

# HEALTHY LIVING LEADS TO HAPPY LEARNING



## WAYS TO LIVE HEALTHY IN DECEMBER



### FRUIT » CRANBERRIES

**HEALTH BENEFITS:** Cranberries are small and tart, known for their anti-inflammatory and anti-oxidant effects. Eat them whole for the most health benefits.

**SELECTION / STORAGE:** Choose firm, deep red cranberries and discard any soft, discolored or bruised ones. Store refrigerated for up to 20 days. Wash prior to using.

**EATING / PREPARATION:** Dried cranberries are great in quick breads and muffins. Sprinkle fresh berries over oatmeal and salads; add a splash of cranberry juice to your lemonade or orange juice for a refreshing drink. Don't forget your cranberry sauce this holiday season; try it on turkey, pork loin and even chicken.

» QUICK RECIPE: *Make a simple cranberry sauce! In a medium saucepan over medium heat, dissolve 3/4 cup sugar, 3/4 cup orange juice, and 1/4 cup water. Stir in 12 oz of cranberries. Cook about 10 minutes until the cranberries start to pop. Stir often. Remove from heat, sauce will thicken as it cools. (12 servings, 66 calories, 17g carbohydrates, 0g fat, 0mg sodium)*

### VEGETABLE » BUTTERNUT SQUASH

**HEALTH BENEFITS:** Butternut squash is an excellent source of immune-supporting Vitamin A and a good source of potassium, benefitting blood pressure and kidney health. Just 1 cup meets the daily recommended intake of Vitamin A.

**SELECTION / STORAGE:** Select firm squash that is heavy for its size and has a hard, dull, non-glossy rind. Store up to one month in a cool dry place. After cutting, cover and refrigerate for 1-2 days.

**EATING / PREPARATION:** Rinse under cold water, then steam, bake or roast. It also tastes great in soups and stews.

» QUICK RECIPE: *For a tasty side, cut squash in half lengthwise and scoop out seeds. Peel off rind and cut into 1 inch cubes. Toss cubes with 1.5 tablespoons of olive oil, 2 minced garlic cloves, and a dash of salt. Bake at 400 degrees until cubes are tender, about 30 minutes. (4 servings, 85 calories, 5g fat, 10g carbohydrates)*



### ACTIVITY » BRISK MOVEMENT

**ACTIVITY:** Even though it is getting colder out, it is still good to get outdoors and do physical activities. Dress warm and hit the playground or take a winter hike. Once you get running around, you won't mind the cold. Besides the health benefits of staying active, the fresh air will help boost the immune system and increase your resistance to all the germs you are exposed to when cooped up indoors during cold and flu season.