

Winter 2020 / 2021

Healthy Carroll Families



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Welcome to
Healthy Carroll Families for
Winter 2020-2021.

Healthy Carroll Families is
our media campaign with
information designed to help
you take the next step in your
family-based approach to
healthy living. We encourage
you to make copies and
distribute these handouts to
your clients, customers,
students, PTA, family,
friends...everybody! These
materials may also be
downloaded for free
from our website,
HealthyCarroll.org.

Please call or email
The Partnership with any
questions, feedback, or
suggestions you may
have about Healthy Carroll
Families. We look forward to
hearing from you.

ThePartnership
@healthycarroll.org
410-871-7648

295 Stoner Avenue, Suite 306
Westminster, MD 21157
HealthyCarroll.org



THE HOLIDAYS AND COVID-19:

Due to these uncertain times, COVID-19 has forced many of us to make difficult changes to our normal holiday traditions. Seeing many family and friends may not be a reality this year. It is important to remember that even though the holidays will require a little “pivoting”, doesn’t mean they are destined to be a disappointment.

Check out the list below for some ways we can all cope with the recent changes, while still getting to enjoy the holiday season:

Identify how you’re feeling. Take some time to sort through your emotions in whatever way is most productive for you. Some ideas are journaling, talking to a friend, or spending some time to think by yourself.

Acknowledge what you’ve lost. If you are missing a loved one, think of ways you can honor them during your holiday festivities this year.

Make the most of it. Different doesn’t necessarily mean bad! With a little creativity, we can still find ways to incorporate holiday traditions. For example, if you’re feeling down about not seeing your extended family this year, round up your cousins, aunts, uncles, etc. and have a group zoom call before or after dinner! You may even find yourself implementing new traditions for years to come!

Keep your stress in check. Understand what is causing your stress and recognize your feelings. Participating in physical activity or trying out relaxation techniques are helpful ways to cope. Most importantly, make sure you are taking care of yourself! Try to shift your focus onto what you do have control of.

Practice gratitude. There is still plenty to be thankful for! Try to identify some things you are grateful for this holiday season. Not sure where to start? Ask yourself, “What is something I did for myself today?”, “What is something I did for someone else today?”. Share them at the dinner table as a family!

Sources: <https://mhanational.org/preparing-holidays-during-covid-19?fbclid=IwAR2CwIp0ig3g-WyPzkzZpw-9ebxMGYGBsmNv88BUNjGEezjW8tmh0j3eCAM> ; <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/thankfulness-how-gratitude-can-help-your-health>

WALKING IN A WINTER WONDERLAND!



Walking is a great way to boost your stress-busting endorphins and provides a simple way to attain your CDC recommended 150 minutes of physical activity per week! Before or after dinner, take a walk around the neighborhood and enjoy the fresh air with your family!

Remember, the sun sets early this time of year. If you decide to take your walk early in the morning or after dinner, here are a few tips on how you and your family can stay safe when it's dark out:

- Walk as a family, not alone.
- Avoid areas that are not well lit.
- Be aware of your surroundings when wearing earphones. These can reduce your alertness.
- Let someone know your route and ETA. Check in with that person to let them know you've arrived at your destination safely.

Walking outdoors, breathing in the fresh air and soaking up the sunshine is great for your mental health. With all the changes occurring during this time, exercising outdoors is still something we can do, if we do it safely!

Remember to wear a mask and/or maintain a safe distance from others.

Sources: <https://www.safetyallday.com/article/staying-safe-late-at-night-or-in-the-early-hours-of-the-morning> ; https://www.huffpost.com/entry/national-walking-day-stress-relief-tips_n_2992972#:~:text=Walking%20Boosts%20Stress%2DBusting%20Endorphins,%2Desteem%2C%20according%20to%20WebMD.

HOLIDAY COOKING WITH THE KIDS



This holiday season is going to look different than others. However, it is important to remember there are still plenty of fun ways we can take advantage of this time together and enjoy delicious, healthful meals with our immediate family.

The holidays are a great time to cook with your child. Many important skills can be taught through cooking such as counting, measurement, fractions, and even new vocabulary! Making cooking a family event also creates meaningful ties to your family's cultural heritage, especially around the holidays, through the teaching and passing down of recipes. Cooking together provides a great opportunity to promote a healthy lifestyle by teaching your kids about nutrition and how to prepare healthy, balanced meals.

Assign different tasks of a holiday recipe to your children based on their abilities. See below for examples based on age:

3 to 5 Years Old

- Add in ingredients
- Snap green beans
- Tear lettuce for a salad
- Roll dough and press cookie cutters

6 to 7 Years Old

- Shuck corn
- Peel veggies using a vegetable peeler
- Crack eggs
- Measure ingredients

8 to 9 Years Old

- Use a can opener
- Juice citrus fruits
- Check the temperature of foods with a thermometer
- Pound chicken on a cutting board

10 and Older

- Slice or chop vegetables
- Boil potatoes
- Microwave foods
- Bake foods in the oven
- Simmer ingredients on the stove

Source: <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Cooking-With-Your-Children.aspx>

KITCHEN SAFETY TIPS:

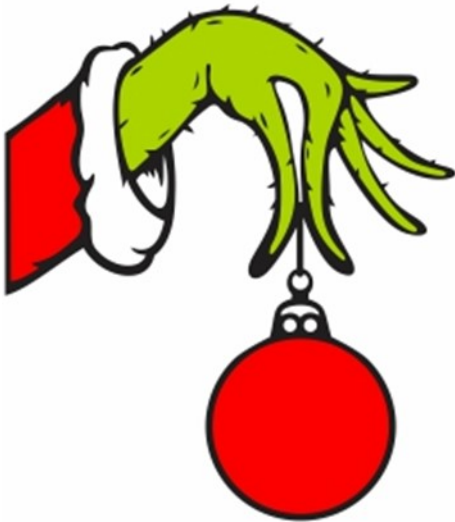
Teach your children the importance of staying safe while cooking. Other options to consider focusing on are: Turning appliances on and off safely, how to hold kitchen utensils and tools safely, and how to use oven mitts to protect their hands from heat.

Take the following precautions to eliminate dangerous situations in the kitchen:

- Teach children to stay a safe distance from hot stoves and appliances.
- Keep knives, forks, scissors, and other sharp instruments separate from “safe” kitchen utensils.
- Unplug appliances when they are not in use, so your child cannot turn them on.
- Don’t allow electrical cords to dangle.
- Always turn pot handles toward the back of the stove so your child can’t reach up and grab them.
- Keep matches out of reach and out of sight.
- Keep a fire extinguisher in your kitchen.



Sources: [https://www.eatright.org/homefoodsafety/safety-tips/holidays/the-joy-of-cooking-with-kids-during-the-holidays?utm_source=Social Toolkit&utm_medium=pdf&utm_campaign=2020Q4](https://www.eatright.org/homefoodsafety/safety-tips/holidays/the-joy-of-cooking-with-kids-during-the-holidays?utm_source=Social+Toolkit&utm_medium=pdf&utm_campaign=2020Q4) ; <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Kitchen-Safety.aspx>



GRINCH KABOBS

These little skewers are simple to make and a great addition to your appetizers at any Christmas party.

Prep: 30 mins **Total:** 30 mins **Servings** Size: 1 **Yield:** 24 servings

Ingredients

- 24 green grapes
- 1 large banana, cut into 24 slices, or as needed
- 24 hulled strawberries, tips removed
- 24 miniature marshmallows
- 24 toothpicks

Directions

Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head in his red hat. Repeat with remaining grapes, banana slices, strawberries, and marshmallows.

Nutrition Facts: 18 calories; protein 0.2g; carbohydrates 4.4g; fat 0.1g; sodium 1.6mg.



Source: <https://www.allrecipes.com/recipe/240180/grinch-kabobs/>