

# To Your Health

## Acts of Kindness

*Kindness comes from the heart. Don't think about being kind, act out.*

(author unknown)

The week of November 12-18 is recognized as World Kindness Week.

Kindness is empowering. It is one of the most powerful tools that we use to connect with one another. Kindness includes everyone. Kindness is a language everyone understands - regardless of race, religion, culture, gender, age. Kindness is a vital, lifelong, interpersonal skill. Kindness is an awareness that each of us develops - with practice and over time.

Our children deserve to learn and experience this life skill of kindness - and so do we.

\*Pick up trash as you go for a family walk in your neighborhood, community, a local park.

\*Donate nonperishable food items to a local food pantry.

\*Volunteer to help at a soup kitchen/community meal site.

\*Bake extra cookies - share some with an elderly neighbor or friend.

\*Prepare a food basket for a person or family in need.

\*Give a gift of your smile to people you meet.

\*Rake leaves for someone who cannot do that job him or herself.

*People will forget what you did. People will forget what you said, but people will never forget how you made them feel.* (author unknown)

For more information, go to [www.actsofkindness.org](http://www.actsofkindness.org)

## Thanksgiving:

### A time for family, festivity, food

On Thanksgiving Day, families and friends gather around the dinner table to enjoy traditional foods like turkey, stuffing, potatoes, pies. To help you enjoy the feast and prevent feeling like 'the stuffed bird,' eat slowly and savor each bite. Engage in mealtime conversations. Take time to eat slowly, allowing your stomach time to digest and tell you "I'm full."

After the meal, get moving! Plan a walk for everyone between dinner and dessert. Enjoy the company of family members and friends. Enjoy the fresh, brisk air.

Good physical activity habits can teach children that family physical activity time is as important as family mealtime.

Source: American Dietetic Association

## Flavorful Thanksgiving meals

Healthy ingredient changes can make favorite recipes not only tasty but good for you, too.

- For dips, sauces and pie topping, use non-fat yogurt or fat-free sour cream.
- Use egg substitutes or egg whites in place of whole eggs.
- Try evaporated skim milk instead of whole milk.
- Use low-sodium, fat-free chicken broth in mashed potatoes to lighten fat content.
- Top casseroles with slivered almonds instead of fried onion rings.
- Choose reduced-fat cheeses for salads and casseroles.
- Use whole grain bread and brown rice for the stuffing, or brown rice as a side dish.
- Apples, cranberries and pears combine for a tasty salad or fruit crisp.
- Prepare baked sweet potatoes vs. canned sweet potatoes.
- Serve steamed carrots or green beans vs. green bean casserole.

Source: American Dietetic Association

## Children Eat More Fruits and Vegetables -

### After helping prepare

Want your children to eat more fruits and vegetables? Next time you're at the store, let them help pick one new fruit or vegetable to try. Then, get them involved in preparing it for a snack or meal.

For example, you could try --

## Sweet Potato Oven Fries or Coins

**Fries:** Wash fresh sweet potatoes. Cut up like French fries. Place on a baking sheet that has been sprayed lightly with low-fat cooking spray. Lightly spray the potato pieces with low-fat cooking spray. Bake at 375° F for 20 minutes. Sprinkle with a little ground pepper and enjoy.

**Coins:** Wash fresh sweet potatoes. Make "coins" by slicing sweet potatoes 1/2 inches thick. Place on a baking sheet that has been sprayed lightly with low-fat cooking spray. Lightly spray the potato pieces with low-fat cooking spray. Sprinkle with ground cinnamon. Bake at 375° F for 20 minutes.

Source: Pick A Better Snack - Iowa campaign website

## Safety First -

### Stop cross contamination!

- Boxes, packages, school bags and books on the countertop? *Wash and sanitize countertop before beginning food preparation.*
- Rubbed your hands on your apron or clothes - or touched your hair? *Wash your hands.*
- Taking out the trash? Going to the restroom? *Wash your hands!*

## Nighttime Exercise Safety

- Carry a flashlight, and wear reflective clothing and shoes.
- Leave the headphones at home; you want to hear approaching cars, dogs, and people.
- Walk with a family member or friend.
- Stay in populated, well-lit areas.