



January 2012

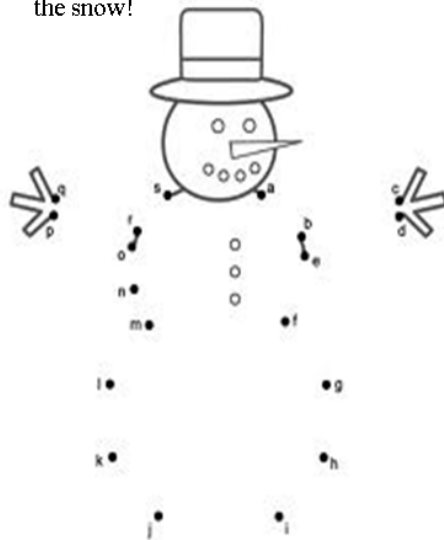



GROW WITH GREENS


Happy New Year!


It may be cold and snowy outside, but it's still important to keep active so your body stays healthy. Here are some fun activities to enjoy with friends and family this winter:


Connect the letters of the alphabet to create a fun activity you can do in the snow!





 Build a snowman


 Go sledding

 Make a snow angel

 Offer to help shovel the snow

 Help out cleaning around the house

 Try something new like ice skating


 Limit time watching TV; go outside and enjoy the snow!

List 2 physical activities you will do to stay healthy this year:

- 1.
- 2.

The featured vegetable this month is delicious broccoli! Broccoli can be enjoyed either cooked or raw. It can add color to your plate or a crunch to your salad. As a snack, try dipping it in your favorite vegetable dip.

Broccoli is one of the few vegetables available year round. It contains lots of great nutrients such as vitamin C, Vitamin E, folate, beta carotene, fiber and potassium! Did you know that broccoli contains twice the amount of vitamin C than an orange?! It also contains compounds that can help fight against some certain types of cancer.

Remember look for the new leaf  icon to locate this month's featured fruit or vegetable on the menu.



Supermarket Tips:

Shopping tips for broccoli: Look for odorless broccoli heads with tight bluish, green florets. Choose bunches of broccoli with stalks that are very firm.

Storage tips: Broccoli is best kept in the refrigerator. For the best results, it is suggested that broccoli is used within 3-5 days after purchase.



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Lord, we thank You for the gift of changing seasons and the beauty of nature around us. Give us the eyes to see Your many gifts and a grateful heart to appreciate them. AMEN.