



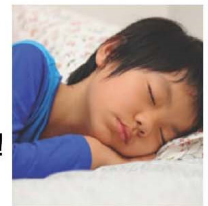
## January

Another year has flown by, and here we are, at the start of a new one! This January, leap into the New Year with an open heart and an [energized body](#). Read on to learn about sleep and how a certain day this month holds a special message for your kids!

### This Year's New Year's Resolution: Sleep On It!

Did you know that eating healthfully and exercising regularly are only two pieces of the puzzle when it comes to maintaining a healthy weight? Another key piece is sleep! Too often, sleep goes out the window as we run around doing everything we need to do. Think about it: Super Kids can only be raised by Super Parents, and that's no easy task! From cooking healthy meals to taking care of work commitments to picking kids up from school and soccer practice, parents are constantly on the go! It's no surprise then that over 35% of adults don't get the recommended 7-9 hours of sleep a night. Not sleeping enough is associated with higher disease risk as well as weight gain, while people who do get sufficient sleep report better overall health. These people can also lose and maintain weight much easier. We can't think of a better reason to put sleep at the top of this year's New Year Resolutions list! Here are some tips to get the best sleep possible:

- Sleep at the same time every night, even on weekends when possible!
- Avoid large, heavy meals before bedtime.
- Avoid drinking [caffeine](#) too late in the day (it'll keep you awake!).
- Exercise regularly—it's linked to higher-quality sleep and will help you fall asleep faster.
- Don't use your phone or watch TV in bed—reserve your bed for sleeping and cuddling only!



[Teach your kids the importance of sleep](#), and have them make it a resolution, too!

**Martin Luther King, Jr. Day** is more than just a day off from work or school! This year, make the day really special by celebrating it with your kids and teaching them why this day is so important! Need some help? Here are some lessons to share with the little ones.

- Treat every single person the way that you want to be treated—with compassion and fairness.
- Think of all the ways we are all so different—and now think of how, on the inside, we are all really the same. We all have feelings and emotions, and we all just want to be happy.
- Never give up on your dreams or goals! Believe in yourself and always looks for solutions when something gets hard.
- If someone is being mean to you, think of ways that you can stand up for yourself without being mean in return.
- Give back to your community by doing things to help other people without expecting to get anything back.

### Parent Power Tips from SuperKids Nutrition Founder - Kid's Choice!

If you feel like dinner time is a constant battle of wills, try taking a new approach. Made dinnertime a collaborative experience and have the kids choose the meal AND [help you cook it!](#) By having them choose what they want to eat, and involving them in the process of actually making the meal, you're empowering them to make better decisions. Make a deal with your kids to have a "Kid's Choice Night," where they choose the menu and help you cook it! Just make sure to set some ground rules:

- They have to pick 2 vegetables—one of them has to be a color from the rainbow. Fresh or [frozen](#) works!
- They have to pick one healthy source of protein (lean meats, beans, etc.), and it can't be fried!

Join SuperKids Nutrition in social media: [Instagram](#), [FB](#), [Twitter](#) and [Pinterest](#).



Melissa Halas-Liang,  
MA RDN CDE  
Mom & Registered Dietitian  
Nutritionist

# SuperKids Nutrition



## Nutrition & Fitness Tips

JANUARY 2025

### Marcus' New Things to Try!

It's a new year! Have you made your resolutions? Is there something new you want to try? Check out the list below and circle what you'll want to try!

- Pick a new vegetable or fruit from a certain color group to taste. Try something from each group!
- Learn to use a new tool in the kitchen to help out for dinner.
- Taste a new spice! Dab a little cinnamon, nutmeg, or turmeric on your tongue.
- Find an activity you've wanted to try but haven't been able to do yet. Now is the time! Maybe it's a new kind of tag, a hoola hoop race, or a chalk walk obstacle course.
- Connect with nature in a new way. Take pictures of nature, plant something in the garden, learn to make a birdfeeder, or make a nature collage.



- Marcus

### Super Crew Kid Carlos' Hot Chocolate

Warm up during this winter month with a healthier version of hot chocolate. Pick your favorite mug, mix with a cinnamon stick, and enjoy!



- Carlos

#### Ingredients:

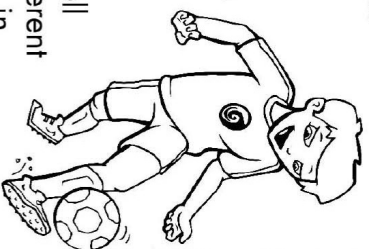
- 2 cups of unsweetened milk of your choice
- Choose 1-2% cow's milk, soy milk, or almond milk
- 2 Tbsp. 100% cocoa powder (not the hot chocolate packet)
- ½ tsp. vanilla
- 2 tsp. maple syrup or honey
- Optional yumminess: whipped cream, cinnamon stick or peppermint stick

#### Instructions:

1. Warm the milk in a saucepan over medium low heat.
2. Whisk in cocoa, vanilla, maple syrup/honey. Continue to mix until smooth and well combined.
3. Optional: blend in blender for a frothy texture.
4. Pour into your favorite mug, sip, and savor!

### Fuel Up with Andy!

Your body is like a car and needs good fuel to perform well in school, sports, dance and other activities. There are different kinds of fuel and it matters what you put into your tank. Fill in the chart below.



- Andy

#### Benefits of Cocoa powder\*

1. Contains antioxidants
2. Is good for your heart
3. Tastes great in beverages and meals

### High-Performing Fuel (everyday foods)

Apple \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Low-Performing Fuel (not everyday foods)

Cupcake \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



"Have some tasty winter pears with your hot cocoa"

- Jessie

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured vegetable is

## cooked greens



COLLARD GREENS



SWISS CHARD

### Health and Learning Success Go Hand-in-Hand

School meals can give students the nutrition they need to grow strong and healthy. Studies show that healthy students learn better. Help your child be healthy and do better in school by enrolling in a school meal program. Harvest of the Month encourages students to make healthy food choices and be physically active every day.

### Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- **Helpful Hint:** Two cups of raw greens makes about a ½ cup cooked.

For more information, visit:  
[www.leafy-greens.org](http://www.leafy-greens.org)

### Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy, and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.

## SAVORY GREENS

Makes 6 servings. 1 cup each.

Cook time: 30 minutes

### Ingredients:

- 3 cups water
- ¼ pound skinless turkey breast
- ¼ cup chopped onion
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

### Nutrition information per serving:

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

For more recipes, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Let's Get Physical!

- **At home:** Start the day by dancing to alarm clock music.
- **At school:** Walk to and from school or to after-school activities.\*
- **With the family:** Walk in your neighborhood – to the park, church, farmers' market, or grocery store.

\*October is International Walk to School Month. Ask your school how your family can participate.

For more information, visit:  
[www.walktoschool.org](http://www.walktoschool.org)

### Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)	
Calories 18	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 157mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 107%	Calcium 5%
Vitamin C 26%	Iron 11%

### How Much Do I Need?

- A ½ cup of cooked greens is about the size of one cupped handful.
- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs.

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

### What's in Season?

California grown leafy green vegetables are available year-round. They may be fresher and cost less than varieties shipped from other states or countries.

Try these California grown varieties: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard, and turnip greens.