

January 2017

*Healthy Way to Grow: Reno, NV.*

# January is National Soup Month!

## Nutrition & Physical Activity Books:

- **The Mitten** by Jan Brett Woodland: Animals find a little boy's mitten and crawl in - each animal larger than the last!
- **Snowballs** by Lois Ehrlert: Bundle up and head outside to play! Children's imaginations will soar as they are inspired by this seasonal classic!

**Recipe of the Month:** Warm up with this tasty soup recipe! Involve your children in the cooking process as appropriate – show them how to measure out ingredients and dump it in the soup pot.

### **Old-Fashioned Vegetable-Barley Soup**

#### **Ingredients:**

- Cooking spray
- 1 teaspoon olive oil
- ½ medium onion, chopped
- ½ medium rib of celery, chopped
- 1 medium garlic clove, minced
- 15 oz. can no-salt added diced tomatoes, undrained
- 1½ cups frozen mixed vegetables
- 1½ cups fat-free, low-sodium vegetable broth
- 1 cup chopped kale
- ½ cup water
- ¼ cup uncooked quick cooking barley
- ½ teaspoon dried basil, crumbled
- ½ teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper



#### **Directions:**

Lightly spray a large Dutch oven with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.

*Recipe and Photo Credit: recipes.heart.org*

## **Family Wellness Corner:** Add color to your meals!

- **Eat a Rainbow.** Look at your plate as a whole each time you eat. If it's looking too beige, add a serving of fruits or veggies.
- **Go meatless.** Replace ground beef in any recipe with finely diced and sautéed mushrooms, or use thick cuts of eggplant in place of chicken in recipes like eggplant parmesan.
- **Amp up the flavor.** Roast vegetables in high heat to caramelize and reduce bitterness. Grill fruits to unlock deeper sweetness and give your color some char.



## **Physical Activity Ideas:**

- **Dance!** Play the popular song, "Get Happy"! Smile and dance around the house with your child. Hold infants and gently dance with them. Hold hands with toddlers.
- **Clean Up.** Hand your toddler a child sized mop and invite them to help you clean the kitchen floor. They will love being your helper!
- **Toss a beach ball back and forth.** Roll the ball to each other. Bounce the ball high and invite your child to catch it.
- **Evening Fun Routines.** Play time: Lie on the floor and roll around. Bath time: Chase your little one to the room after bath time! Bed time: Stretch to the ceiling, then to the floor. Lie down and twist and turn. Take deep breaths.