



# Color Me Healthy NEWS

preschoolers moving & eating healthy

NOVEMBER

## Souper Winter Meals

Soup is a great meal to have when the weather turns cooler. Making your own soup does not have to be complicated or take lots of time. Try this quick and easy black bean soup recipe. This recipe is made even easier because it uses canned beans. Be sure to rinse the beans well to remove over 1/3 of the sodium. Get the children involved and discuss the colors of all the foods used to make the finished product. Allow them to top their own soup with sour cream, shredded cheese, or finely chopped green onions. Try the recipe for Black Bean Soup in this newsletter.



### Vegetables Seen In The Freezer Aisle

Fresh vegetables are great, however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned vegetables are GREAT and will get you well on your way to get the fruits and vegetables you need each day. Contrary to popular myth, frozen or canned fruits and vegetables are rich in nutrients. Frozen or canned vegetables are great to have on hand when you are in a hurry or need a quick side dish to round out a meal. Choose frozen vegetables without sauce or butter. Frozen steam in the bags vegetables are convenient. Choose low-sodium canned vegetables or rinse well to reduce sodium.




### We Can Be Active In The Fall And Winter

It is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and winter. Don't let the cool temperatures discourage you:


- Go bird watching
- Rake leaves
- Stack firewood
- Go ice or roller-skating
- Jump rope
- Play in the snow
- Go for a brisk walk
- Ride bikes




## Color Me Healthy Parent Bulletin Board



Plan fun, family activities.  
Involve the kids in planning bike rides  
or an action-packed  
day at the park.



Mealtime is  
more pleasant  
when you give  
small servings  
and let the child  
ask for more.



Don't cook different  
foods for each family  
member. Prepare  
healthy meals that are  
eaten by everyone.  
You decide what foods  
are served. Your child  
decides how much  
to eat or not.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

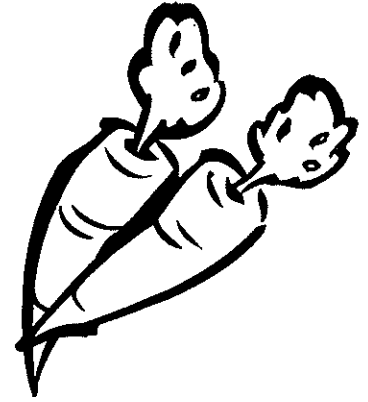
### Maple Glazed Carrots

#### INGREDIENTS

- 2 cups baby carrots
- 1/2 cup orange juice
- 3 tablespoons maple syrup
- 1 pinch nutmeg

#### INSTRUCTIONS

1. Pour orange juice into a 4-cup microwave safe dish.
2. Heat 1 minute on high. Add the carrots.
3. Stir to coat the carrots with the orange juice.
4. Cover and microwave 8 to 9 minutes on high.
5. Stir again, and then add the remaining ingredients.
6. Microwave uncovered 2 minutes on high.
7. Stir and check for doneness. Cook another minute on high if needed.



**NOTE:** Let your child try a raw carrot while the carrots are cooking. Discuss how different they taste after they are cooked.



## Food For Families On The Go

### Black Bean Soup 6 servings (1 cup)

#### INGREDIENTS

- 1 teaspoon olive oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin or chili powder (or combination)
- 2 (15-ounce) cans black beans, rinsed and drained
- 2 cups chicken broth or water
- Salt and pepper to taste
- Plain yogurt or low-fat sour cream for topping

Prep Time: 20 minutes  
Cook Time: 10 minutes  
Calories per serving: 160

#### INSTRUCTIONS

1. Sauté the onion in olive oil in a large pot over medium-high heat.
2. After 2 minutes, add the cumin or chili powder.
3. Add one can of beans and broth or water. Cook for 4-5 minutes on medium heat, stir occasionally.
4. Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree.
5. Add the second can of beans to the pot and cook over medium heat 3-4 minutes or until bubbly.
6. Taste and add salt and pepper as needed.
7. Serve topped with yogurt or low-fat sour cream.