

Cafeteria Connection

January 2024

Did You Know?

75% of U.S. children fail to get the recommended daily physical activity, 19% are obese, and 45% of youth living in poverty are overweight or obese? For this reason, it is extremely important for kids like you to stay active daily. How much physical activity do kids ages 6 through 17 need daily? The recommended amount of moderate-to-vigorous intensity physical activity daily is about 60 minutes. There are also different activities, such as aerobic, muscle-strengthening, and bone-strengthening. Examples of aerobic activity include walking, running, or anything that makes your heart beat rapidly. Muscle-strengthening activities include climbing or doing push-ups at least three times per week. Bone-strengthening activities include jumping or running 3 times weekly. Make it a goal to include daily physical activity!

Get Cozy with a Warm Winter Drink

Sometimes all you need to get cozy on a cold winter day is a warm, tasty drink! Mixing a variety of natural ingredients together can be comforting, fun and nutritious. Ideas for healthy warm drinks include:

- ☞ **White Hot Chocolate** (supports bone health and boosts immunity)
- ☞ **Honey Lemon Tea** (helps eliminate toxins and promotes digestion)
- ☞ **Hot Vanilla Milk** (aids in stress reduction and relaxation)



January - Blueberries

Blueberry Crisp

Serves 6

INGREDIENTS:

- 5 cups blueberries fresh or frozen
- 2 tablespoons sugar
- 3 tablespoons flour
- 1 lemon

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Grate the rind of the lemon and squeeze the juice of half of the lemon.
3. Toss blueberries, with sugar, lemon rind, 1 tablespoon lemon juice and 3 tablespoons flour. Place in a 2qt baking dish.
4. With a fork, combine the butter, brown sugar, oats, flour, and cinnamon until crumbled. Sprinkle over blueberries.
5. Bake 35-40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.

TOPPING:

- ¼ cup butter softened
- ½ cup brown sugar
- ¼ cup all-purpose flour
- ¾ cup oats regular or quick
- ¼ teaspoon cinnamon



Enjoy!