

# STAY HEALTHY THIS WINTER



*Integrated Network for Kids*



## SHOVELING SAFETY TIPS

Shoveling snow in cold weather can be a strenuous activity. There is a potential for exhaustion, dehydration, back injuries, and heart attacks. Thankfully you can take precautions to keep your body healthy!

Here are some tips you can take to avoid injury:

- Warm up before shoveling
- Scoop small amounts of snow at a time instead of big heaps
- Push the snow instead of lifting it
- Keep your back straight, lift with your legs, and do not turn or twist your body

## 10 TIPS TO PROTECT CHILDREN IN COLD WEATHER

Layer up! Bitter cold can cause frostbite. Make sure your child's head, neck, and hands are covered.

Watch out for clothing hazards. Scarves and hood strings may be a safety hazard for small children, use other clothing to keep them warm.

Play it safe. Even when roads are closed to traffic, it's never safe to play or sled in the street.

Use sunscreen. Sunburn can still happen in the winter!

Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey.

Prevent nosebleeds. If your child suffers from winter nosebleeds, use a cold-air humidifier in their room.



## Refreshing Teas to Try This Season

- Sage Tea: Research indicates this is good for brain functioning, digestion, and skin health.
- Dandelion Latte: The best way to enjoy traveling in the snowy season.
- Vanilla Chai: A combination of water, ginger, nutmeg, cloves, cardamom, and cinnamon sticks. Mmm!

# Energy Saving Tips for Your Home

- Make sure air vents are not blocked by furniture
- Enjoy the sun's natural heat by opening the drapes during the day. Keep them closed at night for added insulation.
- Purchase LED bulbs. These use 75% less energy and last 25x longer than incandescent bulbs
- Always turn off the lights when leaving a room
- Unplug electronics when they are not being used to reduce standby power costs. On average, standby power costs an extra \$100 per year in each U.S. household



## Sriracha Buffalo Cauliflower Bites

### INGREDIENTS:

- 8 cups, 1-1.5-inch cauliflower florets
- 2 tbs olive oil
- ¼ tsp salt
- 2 tbs hot sauce
- 1-2 tbs sriracha
- 1 tbs butter
- 1 tbs lemon



### DIRECTIONS:

1. Preheat oven to 450 F, coat a large baking sheet with cooking spray.
2. Toss cauliflower, oil, & salt in large bowl. Spread cauliflower on baking sheet. Roast until softened and brown, about 15 min.
3. Meanwhile, combine hot sauce, sriracha, butter, and lemon juice in large bowl. Add roasted cauliflower to mix, toss to coat. Return cauliflower to baking sheet, roast until hot, about 5 min.
4. Serve!

## Chipotle Chicken Sweet Potato Skins

### INGREDIENTS:

- 3 medium sweet potatoes
- 1 lb boneless skinless chicken breasts
- 1 can chickpeas drained (optional)
- 4 tbs olive oil
- 4 garlic cloves, minced or grated
- 2-3 chipotle chilis in adobo, chopped
- 2 tsp chili powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp cumin
- 1 lime (zest only)
- Salt & black pepper, to taste

- 2 cups baby spinach, chopped
- 1 cup shredded white cheddar cheese
- ¼ cup fresh cilantro, chopped



Preheat oven to 425 F. Prick sweet potatoes with fork. Bake directly on rack (50-60 min), allow to cool.

At the same time, place chicken and chickpeas in baking dish. Add oil, garlic, chilis, chili powder, onion powder, oregano, cumin, lime, salt & pepper; toss. Bake 20-25 min. Add spinach during last 5 min. and bake until wilted.

Shred chicken with fork; toss with chickpeas, spinach, and oil left in dish.

Scrape sweet potato flesh out of peel, leave a ½-inch thick layer of potato. Brush skins with oil, bake for 5 min, until crisp. Remove and stuff with chicken. Top with cheese. Bake for 10 min. Serve with cilantro and Greek yogurt.