

OUT COLD.

Not only do kids **eat more** in the winter, they also tend to **exercise less**. But even if it's cold where you live, kids still need to be **moving for a total of at least an hour a day!** It



doesn't have to all be intense stuff, and some of that action can happen indoors, but there's **plenty of outside activities that can keep kids warm, too!** A brisk hike in winter is invigorating (and FREE!) and the outside world is cool to look at this time of year. You can see birds and other wildlife better, too. In cold climates, **embrace the deep freeze** by playing in the snow -- anything from shoveling to building a snow fort or a snowman to spending a day skiing or snowboarding. Just remember to dress in layers. In warmer areas, **take advantage of pleasant (but shorter) days** by getting outside in the late morning hours when the sun is strongest.

the big number

408

An average person burns over 400 calories in an hour of sledding, somewhat more than in an hour of hiking (340).

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

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HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

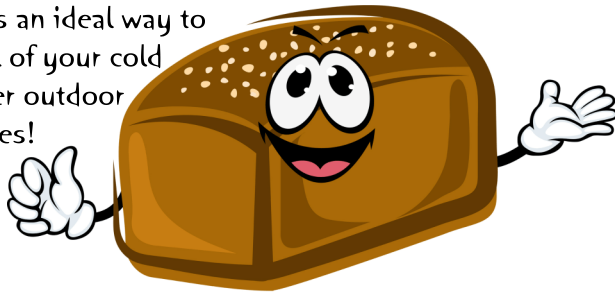
“OUT COLD”

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

WHOLE WHEAT BREAD

100% whole wheat bread with peanut butter and a little drizzle of honey (or banana slices, if you're into that) is an ideal way to fuel all of your cold weather outdoor activities!



LEARN EASIER

Need another reason to get outside during the winter months? Seasonal Affective Disorder, or SAD, can occur when shorter days, lower sun angles, and cold weather keeps us from getting enough sunlight. The resulting “winter blues” can affect concentration, mood, and brain function. So spending some time outdoors in the winter can help you learn better, too!



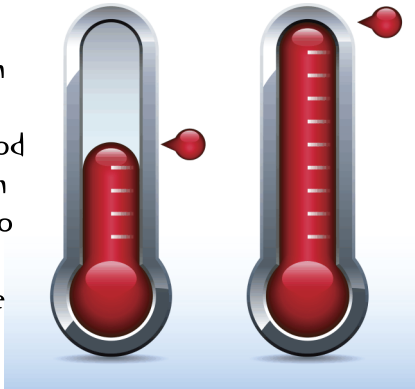
LIVE HEALTHIER



Your grandmother was wrong: cold weather doesn't make you sick. Germs do. And exercising inside at a gym in the winter time means lots of sweaty people in close quarters, sharing equipment and locker rooms! You're far less likely to pick up germs on a cold weather jog or bike ride.

PLAY HARDER

Cold weather exercise requires more exertion to raise your body temperature. So a good hard effort outdoors in the cold can burn 10 to 40 percent more calories than the same effort on a more temperate day.



DON'T 4 GET!

Take at least ONE

FRUIT
or
VEGGIE

and at least THREE items total so your meal counts as a complete lunch!

Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

Did you know: All food sold at schools (not just school meals) must meet criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar.