

hapitimes



Did You Know? Tips for Managing Kids' Holiday Stress

While the holidays are exciting, they can also be stressful — for parents and children. But there are ways to help your family have a happy and more relaxed time together.

Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Be realistic. Take small, concrete steps to deal with holiday tasks instead of overwhelming yourself and your kids with activities that are too far-reaching for a busy time. View the holidays as a time to reconnect with people, including your kids.

Engage in activities that you and your family enjoy and find relaxing. Consider cutting back on television viewing for kids and instead, get the family out together for a winter walk.

— Source: American Psychological Association



Vitamin D A Powerhouse Nutrient

Vitamin D is a nutrient that is needed for overall health and to maintain strong bones. It helps the body absorb calcium (one of bone's main building blocks) from food and supplements. People who get too little vitamin D may develop soft, thin, brittle bones, a condition known as rickets in children and osteomalacia in adults.

Muscles need it to move, nerves need it to carry messages between the brain and every body part, and the immune system needs it to fight off invading bacteria and viruses. Together with calcium, vitamin D also helps protect older adults from osteoporosis.

— Source: American Diabetes Association

Hapi Meals



Cauliflower Mac and Cheese

INGREDIENTS:

1 lb. penne (wheat)
1 cup milk (2% or skim)
1 lb. shredded cheddar cheese
½ head cauliflower florets
¼ cup parmesan cheese
1 tablespoon chopped parsley
salt and pepper to taste

INSTRUCTIONS:

Bring salted water to a boil and cook the pasta until al dente.

In the meantime, cook the cauliflower until soft and transfer in a blender to puree.

In a medium sized pan, transfer the pasta and pour the cauliflower puree in.

Add the milk, cheese and season to taste.

Sprinkle chopped parsley.

Serve immediately.

Serves 4 or more.

Recipe from "Healthier Recipes from The White House to You." More recipes online at www.hapiapts.org/blogs

Inside the Landmark

Up and Out

Kids should be active for about 60 minutes a day to maintain good health. But with school and time in front of screens (TVs, computers, tablets, smartphones...), an alarming number of kids fall short of this goal, which puts them at risk for chronic diseases. That's why we're taking the kids in our after-school program outside for play time. (Below, that's Michael Cook, the Director of our Hapi program at the Landmark, kicking the ball around on the lawn with the kids.) You can try something similar at home. Consider a walk after dinner to talk about the day at school and work.



More info from Let's Move: www.letsmove.gov

Landmark Deals

Ask about leasing specials at the front office.

Food For Thought: The Holidays

*"It's not how much we give but how much love we put into giving."
—Mother Teresa*

Food Facts

Popular breakfast cereals are packed with more sugar than you might suspect. Several popular cereals measure 50 percent sugar by weight. Before making your choice, look at the labels to see how many grams of sugar are in each serving (for reference: a cookie has roughly 6 grams of sugar).

(Environmental Working Group)