The 2014 Winter Olympics
Katlyn Lohman, Weighing In Intern

The 22nd Annual Winter Olympics began Friday, Feb. 7, and athletes from all over the world competed through Sunday, Feb. 23. These winter games took place in Sochi, Russia. This was Russia’s first time hosting. The Winter Olympics are a good time to become familiar with new sports and how athletes use hard work and determination to accomplish their life-long goals.

Did you know a total of 98 events, which are organized into ice and snow events, made up the Winter Olympics? Some popular winter games included ice hockey, figure skating, alpine skiing, snowboarding and speed skating. This year’s Winter Olympics debuted 12 new winter sporting events. Some new events included luge team relay-mixed, ski halfpipe-men’s and women’s, snowboard slopestyle-men’s and women’s, and women’s ski jumping.

The Olympic athletes worked hard to get into the physical condition needed to compete at this level. Don’t let watching events like these keep you from being active. Think about scheduling your screen-time to keep it to two hours maximum each day. Keep track of when your favorite sporting events will air and get your entire family together to root on their favorite athletes and teams. Some alternative ways to get into the Winter Olympic spirit after the closing ceremonies include ice-skating with family and friends or having a sled race to reenact the Winter Olympic bobsled race! Check out other entertaining screen-time alternatives on the back page!

In The News
February - American Heart Month

Heart disease is the leading cause of death in the United States. Make a difference. Spread the word about strategies for preventing heart disease and encourage others to live a healthier life! Some strategies are:

- Make healthier food choices.
- Make physical activity part of your day.
- Get your blood pressure checked.

The first Winter Olympic games were held in Chamonix, France in 1924.
- Speed skater Bonnie Blair has won six medals at the Olympic Winter Games — more than any other American athlete.
- The country that has won the most gold medals at the Winter Games since they began is Norway, with the U.S. in second place.
- The 2018 Winter Olympics will be held in PyeongChang, South Korea.

Hot Chocolate Can Be Delicious and Nutritious
Katlyn Lohman, Weighing In Intern

Hot chocolate can be a delightful and healthy winter treat when made with the right ingredients! This can be done by using low or nonfat milk and simply mixing it with cocoa powder and honey! Not only is this delicious, but it is a great way to get one serving of low or nonfat milk.

- It is healthier to drink low or nonfat milk because:
  - It has lower fat content.

To make your own hot chocolate, try this recipe:

- 1 cup of skim milk
- 1 Tbsp. of natural unsweetened cocoa powder
- 1 Tbsp. of pure honey
- Dash of cinnamon

Heat milk for one minute, 30 seconds in the microwave. Slowly add the warm milk to the cocoa powder and cinnamon. Stir in the honey and enjoy!

Nutritional Facts
Calories: 170
Total Fat: 1g
Total Carbohydrate: 31g
Sugar: 28g
30 percent daily value of calcium

Fun facts about chocolate
Drinking chocolate has been around for thousands of years; in fact, it dates clear back to the Mayans! Although their version of drinking chocolate was much different than the modern day recipe, they found chocolate to have multiple health benefits!
**Recipe Corner**

**Zucchini and Green Chili Breakfast Casserole**

Recipe by Kitchen Treaty at http://www.kitchentreaty.com

Makes 9 servings

**Ingredients:**

1 32-ounce carton egg beaters
1 1/2 cup zucchini, grated, squeezed and drained
1/2 cup 1 percent cottage cheese
1 4-ounce can chopped green chilies, drained
1/2 cup yellow onion, diced
1/2 cup red bell pepper, diced
1 cup cheddar cheese, shredded
Salt and pepper to taste

**Directions:**

1. Preheat the oven to 375°F.
2. Mix all the ingredients in a bowl, except the cheddar cheese.
3. Pour mixture into a greased 8-inch square baking pan.
4. Top with grated cheese.
5. Cook in oven about 25-35 minutes until eggs are firmly set and golden brown on top.

**Nutrition Facts** (1 serving): 130 calories; 4.5g total fat; 5g carbohydrate; 1g fiber; 16g protein; 20 percent DV Vitamin A; 35 percent DV Vitamin C.

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**Why Drink Water When It’s Winter?**

You may find this surprising, but it is just as important to drink water in the winter as in the summer! Here is why:

- Winters are dry.
- Your skin loses moisture and needs hydration to allow damaged skin cells to repair.
- Your immune system needs water to function at its best. (It helps fight off colds and the flu!)
- Dehydration leads to feeling fatigued. Staying hydrated prevents this!

Drink up this Winter!

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**Screen Time Alternatives**

- Play your favorite song and choreograph a figure skating routine.
- Tie dye shirts red, white and blue to wear while rooting on your favorite team.
- Make a calendar and track your favorite team or athletes’ performance.
- Craft your very own Olympic medals.

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**What’s in Season?**

- Collard greens
- Kale
- Kiwi
- Mandarin oranges

For ideas on how to enjoy these go to: www.fruitandveggiesmorematters.org

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**Winter Fun**

Don’t let cold temperatures keep kids inside. Just be sure they bundle up before going outside for wintertime fun! If there’s snow, sledding is always fun and a great way to get your heart pumping (especially walking the sled back up the hill)! Hula hooping is even more challenging when you are bundled up. You can also lay hula hoops on the ground and use them as snowball targets. Each hoop could be worth a different number of points. Fort building takes energy and creativity. Use loaf pans, milk cartons and buckets to create a snow castle. Have you ever blown bubbles when it’s below freezing outside? Kids LOVE watching them freeze! With or without snow, you can hide frozen colored water ice cubes in your yard for a winter scavenger hunt.

If the winter weather doesn’t permit outside play, consider some of these active indoor games:

**Indoor Soccer**—play inside using beach balls or balloons.

**Hopscotch**—Use masking tape to make a hopscotch board in a high traffic area of your home. Each time someone passes by the hopscotch, they get to stop and play!

**Snowball Fight**—You will need 10 to 20 socks rolled up into balls (tissue paper balls also work well). Divide the room into two equal halves using masking tape, and place the socks on the line in the middle. Divide the kids into two equal teams. The object of the game is to get as many socks onto the other team’s side of the room before time is up. Set a timer for two minutes. Team members must stay on their side of the room and toss the socks over to the other side. To keep it challenging, change how the snowballs can be moved. For example, only allow players to use the right hand, left foot or a wooden spoon to get the snowballs across to the other side.