



VOLUME 4 • WINTER 2021

# FOOD & FUN FOR EVERYONE

Eating right and staying active can be difficult when you're stuck at home. Here are some ideas to help you keep your family healthy while having fun!

## Eat Healthy This Winter

- Remember to eat your fruits and vegetables this winter. Add some vegetables to soups and casseroles and fruits to smoothies.
- Frozen and canned are great options for healthy fruits and vegetables when they are not in season. Just check the label to make sure there is no added sugar, and buy low salt when you can.
- Breakfast for dinner! Why not? Try the French Toast Roll-Ups with your favorite fruit for a delicious and healthy dinner. Frozen fruit works great with the recipe below.
- Make your own pizzas! Let the kids help with the preparation and allow them to add their own vegetables! Pizza is always a hit!



Want some new recipe ideas? Try URI SNAP-Ed for healthy, delicious and cost-effective recipes for all

Visit: <https://web.uri.edu/community-nutrition/recipes/>

Find a site to get FREE grab & go meals for your children

Visit: <https://covid.ri.gov/public/food-sites-children>  
Call: 2-1-1

## Healthy and Delicious Kid Friendly Recipes

### French Toast Roll-Ups

- 8 slices whole wheat bread
- 2 cups blueberries, strawberries, or banana slices
- 2 large eggs
- 3 tablespoons low-fat milk
- Non-stick cooking spray

1. Flatten each piece of bread with a rolling pin or your hand. Layer with fruit of your choice and roll up.
2. Whisk eggs and milk together in a bowl. Dip each roll in the mixture.
3. Spray pan with non-stick cooking spray and place over medium heat. Cook each roll in the hot pan for 1-2 minutes. Flip and cook each side. Make sure roll-ups are cooked through.

### Pizza Bites

- 1 whole wheat English muffin
- 2 tablespoons tomato sauce
- 2 tablespoons shredded part skim mozzarella cheese
- ¼ cup sliced vegetables (such as mushrooms, onions, olives, green peppers, etc.)

1. Preheat oven or toaster oven to 400°F.
2. Split English muffin in half and spread tomato sauce on each half.
3. Sprinkle with cheese and vegetables.
4. Bake at 400°F for 10 minutes, or until cheese is melted.



## Ideas to keep kids active

- Hikes are still fun in the winter. Bundle up and get out and exercise.
- You can still visit the beach on a warm winter day.
- Get out in the snow! Make a snowman, have a snowball fight or lie in the snow and make angel wings for endless fun.
- Explore! Look for evergreen trees, pine cones and wildlife. What animals are out in the winter?
- Create a winter scavenger hunt: look for animals, listen for sounds and find winter treasures to complete the list.



Use your SNAP benefits at the farmers market to get 100% bonus to spend on fruits and vegetables. Find them in Providence, Tiverton and Newport.

**Visit:**

[https://guide.farmfreshri.org/food/farmersmarkets\\_details.php?market=29](https://guide.farmfreshri.org/food/farmersmarkets_details.php?market=29)

## What else can we do?!

### Winter Eats & Crafts

- Make a rice cake snowman by spreading light cream cheese on a rice cake and decorating with fruits and vegetables.
- Make faces in your oatmeal with berries and bananas for a delicious warm breakfast.
- Use your treasures found on your exploration walk to make bird feeders or collages. See what winter creatures visit the feeders.



### Explore Rhode Island

- Visit the Providence Children's Museum. Check on their website for discount admission prices.  
<https://providencechildrensmuseum.org/>
- Playgrounds are open. Visit them on a warm winter day for some free active fun.
- There are many trails to hike in the winter. Take some time to get to know Rhode Island  
<https://www.onlyinyourstate.com/rhode-island/winter-hiking-trails-ri/>