

# TODAY'S FUTURE

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## Homemade Granola to Go



When you are on the go, eating healthy can be challenging. To help your family make healthier choices, offer a selection of healthy options and let children choose their favorites. By making their own wrap, sandwich, taco, pizza, trail mix or parfait, children are more likely to eat the healthy food.

require an oven or microwave, and can be tailored to individual preferences by layering their favorite yogurt, fruits and crunchy toppings. Here are a few tips for making a yogurt parfait:

- Vary the yogurt types and flavors based on your family's preference. Choose plain or flavored, low-fat or non-fat yogurt with the goal of aligning with the Dietary Guidelines for Americans which recommends less than 10% of daily calories coming from added sugar.
- Offer 3-4 types of fruit, and let your children choose at least two. Fruit can be fresh, frozen, canned or dried.
- If you do not have granola, top the parfait with whole grain cereal or nuts instead.
- Granola may be hard for young children to chew. If serving a parfait to young children, consider laying only fruit and yogurt in a parfait, and/or choosing a whole grain cereal instead to avoid a choking hazard.

### Crunchy Whole Grain Granola

Yield: 12 servings

Ingredients:

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| <ul style="list-style-type: none"><li>• 2/3 cup brown sugar, packed</li><li>• 1/4 cup 100 apple juice</li><li>• 2 1/2 cups old fashioned oatmeal</li><li>• 1 cup cereal, crunchy nugget</li><li>• 3/4 cup dried fruit</li></ul> | <ul style="list-style-type: none"><li>• 1 cup almonds or sunflower seeds</li><li>• 1/4 teaspoon cinnamon</li><li>• 1/4 teaspoon salt</li></ul> |
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Directions:

1. Wash hands with soap and water.
2. Combine brown sugar and apple juice in a large nonstick skillet. Cook over medium high heat three minutes, stirring frequently, until sugar dissolves.
3. Add the remaining ingredients to the sugar mixture. Cook five minutes or until granola is lightly browned, stirring frequently. Cool completely.
4. Store in an airtight container up to two weeks.

Nutrition Information: Calories 192; Total Fat 5g; Saturated Fat 1g; Cholesterol 0mg; Sodium 126mg; Total Carbohydrates 36g; Fiber 3g; Total Sugars 20g; Protein 4g

## Keep Your Family Active During the Winter Months



Staying physically active year-round is important. During the winter months, the weather can present challenges when trying to be active. Here are some tips to help continue your family's active lifestyle, even when the weather is less than ideal.

The first step to being active is knowing how much physical activity is recommended each day. According to the *Physical Activity Guidelines for Americans*, adults need 2 ½ hours a week of physical activity and children ages 6-17 need 60 minutes a day. The three types of physical activity are aerobic, muscle-strengthening and bone-strengthening. Here are some tips to help your family reach these recommendations:

- Make a plan and stick to it! The most effective way to make this happen is to include your family in the planning process. Set specific times during the week when you can be active together.
- Be realistic with your goals. Most families are busy, and leaving the house may not be the best option. Make a plan for physical activity to happen at home.
- Brainstorm a list of activities your family enjoys during the months when the weather is nice and determine how these can be adapted to the winter months.
- Turn off the TV and other electronic devices. Your family should have no more than two hours per day of screen time.

Aerobic exercise is any activity that raises your heart rate. This may be the toughest to get into the habit of doing. It involves movement that makes you sweat! During the winter, the biggest barrier may be that it is too cold to do this outside. Listed below are few ideas for using items at home to create active games inside:

- **Enjoy a dance party!** Turn on your favorite music and show off your dance moves.
- **Play an activity called "All Stop & Go to Music".** Everybody moves while music is playing. Everybody freezes when the music is stopped.
- **Try a game of modified musical chairs.** Set up stations around the room using objects like blocks or small towels. When the music stops, everyone needs to be standing near one of the objects. If you are not standing near an object, you are then out of the game. Have other activities set up around the room, such as a yoga mat to do sit-ups and push-ups while those who are waiting for the game to end. The key is for everyone to stay active.
- **Create activity sticks to use throughout the day.** Write an activity (i.e. squats, arm circles, skipping, etc.) on each craft stick. Take turns drawing a stick and have all family members participate in the activity.
- **Make story time active time.** Select a book that has a word that's often repeated. Every time that word comes up in the story, everyone does a jumping jack or hops on one foot. Change up the story and movements. This activity is geared toward younger children but the entire family can be included.
- **Check out additional resources** on physical activity from your local library or search on-line for family physical activity websites and apps.
- Source: <https://food.unl.edu/free-resources/newsletters/family-fun-run/keep-your-family-active-during-winter-months>