

# Tips for a happy healthy Christmas!

Christmas is fast approaching, a time of frenzied shopping, summer holidays and often over indulgence in Christmas fare!

The recent **National Children's Nutrition Survey** reveals that **31% of our children are either overweight or obese**. Soft drinks, crisps, chips and pies are foods high in fat or sugar which have unfortunately become everyday foods for some children rather than occasional or treat foods.

Soft drinks and crisps need to be replaced with fruits, vegetables and low fat milk and dairy products to ensure your child is getting the nutrients they need for growth and development.

## Christmas treats

- Try some of these healthier snack ideas:
  - Berry fruit smoothie – blend strawberries/raspberries with green top or light blue top milk and yoghurt.
  - Use toothpicks to dip seasonal fruit such as berries, grapes, melon, banana, chopped apple etc. into custard or yoghurt.
  - Enjoy cherries and watermelon.
  - Try frozen yoghurt and grapes for a refreshing snack.
  - Popcorn – pop using a small amount of oil.
  - Peanuts in their shell are fun for kids to nibble on.
  - Chocolate dipped strawberries/dried apricots are delicious treats.

## Get active!

- Choose activity based presents such as a frisbee, skipping rope, sports balls, roller blades, scooter, bicycle, hula hoop, hacky sack, cricket set, skate board, paddling pool, chalk for hopscotch, elastics...
- Other presents that entice children away from the TV and it's advertising of high fat/sugar foods are a good idea, such as board games, knuckle bones etc.
- Choose fun family outings such as a picnic at the beach or park where the whole family can run around and kick a ball.

## Keeping food safe this summer

### Clean

Always wash your hands and dry thoroughly before handling food, after handling raw meat and poultry, after going to the toilet or changing nappies, after handling pets and after gardening.

### Cook

Defrost meat thoroughly before cooking, so that the centre of the food can be thoroughly cooked.

### Cover

Keep food covered as much as possible to protect them from flies, birds and pests.

### Chill

Keep food in the fridge or chilly bin until just prior to cooking or eating.

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## Healthy Nibbles

Nutrition Updates for Primary Schools

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)