



December 2020

Healthy Kids Connection is a monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

Healthy Holiday Traditions!



Homemade Tamales!

Family traditions are so important at this time of year. We look forward to them all year and they are the definitely at the top of our most cherished memories. Many holiday traditions are centered around special food and baking, but Healthy Kids Club wants to “Challenge” our northern Colorado families to create (or continue) traditions around physical activity. Need some ideas?

If there is snow, go sledding or build a snow-family. An outdoor scavenger hunt is always fun, click here for free printable [outdoor winter scavenger hunt ideas](#). Or, how about bundling up your household to walk around your neighborhood looking at holiday light displays, or visit some of the free holiday light displays in [Fort Collins](#) and [Loveland](#).



Another tradition during the holiday season is volunteering time and donating items/money to charitable organizations. Volunteering may look different this year, but is especially important. Here are three organizations that would love help this holiday season and beyond.



- [Weld County Food Bank](#)
- [Larimer County Food Bank](#)
- [Larimer County United Way](#)

Healthy Kids Club Program Updates



Save the Date for the 5210+ Challenge—Starting February 1, 2021!

This year, the Challenge will be virtual. Look for information from your schools in January. [Click here](#) to view an informational video from the 2020 Challenge.

Kids Corner

Healthy Holiday Contest

- ✳ **Do you have any great tips for staying healthy during the holidays?**
- ✳ **When the snow starts to fly, are you dreaming of speeding down the hill on a sled?**
- ✳ **How do you stay active when the weather is cold outside?**
- ✳ **Do you have a recipe for a healthy holiday treat?**
- ✳ **Do you have a healthy New Years resolution?**



Enter your photo, picture, tip or recipe to be entered into a drawing to win a Healthy Kids Club Prize Pack! [Click here to submit your entry.](#)



Fruits and Veggies in Holiday Recipes!

December is a great time to get in your 5 fruits and veggies every day. We have compiled some festive and healthy holiday options. Click on each picture to be linked to recipe.



Grinch Muffins



Strawberry Snowman



Snowman Veggie Tray



Fruit Xmas Tree



Fruit Menorah

Get in your 1 hour of physical activity.

Get outside and enjoy the clean, crisp air. If the weather is too frightful, click on the links below for some fun holiday dance videos.

[Yes! I want to build a snowman](#)

[Cookie Boogie](#)

[Smallfoot: Do the Yeti](#)

[Koo Koo Kang Roo—Brrrrr](#)

[Holiday Freeze Dance](#)

[Hanukkah Fitness Fun](#)



Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: laurie.zenner@uhealth.org

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