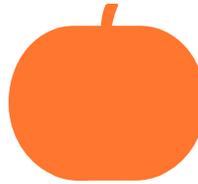


# October

## Move More... Watch Less Activities to Do With Your Toddler

### Super Kids

Help your child to jump <sup>and</sup> land safely by grasping his or her hand while jumping from low steps, curbs or boxes. Practice landing on both feet and bending the knees.



### Body Part Follow the Leader

Move your body parts as you repeat the words and encourage your child to:

Bend one knee and an elbow  
Nod your head, look high and low

Shake a leg

Clap your hands

Wave your arms

Make circles with your hips

Wiggle your fingers

Smile

Put your feet together

Pick up your legs

Put on music and do this together!

### Lets See, I'll Be...

Ask your child to act like:

- A tree swaying in the wind
- The sun rising
- A cat arching its back
- A kangaroo jumping
- A train chugging along a track
- A butterfly in the sky

### Balancing Act

- 1.) Lift one foot while holding on to a chair
- 2.) Next lift the other foot
- 3.) Now try it with no hands
- 4.) Don't forget to switch legs

### Chase Me Chase Me

Playfully chase your child safely in the house or playground and hug your child when you catch them.



fit families

Eat Healthy

Be Active

Your kids  
are watching

## Make Every Sip Count

### Berry Slushy:

Blend 2 cups of strawberries or raspberries and 4 cups ice cubes together.

### Watermelon Slushy:

Blend 2 cups of watermelon and 2 cups ice cubes together.

### Tropical Slushy:

Blend 1 cup of pineapple or apple juice, 1 cup of strawberries and 2 cups ice cubes together.



Make Every  
Bite Count



## Cranberries



Fruit  
of the  
Month

## Cranberry Oatmeal Balls

### Ingredients

- 1 cup quick-cooking oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat peanut butter
- 1/3 cup dried cranberries
- 1/4 cup honey

### Directions

In a medium bowl combine all ingredients until well mixed. Form oat mixture into 18 balls about 1 inch wide. Place balls on a cookie sheet. Refrigerate for 30 minutes.

## How To Cook

- Wash the skin and cut squash in half lengthwise or in 1-inch rings.
- Remove seeds and stringy fibers with a spoon. Save seeds for roasting later!
- Bake at 350 degrees. Line a baking dish with foil for easier clean up. Check for doneness after about 45 minutes. Larger squash may take longer to cook. Fork should pierce flesh easily.
- Season cooked squash with your favorite spices. For a “sweet” flavor, try cinnamon, nutmeg, or allspice. For a “savory” flavor, use garlic powder, onion powder, parsley or oregano.



## Winter Squash

Veggie  
of the  
Month



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