



# December Family Newsletter



## Choosing Healthy Habits Planner Theme: Healthy Holiday Habits

**Healthy Holiday Habits** include eating calcium-rich foods such as fat-free yogurt and reduced-fat cheese and doing muscle fitness exercises such as push-ups and curl-ups. Bones grow the fastest during ages 9-18, which is when the body produces the bones that must last a lifetime. This time is known as peak bone mass. Calcium, vitamin D and potassium help build strong bones.

\*Check out page 87 in the *Choosing Healthy Habits* planner for more information about healthy holiday and bone-building habits.



Set  
a  
goal!

### National Healthy Habit Celebrations:

✓ National Pear Month



### Healthy Habit Challenge!

December's Harvest of the Month is **lettuce**. Challenge yourself to have a **healthy holiday** by eating a salad two times a week this holiday break. Vary your veggies and **lettuce** by eating different kinds of salads.

## Harvest of the Month: Lettuce

### Fun Facts

- ✓ Lettuce is a good source of vitamin A (*healthy vision, skin and bones*) and vitamin K (*bone metabolism*).
- ✓ Dark **lettuce** leaves have more nutrients than lighter leaves.



### Buying Tips

- ✓ Look for dark green leaves; choose **lettuce** heads that are tight and firm.
- ✓ Rinse **lettuce** with cold water; gently pat dry before using.

### Ingredients:

- $\frac{2}{3}$  pound ground chicken
- $\frac{1}{3}$  onion, chopped
- 1 teaspoon garlic powder
- $\frac{1}{2}$  teaspoon ginger powder
- $\frac{2}{3}$  cup celery, chopped
- $\frac{2}{3}$  carrot, grated
- $\frac{1}{8}$  cup sesame salad dressing
- 8 large outer **lettuce** leaves
- $\frac{2}{3}$  teaspoon red chili powder

\*Makes 4 servings. For more information click here!

### Ground Chicken Lettuce Wrap



### Instructions:

1. Cook ground chicken and onion.
2. Stir in garlic, ginger and celery.
3. Add carrots and dressing.
4. Cook until done.
5. Roll  $\frac{1}{2}$  cup filling in each **lettuce** leaf.
6. Enjoy!