

February 2017

Healthy Way to Grow: Reno, NV.

February is American Heart Month!

Celebrate *National Wear Red Day* on February 3rd!

Nutrition & Physical Activity Books:

- *How Are You Peeling?* by Saxton Freymann
- *Red Wagon* by Renata Liwska
- *Wiggle* by Doreen Cronin

Recipe of the Month Show your children how to have a healthy heart during American Heart Month by fueling it with vegetables. Allow children to help with this recipe by whisking eggs and spices, forming the root vegetable pancakes, or mashing cooked root vegetables.

Root Vegetable Pancakes: Serves 4-6

Ingredients:

- ½ lb. parsnips, or a mix of root vegetables (like rutabaga, turnip, or beets)
- 2 scallions or green onions, green parts chopped
- 2 eggs
- ¼ cup of flour
- ½ tsp. salt
- ¼ tsp. pepper, or to taste
- 2-4 Tbs. vegetable oil.
- Optional, to serve: 1 Tbsp soy sauce and 1 tsp. rice vinegar (dipping sauce) OR plain, nonfat yogurt



Directions:

- Grate root vegetables. Chop scallions/green onions.
- Whisk eggs in a medium bowl with the salt and pepper. Whisk in flour. Stir in shredded root vegetables.
- Heat oil in a medium pan or skillet. Form the mixture into patties roughly three inches in size. You should be able to make about 6 patties. Place patties on pan, 2 inches apart. Not all patties will fit in one batch.
- Cook for 2-3 minutes on the first side, then flip and cook for another 2-3 minutes until browned on both sides.
- Continue cooking pancakes in batches.
- Serve hot, plain or with dipping sauce or yogurt.

Photo and Recipe Credit: HarvestforHealthyKids.org

Family Wellness Corner During American Heart Month, learn the warning signs of heart attack and stroke – teach them to your family, too!

Signs of Heart Attack:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



Signs of Stroke:

- Learn to spot a stroke **F.A.S.T.** If you see **F**ace drooping, **A**rm weakness, or **S**peech difficulty, it's **T**ime to call 911.

Physical Activity Ideas These fun activities will keep your children moving all month!

For Toddlers/Preschoolers:

Sock Toss - After folding the laundry, set aside matched socks. Place an empty laundry basket about two feet away. Model tossing socks underhand into the basket. Emphasize turn taking by alternating with the toddler and narrating, "MY turn, YOUR turn." Include practice counting while you and the toddler toss. Learn to identify socks by colors or to begin sorting by one attribute (such as color, size or solid/stripe). For example, divide the socks into color piles before throwing them into the basket.



Activity Credit: shapeamerica.org