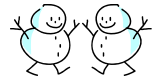


# TOT TALK

## NUTRITION & HEALTH NEWSLETTER

Winter



### Greetings!

Hello Parents!



Winter is here! The winter season is filled with many holiday traditions. Start a new tradition this year by rewarding your tot with books and stickers instead of candy and sweets. Your tot will never know the difference. This is an easy way to develop life-long healthy habits.

### Wintertime Fun



Keep the winter blues away by staying active all winter.



#### Outside

- Sledding
- Ice Skating
- Build a Snowman
- Winter Walks

#### Inside

- Jumping Jacks
- Simon Says
- Follow the Leader
- Hide & Seek



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*“Assuring that everyone has access to affordable, nutritious food.”*



### Vegetables Available in the Winter



#### December

Beets	Lettuce
Broccoli	Mushrooms
Brussels Sprouts	Onions
Cabbage	Pumpkin
Carrots	Squash
Cauliflower	Tomato
Celery	

#### January

Carrots  
Celery  
Lettuce  
Mushrooms  
Onions  
Potatoes  
Turnip

#### February

Carrots  
Celery  
Lettuce  
Mushrooms  
Onions  
Potatoes  
Turnip

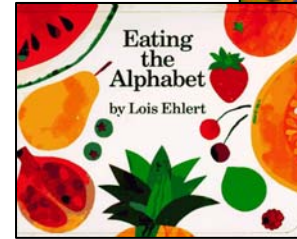
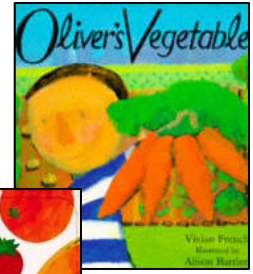
#### The Food Trust

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.



## Winter Reading List for Tots

- *A very Purple Pepper*
- *Bread & Jam for Frances*
- *Cabbage Moon*
- *Eating the Alphabet*
- *Growing Vegetable Soup*
- *Oliver's Vegetables*



## Warm Winter Recipes

### Mushroom Barley Soup

- 1 Tablespoon oil
- 1 chopped onion
- 2 sliced thin celery stalks
- 2 peeled and sliced thin carrots
- 2 cups sliced mushrooms
- ½ cup barley, quick cooking
- 1 teaspoon garlic powder
- ½ teaspoon ground thyme
- 3 cups chicken broth
- 2 cups water
- 1 Tablespoon chopped fresh parsley

**Serving: 1 ½ cup**  
**Servings: 4 servings**

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms until golden, about 4 minutes.
2. Add the rest of the ingredients except for the parsley and bring to a boil
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve

**Recipe from USDA Recipe Finder**

### Spanish Cauliflower

**Serving: ½ cup**  
**Servings per Recipe: 6**

- 1 Tablespoon vegetable-oil
- 1 medium onion
- ¼ teaspoon. garlic powder
- 1 large head cauliflower
- 2 large tomatoes
- ½ teaspoon black pepper
- 1 Tablespoon dried parsley
- ¼ cup grated Parmesan cheese

1. Chop the cauliflower into 2 inch pieces
2. Peel the onion. Chop it into small pieces
3. Chop the tomatoes into small pieces
4. Put the cauliflower in a pan. Add 1 inch of water
5. Cook over medium heat, and let it boil for 3 minutes
6. In a large pan, heat the oil, and add the onion.
7. Cook over medium heat for 3 to 5 minutes.
8. Add the garlic and cauliflower.
9. Cook while stirring for 3 minutes, until lightly browned.
10. Add the tomatoes and pepper.
11. Cook for 5 more minutes
12. Serve with a sprinkle of parsley and cheese

**Recipe from USDA Recipe Finder**

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