



## Winter is finally here! Remind your Students to Stay Safe Outdoors!

Snow days, snowmen, snowball fights, sledding, skiing, ice skating, and hot chocolate—what better time of year is there to be a kid? It's important for students to know how to stay safe while having winter fun. Take this opportunity before the first snowfall to remind them of some basic winter safety tips. If you find your inner child emerging this winter, these tips will work for adults too!



### Love Those Layers

Dressing in layers is the best way to stay warm and toasty in the cold, because students can start out with lots of clothes to keep them warm and take them off once they start to heat up. How many layers they need will depend on how cold it is – if in doubt, start with more layers — they can always come off later. However students should **always** leave their coat on. Many winter coats are water-resistant or water-proof. Staying dry is one of the best ways to stay warm.

To keep the top half of the body warm, start by putting on a long-sleeved thermal or woolen undershirt. Then put on a turtleneck, one or two shirts, a sweater, and a coat. If possible, pick out clothes that are made of fabrics other than cotton to stay warmer. Cotton absorbs sweat and snow, making it harder to stay dry. For the bottom half of the body, wear thermal or woolen long underwear first, then on a pair of heavy pants.

Try to avoid jeans or light cotton pants, because they are not very warm or water resistant. Waterproof pants (like ski pants) are best. Finish up with wool or acrylic socks and waterproof boots. If students are going to be doing a lot of walking around, they'll want to wear boots that have good treads that will keep them steady on snowy and icy areas. Remind students that most of their body heat escapes through their head, and that scarves, face masks, and earmuffs will keep them warmer for longer periods of time.



### Drink Up!

Playing outside will make students breathe hard and lose body water through their breath. Remind students that warm drinks and soups will keep them warm and hydrated.

### Take It Easy

It's easy for children to forget to pay attention to their bodies when they're having fun. But if their body temperature drops even 4 or 5 degrees while they are outside, they won't feel well. Teach students to be alert to their body's signals. When they shiver or their teeth are chattering, it's a message from their body that they need to head inside. If they ever feel dizzy or weak, those are sure signs that they need to take it easy indoors for a while. Remind students to watch out for their friends too—if it looks like a friend is shivering and is cold, they can suggest that they take a break inside together. They can both warm up while playing a game and then head back outside for more fun!

Source: <http://www.kids.health.org>



## News You Can Use

### General Mills Foundation: Champions for Healthy Kids Grant

The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the Champions for Healthy Kids grant program in 2002. Each year since its inception, the General Mills Foundation awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. Learn more and apply at <http://www.generalmills.com/corporate/commitment/champions.aspx>. Applications must be submitted by Friday, January 15, 2010.

### Verizon Foundation Grants Available

The Verizon Foundation, the philanthropic arm of Verizon Communications, works to improve lives through literacy, knowledge, and a readiness for the 21st Century. The Foundation provides support to nonprofit organizations throughout the United States that address one of the following funding priorities: supporting innovative technology-based approaches to literacy and education for both adults and children, preventing domestic violence and helping victims gain independence, improving healthcare through technology, and educating parents and children about Internet safety. Grants range from \$5,000 to \$10,000. Online applications may be submitted from January 1 through October 31, annually. Visit <http://foundation.verizon.com/> to take the eligibility quiz and submit an online application.

### Cabot Creamery Healthy Initiative Grant Available

Cabot Creamery will provide schools and clubs with grants to promote healthy living initiatives for kids and communities. Grant awards will be made up to \$200 and matching funds are required. For more information, visit <http://www.cabotcheese.com> and click on Community and You.

## Maple-Roasted Sweet Potatoes

## Heart Healthy Recipe of the Month

Source: <http://www.eatingwell.com>

Number of Servings: 12

Serving Size: 1/2 cup

#### Ingredients:

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)  
1/3 C pure maple syrup  
2 Tbs. butter, melted  
1 Tbs. lemon juice  
1/2 tsp. salt  
Freshly ground pepper, to taste

#### Directions:

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

#### Nutrition Content:

Calories: 96  
Total fat: 2g  
Cholesterol: 5mg  
Sodium: 118 mg  
Total fiber: 2g  
Protein: 1g  
Carbohydrates: 19g



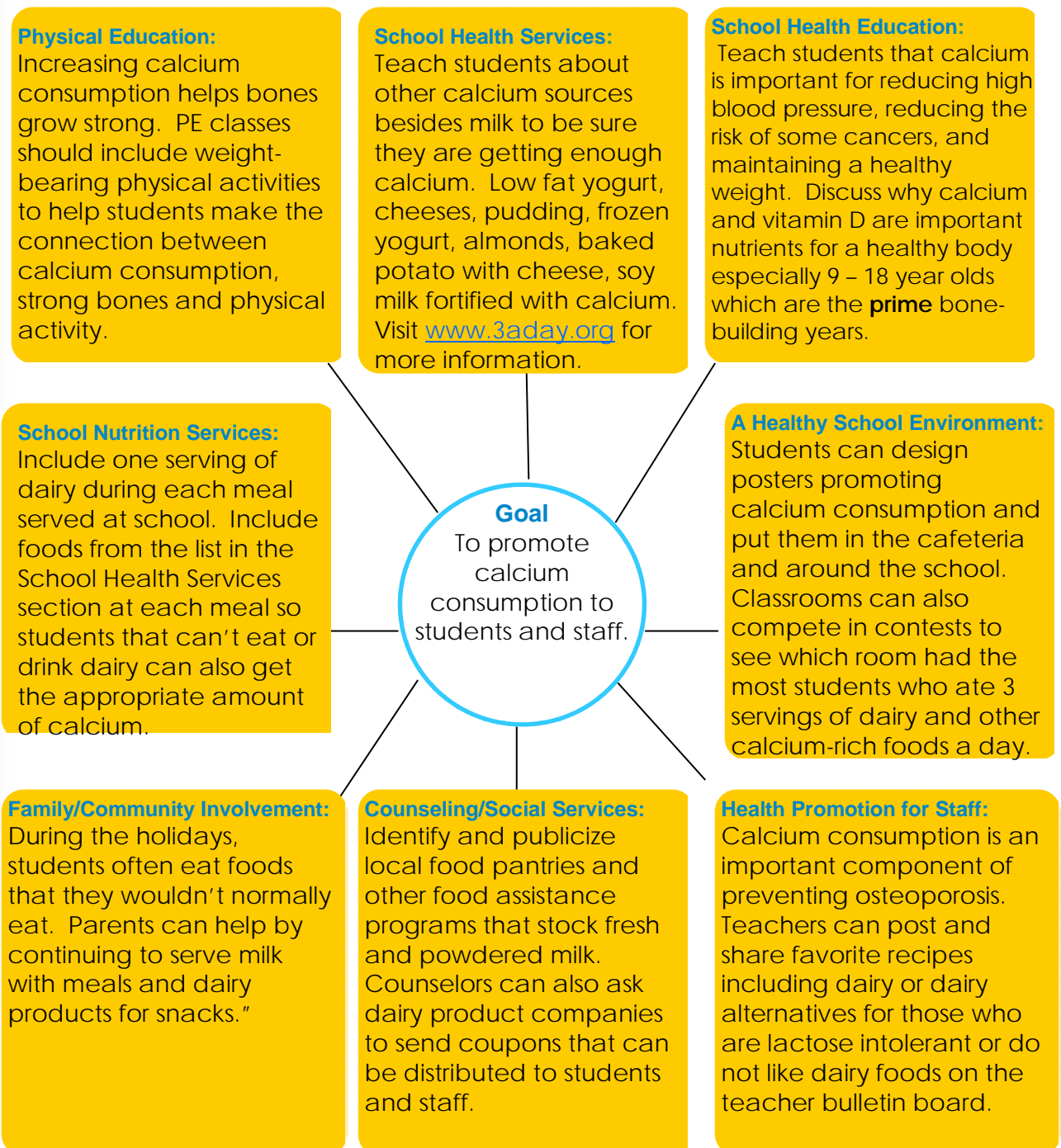
## Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach.

Because December is a month that is often filled with holiday parties and we eat foods that we don't normally eat, this month's Health and Nutrition Flash features how to create a balance in student and staff's diets by promoting increased calcium consumption through dairy and other foods.

### It Takes a Coordinated Approach

#### Addressing School Health Goals Using the Coordinated School Health Model





## Staff Wellness

### Prevent Holiday Weight Gain

While the holidays are a time to rejoice and celebrate they are also a time where it is easy to overeat. There always seems to be a variety of 'goodies' that test your willpower at each meal. Here are some tips to help you keep the weight off.

**Get moving.** One of the most effective ways to maintain or lose body weight is be active regularly. Experts recommend that you accumulate at least 30 minutes of physical activity on at least 5 days per week.

**Aim for seven-a-day.** Eating seven or more servings of fruits and veggies daily will help fill you up without the calories. Fruits and vegetables contain fewer calories and more nutrients than other snack foods. Pack your refrigerator with bags of cut-up vegetables and whole or cut-up fruits.



**Control the risk for temptation.** Focus on the situations that you can control such as not keeping unhealthy snacks at your workspace and home. Make a mental note of tempting places and try to avoid them.

**Limit to one-a-day.** While you can't control every situation, you can control how much food goes into your mouth. Allow yourself one small treat each day during the holiday season. Remember that you may have to compensate for it later in the day by simply reducing your total caloric intake or by burning a few extra calories while exercising.

**Never go to a party hungry.** One of the worst things you can do is skip eating all day so you can eat more at a party. Have a nutritious snack like a serving of low-fat trail mix, a piece of fruit, veggies, yogurt, whole grain crackers with peanut butter or even a glass of skim milk before the party. This way you'll be satisfied when entering the party and enjoy small portions of foods without overeating.

**Bring a low-calorie dish with you.** Whatever you bring, make sure it's low in calories such as fresh fruits, vegetables or low-calorie dips. Doing so guarantees you will have at least one good dish to choose from.

**Say No Politely.** Many times you feel forced to eat foods because people keep putting it in front of you. Learn to say no politely, such as "No thank you, I've had enough. Everything was delicious" or "I couldn't eat another bite. Everything tasted wonderful". You'll find saying no isn't so hard to do after all.

**Focus on socializing.** Don't stand around the food table when you are at a party – focus your energies on making conversation with others instead of focusing on foods. Conversation is calorie-free.

Source: adopted from Cleveland Clinic— [http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12\\_01.aspx](http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12_01.aspx)



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