

FOR YOUR HEALTH

Winter Newsletter

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Start your day with Oatmeal

This whole-grain powerhouse has been packing serious nutrition and hearty flavor into breakfast for generations. A bowl of oatmeal is filling and provides your child with long-lasting energy as he heads off to school.

Adding a bowl of oatmeal to your child's daily diet is a nutritious way to reach the recommended daily intake of fiber. Fiber benefits your child's health by reducing his risk of constipation and his lifelong risk of heart disease and Type 2 diabetes.

Not only does oatmeal contain fiber, it contains the necessary vitamins and minerals to promote healthy skin, nerves and digestion, and supports vision and proper production of white blood cells, which help our bodies fight off infection and illness.

Overnight Oatmeal Recipe

Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup non-fat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple

Directions:

In a medium bowl, mix oats, yogurt and milk.

Add the fruit now or add just before eating.

Cover and refrigerate oatmeal mixture for 6-12 hours.

Refrigerate leftovers within 2 hours.

Notes:

Serve scoops of oatmeal in small dishes or spoon into small containers with lids for grab-and-go breakfasts.

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Reminder-School Exclusion Day is February 15 for children not meeting state immunization requirements. Children who do not meet state requirements on Feb. 15 will be excluded from school and not allowed back until requirements are satisfied.



“Launch Your Day with Breakfast”

Breakfast is the fuel that gets you going so you can hit the road! Studies have consistently shown that students who eat breakfast benefit nutritionally and educationally. Starting the day with breakfast has been associated with improved academic performance, improved classroom behavior and attentiveness, and fewer visits to the nurse. Hermiston School District offers breakfast to its students. For more information about our school service program please access the Hermiston School District webpage: Hermiston.k12.or.us.

Encourage your kids to eat a variety of foods for breakfast including:

- fruit
- vegetables
- grains (make at least half your grains whole grains)
- protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
- dairy products (low-fat or fat-free milk, cheese, and yogurt)

Tips for getting kids to eat breakfast:

- Wake them up 15-20 minutes earlier - Sometimes children are not hungry when they first wake up.
- Pick breakfast before bed - Let the child choose they want to eat.
- Have children eat breakfast at school.
- Be a role model - Sit down and eat breakfast together.
- Try a smoothie with milk, fruit, and yogurt.

If your child refuses to eat breakfast, try not to make a big deal about it. Suggest he or she takes a snack to eat when they get to school, or when they feel hungry mid-morning.

Let's Move...Cold Weather Fun!

Is your family getting cabin fever from our winter weather this year? Try these cold weather activities to increase your child's physical activity while the weather's got us down.

- Act out a story - Read a book together; move to give it action. If it's a book about food, make it in the kitchen together later.
- Create an obstacle course - Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- Turn up the music and dance!

If you're sending your kids to play outside, cover your child's head with a hat and/or ear muffs. Most body heat is lost through the head. Dress in layers for warmth. And remember mittens or gloves and boots to keep those hands and feet warm!



*Thoughtfully,
Your friendly district nursing staff
Kira and Amanda*