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Family Food Cent\$

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Practical Tips for Staying Active in Winter

Winter is on the doorstep, and it is time to start thinking about how to combat the weather and how it plays a role in our day-to-day routines. Keep in mind that maintaining your physical activity and nutrition is most important in the winter months. Here are some tips:

- **Dress for success:** Proper clothing is essential for winter workouts. Layer your clothing to stay warm and remove layers as you heat up. Invest in moisture-wicking and insulating materials to keep you dry and comfortable
- **Outdoor Activities:** Plan your outdoor activities during the daylight hours to stay safe and maximize your enjoyment. Shoveling snow or winter walks are excellent ways to strengthen your muscles and burn calories.
- **Indoor Activities:** Maybe this is the time you join a gym or fitness class, offering a controlled environment and a social aspect to fitness. You can also workout at home by creating a comfortable space for exercise.
- **Stay Hydrated and Eat Well:** Even in cold weather, it's essential to stay hydrated and nourished. Maintain a balanced diet to provide your body with energy it needs for physical activity.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Staying Active During the Winter Months

As the days grow shorter, and temperatures drop, it's tempting to stay indoors and abandon your regular routine. However, staying active during the winter months is crucial for maintaining physical and mental well-being. Cold weather should not be an excuse to neglect your health.

1. Boosting Mood and Combating Seasonal Affective Disorder:

The winter months can bring on a condition known as Seasonal Affective Disorder (SAD), characterized by feelings of depression and low energy levels. Regular exercise, whether indoors or outdoors, triggers the release of endorphins, which act as natural mood lifters, helping to combat SAD and the "winter blues."

2. Enhancing Immune Function:

Maintaining an active lifestyle can also enhance your immune system's performance. While it's important to stay warm and avoid overexertion moderate exercise can help keep illness at bay by improving circulation and stimulating the immune response.

3. Weight Management:

Many people find it easier to gain weight during the winter months due to the combination of holiday feasting and reduced physical activity. Staying active allows you to burn off those extra calories, helping to maintain a healthy weight.

4. Social Interaction:

Staying active during the winter can also provide opportunities for social interaction. You can participate in group fitness classes, join a winter sports league, or simply enjoy outdoor activities with friends and family, helping to combat the social isolation that winter can sometimes bring.

5. Improved Cardiovascular Health:

Winter activities like ice skating, hiking, and even shoveling snow can provide excellent cardiovascular workouts. Engaging in these activities helps keep your heart healthy and strong.





A light and flavorful cake, packed with sweet and tangy lemon flavor! The lemon glaze takes this cake to the next level!



Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, dinner, or side dish.

Lemon Corn Cake

Makes 12 Servings

Ingredients:

1 cup yellow corn meal	1 tablespoon oil
1 cup flour	1 egg yolk
1/2 cup sugar	2/3 cup non-fat milk
1 tablespoon baking powder	3 egg whites
1 teaspoon salt	non-stick cooking spray
3/4 cup yogurt, low-fat lemon (about 6 oz)	3 tablespoons lemon juice
2 teaspoons lemon peel (finely grated)	1/2 cup powdered sugar

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Mix first five ingredients together in mixing bowl.
4. Combine yogurt, lemon peel, oil, egg yolk, and milk together and stir into dry ingredients just until blended.
5. Whip egg whites with mixer until stiff. Fold into corn meal mixture.
6. Pour into round 9 inch cake pan coated with nonstick cooking spray.
7. Bake for 20 to 25 minutes or until corn cake tests done.
8. For optional lemon glaze: Over low heat blend lemon juice together with powdered sugar. Pierce cake top repeatedly with fork. Slowly pour glaze evenly over the top.

Nutritional Information per serving: Total Calories 164g; Total Fat 2g; Saturated Fat 0g; Protein 4g; Carbohydrates 33g; Dietary Fiber 1g; Sodium 351g

Black Bean Quesadillas

Makes 8 Servings

Ingredients:

3/4 cup chunky salsa (or pico de gallo)	2 tablespoons fresh cilantro (finely chopped)
1 can (15.5 oz) low-sodium black beans (drained and rinsed)	4 8-inch flour tortillas
2 cups shredded reduced-fat Colby & Monterey Jack cheese	1/2 teaspoon extra virgin olive oil

Directions:

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

Nutritional Information per serving: Total Calories 160g; Total Fat 5g; Saturated Fat 2g; Protein 7g; Carbohydrates 25g; Dietary Fiber 4g; Sodium 490g



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Carrots can lower your risk of cancer. Antioxidants have been proven to fight off harmful free radicals in your body, and that can make you less likely to have cancer. The two main types of antioxidants in carrots are carotenoids and anthocyanins.

Learn more at: extension.sdstate.edu/carrot-pick-it-try-it-it-preserve-it



Carrot

Makes 6 servings

Glazed Carrots

Ingredients:

2 tablespoons margarine
1 ½ pounds carrots
1 cup water
¼ teaspoon pepper
2 teaspoons sugar

Directions:

1. Peel the carrots.
2. Cut in half lengthwise, then cut into 1-inch pieces.
3. Melt the margarine in a heavy saucepan on low heat.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar. Cover the pan.
8. Shake the pan back and forth on the burner for 1 minute.
9. Cook for 1 more minute, until the carrots are glazed but not brown.

Nutritional Information per serving: Total Calories 90; Total Fat 4g; Cholesterol 0mg; Sodium 210mg; Carbohydrates 12g; Dietary Fiber 3g; Sugar 7g, Protein 1g



Learn more ways about “being active” with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: thedishrealtalk.com/course2/#/ or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.