

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 - Sweet Potato

Perfect Baked Sweet Potato

Serves 4

INGREDIENTS:

- 4 sweet potatoes, scrubbed clean
- Olive oil, optional
- 4 tbsp. butter
- Kosher salt
- Freshly ground black pepper

INSTRUCTIONS:

Step 1

Preheat oven to 425°. On a baking sheet lined with aluminum foil, prick sweet potatoes all over with a fork. Rub the outsides with a small amount of olive oil if you intend to eat the skins.

Step 2

Bake until tender, 45 to 50 minutes.

Step 3

Let cool, then split the tops open with a knife and top with a pat of butter.

Step 4

Season with salt and pepper before serving.



Enjoy!