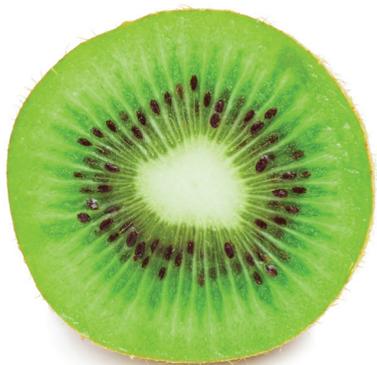


HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN **JANUARY**



FRUIT » KIWI

HEALTH BENEFITS: Kiwi is crammed full of vitamin C, which is able to protect our cells from harmful damage. A small one has as much vitamin C as an orange! Kiwis contain high amounts of fiber which not only keep our digestive systems happy but also help control blood sugar levels.

SELECTION / STORAGE: Choose kiwis by holding them between your thumb and forefinger and gently apply pressure. Sweet kiwis will slightly yield to pressure; harder kiwis are not fully ripened yet. Store on the counter until ripened and then in the refrigerator.

EATING / PREPARATION: Kiwis can be eaten as is — just rinse them under cool water and enjoy! The peel can be removed or the tiny hairs can be rubbed off before eating. Kiwis can also be added to fruit salads or tossed with salad greens. Get a little creative and make a fun fruit pizza or a fruit chilled soup.

VEGETABLE » CELERY

HEALTH BENEFITS: Celery is an excellent source of Vitamin K, keeping inflammation at bay and a very good source of fiber which supports a healthy digestive system. Celery makes a great snack for when you are on the go!

SELECTION / STORAGE: Select celery that is straight and rigid with plenty of fresh, green leaves. It can be stored in the refrigerator for a week in a plastic bag. Avoid chopping celery until you are ready to use it, this will help maintain the nutrient content.

EATING / PREPARATION: Rinse well under cold water; cut the base and leaves off the stalks. Celery can be steamed or eaten fresh. It goes well in soups, stews, stir fries and salads (like chicken or tuna). Don't forget about ants on a log, the best snack of all! » **QUICK RECIPE:** To make ants on a log, *spread peanut butter on celery sticks and sprinkle with raisins.*



ACTIVITY » FORT FITNESS

ACTIVITY: There is a good chance that measurable snow will be falling soon. And while it may not be fun to drive in, it's excellent for staying active. Encourage kids to build a snow fort or igloo (with proper winter clothing, of course). Moving the snow will be a great physical activity and the end result will be something kids will be able to play in throughout the winter.