

FAMILIES HEALTHY TOGETHER



FEBRUARY 2016 NEWSLETTER



Snowball

By Shel Silverstein

I made myself a snowball
As perfect as could be.
I thought I'd keep it as a pet
And let it sleep with me.
I made it some pajamas
And a pillow for its head.
Then last night it ran away,
But first—it wet the bed.

We had an awesome time skiing last month! Join us in February for two more great chances to get out on skis!

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Tuesday, February 2nd; 1:30 - 4 pm

Wednesday, February 24th; 1:30 - 4 pm
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Both activities will be Great Glen Trails in Pinkham Notch. No previous skiing experience necessary!

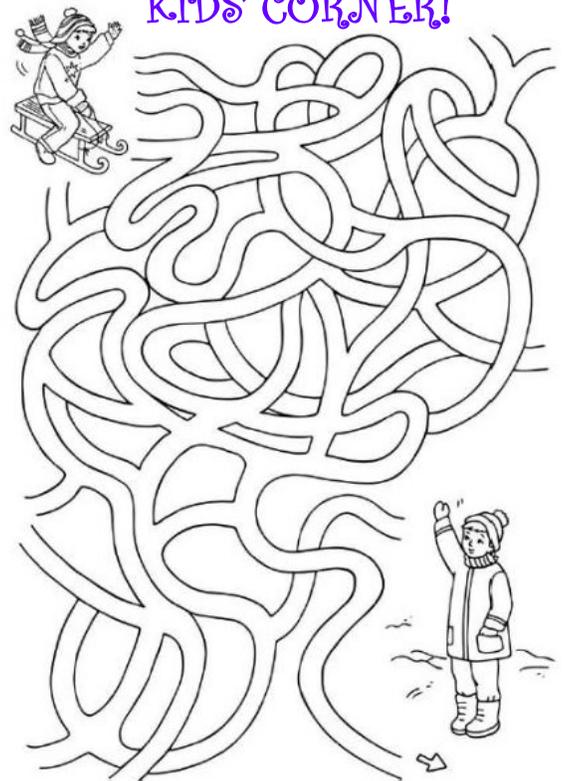
Free equipment rentals, free trails pass, and free instruction!

Healthy Eating Tip

Cook more often at home!

When you cook at home you are in control of what's on your plate. Preparing your own foods allows you to limit the amount of sodium, saturating fat, and added sugars in your meal.

KIDS' CORNER!



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!

Each year First Lady Michelle Obama hosts the Healthy Lunchtime Challenge where she invites kids from around the country to submit their favorite homemade recipes that are both healthy and delicious! This month we are featuring one of these tasty recipes that is sure to keep you warm this winter. For more recipes, be sure to check out the [online cookbook!](#)

Rain's Turkey Chili

Serves 10

Ingredients

- 2 Tbsp. olive oil
- 1 lb. lean ground turkey
- 1 medium red pepper, diced
- 1 small zucchini, diced
- 1 white onion, diced
- 1 cup carrots, diced
- 3 kale leaves, chopped finely
- 2 (14.5 oz.) cans fire-roasted diced tomatoes
- 1 (15 oz.) can dark red kidney beans
- 1 (15 oz.) can pinto beans
- 4 cups low-sodium chicken broth
- 1 cup old-fashioned rolled oats
- 2 Tbsp. chili powder
- 1 Tbsp. honey
- 1 garlic clove, minced
- 1 tsp. onion powder
- 1 tsp. ground cumin
- 2 tsp. dried oregano
- 1 tsp. salt
- 1/2 tsp. pepper



*Chef Rain Adams,
Age 11*

"This chili is a vegetable-packed super food that follows MyPlate guidelines," says Rain. "Vegetables make up 50% of each serving, the turkey 25%. My secret ingredient, oats, makes up the grain, and completes this great tasting, healthy meal." Rain recommends that this turkey chili be served with baked tortilla chips and apple slices.

Colorado

Directions

1. In a large pot, heat the oil over medium heat
2. Add the turkey and cook for about 12 minutes until light brown and cooked through
3. Add the vegetables to the pot, cover and cook for 10 minutes
4. Add the remaining ingredients, reduce the heat to low, and simmer for 40 minutes
5. Serve hot and enjoy!

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