

New Year - New Habits - New Activities!

Making a fresh start in the new year is an easy way to get a jump start on starting some new healthy habits! Why not make them a family affair? Set aside some time each week starting this week to do something active as a family. Here are some of the Super Crew's® favorite winter activities. Check off what you plan to do:

- Have a dance party!
- Go for a family walk or hike.
- Go bowling.
- Go roller skating or ice skating.
- Have a WiiFit family tournament.
- Go on an outdoor adventure: sledding, hiking, or biking.



Eat to Look and Feel Healthy!

Focus on healthy family eating habits by choosing one of the following to do as a family this week:

- Sit down to dinner as a family at least two times during the week.
- Cook and eat breakfast together one time during the week. Get more [fun family breakfast ideas](#).
- Go grocery shopping together and challenge yourselves to pick out a new vegetables to cook and try as a family.
- Use the [Super Crew® Colorful Food Tracker](#) and have a family challenge to see who can eat the most colors this week.
- Give your snacks a boost of new color by choosing incorporating new fruits and vegetables into snack time.

Marcus' Favorite Winter Squash



Did you know you can make spaghetti from a squash? At the grocery store, look for a big, oval shaped, yellow **SPAGHETTI SQUASH**. Cut in half long ways, remove the seeds, and bake. When it is cooled, use a fork to remove the spaghetti-like flesh. Top with your favorite sauce and beans or turkey meat balls!

Beware of...Junk Food Marketing Directed at Kids!

Did you know that children ages 2-7 see an average of 12 televised food ads a day—that's 4,400 ads in a year!!*

- Food marketers are using television ads to persuade your kids to eat foods that are high in sugar and fat.
- Most foods advertised are unhealthy.
- Food advertising works! Children who see food advertising are more likely to prefer and choose those foods than those who don't.
- Just say no. It's hard to combat persuasive advertising, but remember, it's okay to junk food—just stick to it!

*From the Henry J. Kaiser Family Foundation

