

FAMILIES HEALTHY TOGETHER



JANUARY 2016 NEWSLETTER

NEW FOR 2016!!!

Beginning in January of 2016 Families Healthy Together is consolidating our activity programming to offer the activities that are most successful and impactful! We will continue to offer weekend hikes as well as weekday activities during holiday and vacation time periods. In the coming months we will also be broadening our offerings to include hikes designed for pre-teens and teenagers along with their parents. **To help with our planning and preparing, we are asking that families sign up for all activities by the Wednesday evening prior.** Please let Rachel know if you have any questions or concerns in regards to these changes.

FHT will be offering 3 opportunities to go x-country skiing this winter at Great Glen Trails and the first chance is January 13th!

Free equipment rentals, free trails pass, and free instruction!



Active Living Tip

Be an active role model for your kids!
Instead of sitting on the sidelines in your backyard or at the park, run, jump and play together!

Sign up NOW for the next **FREE Nutrition Education Series!**

Jan. 19th, Jan. 26th, Feb. 2nd & Feb 9th

4:45 - 7:15 pm at the Gorham Middle/High School

Only **one** family space left! Call or email **Heidi** to sign up!

Heidi Barker
603-788-4961

heidi.barker@unh.edu

KIDS' CORNER!

During school break play outside for at least an hour every day! Keep a log of your activities here:

Dec. 24th: _____
 Dec. 25th: _____
 Dec. 26th: _____
 Dec. 27th: _____
 Dec. 28th: _____
 Dec. 29th: _____
 Dec. 30th: _____
 Dec 31st: _____
 Jan. 1st: _____
 Jan. 2nd: _____
 Jan. 3rd: _____



Have you "liked" Families Healthy Together on Facebook? If not, search for us or find us at www.facebook.com/cooscountyhealthytogether so you can get all the latest updates on activities!



FHT'S RECIPE OF THE MONTH!

Cook up something that's in season and delicious!

As with many other recipes we've featured here, this one also comes from Leanne Brown's awesome cookbook [Good and Cheap](#). We made this jambalaya last week and were blown away by how easy and flavorful it was! We sautéed some chicken sausage to add in, which was a great addition.

Vegetable Jambalaya

Serves 6

Ingredients

- 2 tbsp. vegetable oil
- 1 med. onion, chopped
- 1 bell pepper, chopped
- 3 stalks celery, chopped
- 3 cloves garlic, minced
- 1/2 small green chili, finely chopped (we substituted green chili hot sauce)
- 2 large tomatoes
- 2 bay leaves
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 tsp salt
- 1 tsp ground pepper
- 1 tsp Worcestershire sauce or soy sauce
- 3/4 cup brown rice
- 3 cups vegetable broth or chicken stock

Optional

- Slices of fried sausage
- Shrimp
- Leftover meat, tofu, or beans

Directions

1. Heat the oil in a large pot over medium-high heat.
2. Add the onion, pepper & celery and cook for about 5 min until they are translucent but not brown.
3. Add the rest of the ingredients **except for the rice and broth**.
4. Let everything cook for about 1 minute until the tomato juices release.
5. Add the rice and both.
6. Reduce the heat to medium and let it all simmer until the rice cooks and absorbs most of the liquid.
7. If you're using any of the optional ingredients, add them in when the rice is nearly cooked to let them warm up.
8. Serve hot!



Want more yummy recipes? Find them online at familieshealthytogether.org