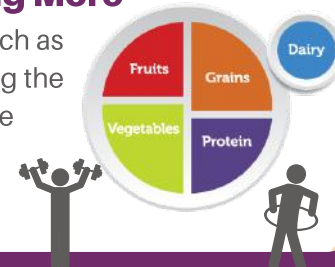


January Family Newsletter

Choosing Healthy Habits Planner Theme: Healthy Eating & Moving More

Healthy eating and moving more can help lower the risk of developing chronic diseases such as heart disease, high blood pressure, Type-2 diabetes and respiratory conditions. By following the MyPlate portions and getting at least 60 minutes of physical activity every day, you are more likely to have more energy throughout your day!

*Check out page 97 in the *Choosing Healthy Habits* planner for more on healthy eating and moving more.



National Healthy Habit Celebrations:

- ✓ Oatmeal Month
- ✓ Soup Month
- ✓ Wheat Bread Month



Set
a
goal!

Healthy Habit Challenge!

Practice healthy eating habits in the new year by reminding yourself of various **GO**, **SLOW** and **WHOA** foods and reading nutrition labels on food packages. Learn more on page 97 in the *Choosing Healthy Habits* planner.



Harvest of the Month: Greens (Collard, Mustard & Turnip)

Fun Facts

- ✓ Winter greens are high in vitamin A, vitamin C and vitamin K.
- ✓ Winter greens are nutrition powerhouses.



Buying Tips

- ✓ Winter greens are available year round. They taste much sweeter during their peak time (December-March).
- ✓ Collard greens are sweet, mustard greens are peppery and turnip greens are a mixture of both.

Spaghetti with Collard Greens and Lemon

Ingredients:

- 1 bunch collard greens, thinly sliced
- 2 tablespoons olive oil
- 2 garlic cloves, sliced
- 2 tablespoons lemon juice
- Salt and pepper
- 1/4 cup parmesan cheese
- 1/4 walnuts (optional)
- 12 ounce spaghetti



Instructions:

1. Heat oil in large skillet over medium heat.
2. Cook garlic in large skillet until tender.
3. In a separate pot, boil spaghetti in water.
4. Add greens and cook about five minutes.
5. Remove from heat, stir in lemon juice and walnuts (optional).
6. Add spaghetti to skillet, toss to coat.
7. Sprinkle parmesan cheese.
8. Enjoy!

*Makes 4 servings. For more information click here!