

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Goodlet Park: Way finding unveiling

Pedestrian way finding signs are navigational tools that help pedestrians find walking opportunities in their communities.

On Friday December 5th the Florida Department of Health in Miami-Dade County and the Consortium for a Healthier Miami-Dade in collaboration with the City of Hialeah’s Department of Parks and Recreation Early Intervention and Youth and Internship Program (EPI) unveiled three way finding signs at Goodlet Park.

The signs help create awareness that walking is low impact, convenient and easy way to get exercise. Additionally, the signs inform community members on the opportunities for walking in their neighborhood and promote physical activity in a safe environment.

The sign at the entrance of Goodlet Park shows an overview of the park facilities and the walking trails. It also shows public transportation opportunities. The other sign is an overview of the track. Both have a bilingual health message to encourage physical activity.



December 2014

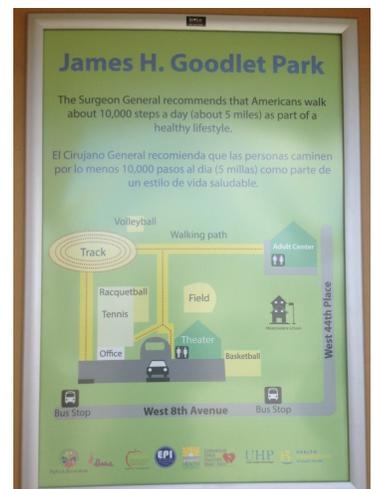
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**MAKE
HEALTHY
HAPPEN
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Having a Healthy Holiday

The holiday season is upon us. Now is the time when the temptations set in and the good habits go out the window. For kids it's a time of excitement and joy. We all tend to get caught up in the festivities and forget about the long lasting effects unhealthy choices can have. That's not to say that that Eating healthy during the holidays isn't like going to Willie Wonkas chocolate factory and not taking a bite of chocolate.

Thanksgiving, Hanukkah, Bohdi Day, Las Posadas, Kwanzaa, Christmas, New Years Eve how do we keep our waistline in check and keep our kids from overindulging? Here are a few ideas to get you and your family through the holiday season with a healthy happy body.

Don't succumb to the holiday pressures without having a plan in mind, otherwise those pounds will pack on quicker than you can say "jingle bells". You probably already have plans for the holidays so why not plan now what you will and won't let yourself indulge in. The best course of action is to know your course of action going in. If you know you love Aunt Mary's pumpkin pie, then go for it. Allow yourself to splurge on a piece of that....but not every other desert at the buffet table. If your child loves your lemon cookies then sure they can have one, but 5 is too much. Set limits on what is acceptable for you and for them.

Keep in mind our kids watch and do everything we do. So if we reach for that second serving of pie, they won't be too far behind. Be a healthy role model. Show them the self-control that you have. Remember, for every piece of pie you eat (420 calories), it takes 1.5 hours on the treadmill to walk it off. Unless you want to spend 1 month on the treadmill, choose wisely. It is much easier to walk away from the buffet table then it is to walk on the treadmill.

Make a new family tradition that incorporates physical activity. Why not take a walk after lighting a Hanukkah candle. For each night of Hanukkah make the walk longer and longer until the 8 night you reach 1 mile or maybe 5. For Christmas, walk or ride your bikes through the neighborhood and look at the Christmas lights. Let kids help plan ways to be move as a family. Kids should be active at least 60 minutes a day so the holidays are a great time to make it a family event. Physical activity helps everyone feel good about themselves and happier in general.

Add a healthy entrée to the celebrations. How about having the kids help you make a cake out a watermelon. With all of the craziness of the holidays, sometimes our little ones don't get as much attention. What better to spend time together then making a healthy dessert to bring to grandma's house?

You don't need to forgo your favorite holiday foods but you can make a healthy substitution. Instead of frying those potato latkes, put them in the oven. Instead of white rice and beans with the pork, try brown rice and beans cooked in olive oil instead of canola oil. Make jalapeno black-eyed peas using the spicy jalapeno as a flavor substitute for bacon. Boil some fresh cranberries with a dash of stevia instead of canned cranberries loaded with sugar.

The holidays are time of gift giving. You can introduce a gift that encourages movement (pogo sticks, jump ropes, hula hoops, a new bike). Or even gifts that can promote good nutrition (all of the materials to plant a vegetable garden).

This year, give the gift of a healthy body, peaceful mind, and nourished spirit.

Dr. Ruby Natale,
Children Issues committee

Health Observance

December is Safe Toys and Gifts Month—The most commonly injured part of the body is the head and face area, with the most common injuries being lacerations, contusions, or abrasions. Before purchasing a toy or gift read all warnings and instructions on the box.

Ask yourself or the parent if the toy is right for the child's ability and age.

Avoid purchasing toys with sharp or rigid points, spikes, rods, or dangerous edges.

Check the lenses and frames of children's sunglasses; many can break and cause injuries.

Buy toys that will withstand impact and not break into dangerous shards.

Look for the letters "ASTM." This designation means the product meets the national safety standards set by the American Society for Testing and Materials (ASTM).

Avoid toys that shoot or include parts that fly off.

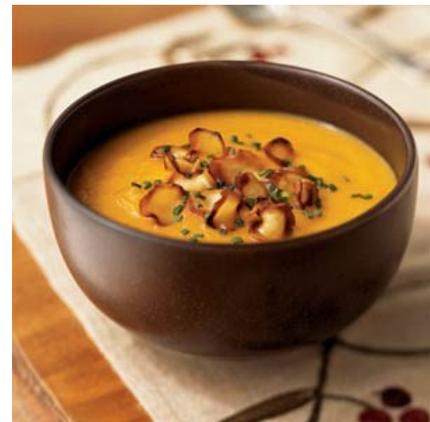
December is
Safe Toys & Gift
Month



WISHING YOU
HAPPY HOLIDAYS
&
A HAPPY NEW YEAR

Parsnip soup recipe

2 tablespoons olive oil, divided
2 1/2 cups chopped yellow onion
3 cups coarsely chopped parsnip (about 1 pound)
3 cups water
2 1/2 cups coarsely chopped carrot (about 1 pound)
2 (14-ounce) cans fat-free, less-sodium chicken broth
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup (1/8-inch-thick) slices parsnip
1 tablespoon chopped fresh chives



Heat 1 teaspoon oil in a Dutch oven over medium heat. Add the onion, and cook 10 minutes or until tender, stirring occasionally. Add chopped parsnip, water, carrot, and broth; bring to a boil. Reduce heat, and simmer 50 minutes or until vegetables are tender. Remove from heat; let stand 5 minutes.

Place half of carrot mixture in a blender; process until smooth. Pour pureed carrot mixture in a large bowl. Repeat procedure with remaining carrot mixture. Stir in salt and pepper.

Heat remaining 5 teaspoons oil in a small saucepan over medium-high heat. Add parsnip slices; cook 5 minutes or until lightly browned, turning occasionally. Drain on paper towels. Sprinkle parsnip chips and chives over soup.



Florida Department of Health in Miami-Dade County WIC Program

Holiday



1st Annual South Dade Community

Health & Resource Fair

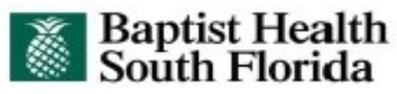
Presented by the

Homestead/Florida City WIC Clinic
753 W. Palm Drive Florida City, FL 33034

Saturday, December 20th

9:00am — 1:00pm

- * Holiday Book Giveaway
- * Free Health Screenings
- * Community Resources
- * Free Fitness Classes
- * Free Massages
- * Free Food
- * Free Cell Phones
- * Health Education



For more information contact (305) 242-2459

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For additional information or to participate in the Consortium contact us at:
Tel: 305-278-0442 www.healthymiamidade.org
To contribute content to the newsletter contact Amelinda.Loddo@flhealth.gov