

4th H for Health

December Edition



The Grinch:

- 20 tooth picks
- 1 qt Strawberries
- 1 pk grapes
- 2 Bananas
- 20-30 Mini Marshmallows



Directions:

1. Take Fruit out of package and wash.
2. Cut banana into 1/4 in pieces.
3. Cut tops off of strawberries
4. Take toothpick place fruit and marshmallow in following order: grape, banana, strawberry (point facing up), marshmallow.

Enjoy!

Reindeer Sticks:

- 5 Celery ribs
- 10 Raspberries
- 1 Peanut butter (or seed butter of choice)
- 20 Pretzels
- 20 Homemade Googly eyes



Directions:

1. Slather the nut or seed butter into the celery ribs
2. Add the antlers (pretzels), eyes and nose (raspberries) for the full Rudolph face.

Enjoy!



Increase Physical Activity at Home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.

More information and activities visit:

<https://www.choosemyplate.gov/resources/physical-activity-tips>