up in a game of Twister® or toss around a Koosh® ball.
- Go for a fast-paced walk together at your local mall.
- Dance with your kids for 10 minutes to break up the daily routine.
- Enjoy the unique landscape of trails and byways during the winter months.
- Take the family sledding or ice skating. Or, how about cross-country skiing?

January

- Family Fit Lifestyle Month
- Oatmeal Month
- Soup Month



Menus for January 2012

BETHEL HILL CHARTER SCHOOL

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
NO SCHOOL	HOTDOGS W/CHILI OR FISH SANDWICH COLESLAW BAKED BEANS PEACHES TOSSED SALAD BREAKFAST PANCAKES OR CEREAL AND TOAST MILK AND JUICE	PORK CHOP W /ROLL OR BEEF STEAK&GRAVY W/ROLL MASHED POTATO GREEN BEANS PEACHES TOSSED SALAD BREAKFAST HONEY BUN OR CEREAL AND TOAST MILK AND JUICE	VEG SOUP W/ GRILLED CHEESE OR PEANUT BUTTER COOKIES AND FRESH FRUIT TOSSED SALAD BREAKFAST MUFFIN OR CEREAL AND TOAST MILK AND JUICE	PEP PIZZA OR CHICKEN SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT TOSSED SALAD BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
BBQ ON BUN OR BAKED POTATO-COLESLAW BAKED BEANS PEACHES TOSSED SALAD BREAKFAST PANCAKES OR CEREAL AND TOAST MILK AND JUICE GREEN PEAS	CORN DOG NUGGETT OR FISH NUGGETT Tossed Salad BAKED BEAN COLESLAW PEACHES BREAKFAST HONEY BUN OR CEREAL AND TOAST MILK AND JUICE	OVEN BAKED CHICK-EN W/ROLL TOSSED SALAD MASHED POTATO GREEN BEANS APPLESAUCE BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE	TACO SALAD OR TURKEY WRAP-TOSSED SALAD CORN FRESH FRUIT BREAKFAST MUFFIN OR CEREAL AND TOAST MILK AND JUICE	CHEESE PIZZA OR CHICKEN NOODLES SOUP TOSSED SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE

Fit Foundations

Baked Oatmeal

Ingredients

- Cooking spray
- 1 tablespoon canola or vegetable oil
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- 2 eggs, egg substitute equivalent to 2 eggs, or 4 egg whites
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup fat-free or 1% milk

Directions

1. In a medium bowl, stir together oil, applesauce, brown sugar and eggs.
2. Add the dry ingredients and milk to the bowl. Mix well.
3. Spray a 13 x 9 inch pan generously with cooking spray.
4. Spoon the oatmeal mixture into the pan.
5. Bake uncovered at 350° F for 30 minutes.

Tip: You can mix this in the evening and refrigerate it overnight. Just pop it into the oven first thing in the morning!



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Sources: www.nutritionnc.com/ResourcesforSchools, www.mayoclinic.com

Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
NO SCHOOL	HOTDOGS W/CHILI OR FISH SANDWICH COLESLAW BAKED BEANS PEACHES TOSSED SALAD BREAKFAST PANCAKES OR CEREAL AND TOAST MILK AND JUICE	SPAGHETTI /GARLIC BREAD OR BAKED POTATO TOSSED SALAD CORN APPLESAUCE BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE	VEG SOUP W/ GRILLED CHEESE OR PEANUT BUTTER COOKIES AND FRESH FRUIT TOSSED SALAD BREAKFAST MUFFIN OR CEREAL AND TOAST MILK AND JUICE	PEP PIZZA OR CHICKEN SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT TOSSED SALAD BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
CHEESEBURGER OR BAKED POTATO TOSSED SALAD GREEN PEAS FRENCH FRIES PINEAPPLES BREAKFAST POP TART OR CEREAL AND TOAST MILK AND JUICE	CORN DOG NUGGETT OR FISH NUGGETT Tossed Salad BAKED BEAN COLESLAW PEACHES BREAKFAST HONEY BUN OR CEREAL AND TOAST MILK AND JUICE	PORK CHOP W /ROLL OR BEEF STEAK&GRAVY W/ROLL MASHED POTATO GREEN BEANS PEACHES TOSSED SALAD BREAKFAST HONEY BUN OR CEREAL AND TOAST MILK AND JUICE	NO SCHOOL	NO SCHOOL
Monday, January 30	Tuesday, January 31	Families Eating Smart and Moving More Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active: <ul style="list-style-type: none"> ▪ Prepare and eat more meals at home. ▪ Tame the tube. ▪ Choose to move more every day. ▪ Right-size your portions. ▪ Re-think your drink. ▪ Enjoy more fruits and vegetables. ▪ Breastfeed your baby. By promoting good nutrition in the places where our children eat – at home and at school – we can have a greater impact on their health. Encourage your child’s healthy eating habits by supporting school meals!		
POPCORN CHICKEN OR BAKED POTATO GREEN PEAS FRENCH FRIES PINEAPPLE TOSSED SALAD BREAKFAST CHEESE TOAST OR CEREAL AND TOAST MILK AND JUICE	HOTDOGS W/CHILI OR FISH SANDWICH COLESLAW BAKED BEANS PEACHES TOSSED SALAD BREAKFAST PANCAKES OR CEREAL AND TOAST MILK AND JUICE			