



November

Vegetable



CARROTS!

1 cup of carrots = 1 serving of your daily veggies.

Carrots are a member of the parsley family like celery, parsnips, dill, and fennel. Carrots come in a wide variety of shapes, colors, and sizes. Color variation includes orange, purple, red, white, and yellow.



Kitsap



health

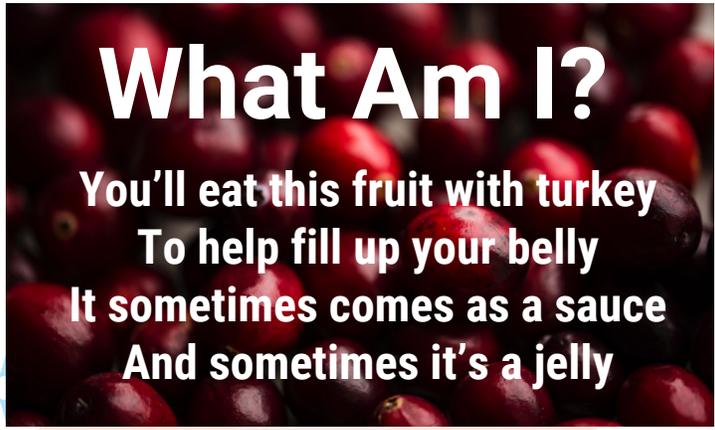
Healthy Eating, Active Living



WINTER NEWSLETTER

What Am I?

You'll eat this fruit with turkey
To help fill up your belly
It sometimes comes as a sauce
And sometimes it's a jelly



Get Out and Be Active!

Tips to help you get out and be active when it is cold



- **Dress Warm.** You are more likely to get outside and be active in the cold if you feel warm. Put on warm socks and a thick jacket to keep in the heat!
 - **Make Plans.** Making outdoor plans with others such as walking the dogs together or gardening will keep you motivated to get outside, even in the cold!
 - **Good Nutrition.** Drinking a lot of water and eating plenty of fruits and vegetables will help you keep your energy levels up, and keep you motivated to get outside.
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Pineapple Carrot Muffins

Ingredients

1 medium carrot (or 3/4 cup shredded carrot)
1 cup canned crushed pineapple with juice
5 Tablespoons canola oil
1/4 cup cold water
1 Tablespoon white distilled vinegar
1 1/2 cups all-purpose flour
3/4 cup light brown sugar, packed
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
Pinch ground nutmeg, pumpkin pie spice, or apple pie spice
non-stick cooking spray

Directions

1. Preheat oven to 350 degrees F.
 2. Rinse and peel carrot. Shred with grater. Measure out 3/4 cup shredded carrot.
 3. In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.
 4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
 5. Add wet ingredients to dry ingredients. Mix until combined.
 6. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about 3/4 full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20-25 minutes
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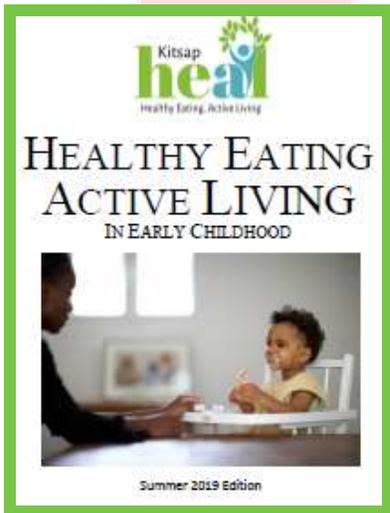




HEAL Early Learning Resource Guide

The Kitsap HEAL Coalition Early Childhood Workgroup is proud to announce they have revamped and re-branded the Healthy Eating Active Living in Early Childhood Resource Guide. Feedback on the first version of the guide resulted in incorporation of new resources along with keeping the favorites! The resource guide is available on the Kitsap HEAL

website: www.kitsapheal.org. For the purpose of introducing this new guide and how the resources can be utilized, Kitsap Public Health District offers quarterly trainings to childcare providers and center directors. If you are a childcare provider and are interested in attending a training session, please contact Karen Boysen-Knapp at k.boysen-knapp@kitsappublichealth.org



Join Our Workgroup

Kitsap HEAL Coalition Early Childhood Workgroup

Learn more about how you can make a healthier kitsap by visiting kitsapheal.org. To be placed on our email list or receive invitations to our workgroup meetings, please email Karen Boysen-Knapp at k.boysen-knapp@kitsappublichealth.org

GOALS

Increase equitable access to healthy foods and opportunities for active living.

Cultivate a community that prioritizes healthy eating and active living.

SHOUT OUT!

HEAL Resources in Action!

Special thanks to Darcy Hermoso and the health services team from Kitsap Community Resources Early Learning program for sending out monthly "Health Hypes" to their staff to keep healthy ideas on everyone's mind while working in the classroom or at home visits. "Hypes" include Taylor's Tidbits and HEAL activities. Way to go!

Taylor's Tidbits Flyer created by Taylor from KCR. Find more examples in your HEAL Resource Guide!

Autumn Mac 'N Cheese

Taylor's TIDBITES

WHAT YOU NEED..

- 1 lb elbow macaroni
- 1 can (15 oz) pumpkin puree
- 2 cups shredded cheese (e.g. various cheddars)
- 2 cups milk
- 2 tbsp all-purpose flour
- 2 tsp paprika
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic
- ½ tsp nutmeg
- ¼ tsp dried thyme
- ½ tsp Allspice
- 1 TBSP Olive oil
- ½ cup shredded parmesan cheese
- ½ cup breadcrumbs



HOW YOU DO IT..

1. Pre-heat oven to 450 degrees and have a medium-sized casserole dish ready.
2. Place prepared al-dente pasta in a large bowl and set aside.
3. Add milk and flour to a medium sauce pot and continuously whisk over medium heat until it begins to thicken, about 5 minutes.
4. Stir in pumpkin, shredded cheese and all spices. Whisk mixture until cheese is melted for about 2 minutes.
5. Pour pumpkin cheese sauce over the pasta in the bowl and mix until pasta is evenly coated. Pour entire mixture into baking dish.
6. Sprinkle bread crumbs, parmesan and olive oil evenly on top of the pasta then bake uncovered for 20-25 minutes until the contents bubble and the top forms a nice crust

Did You Know ?

PUMPKIN is...

- FIBER RICH-** keeps us full, energized, and bowels on track!
- ANTIOXIDANT RICH-** which aids in vision, skin integrity, and repairing our body's cells of damage.
- HEART HEALTHY-** full of vitamins & minerals- Potassium, Magnesium, and Iron which help provide oxygen to red blood cells.



Oct. 2019