



PreK4



Newsletter

Vol. I Issue 2
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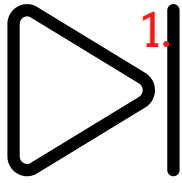
Holidays!
Celebrate...
Eat.

November and December include many holidays to celebrate. In these months, we look forward to these holidays to spending time with the family and friends and of course, eating festive meals such as: turkey, tamales, pozole and delicious pastries. While enjoying these foods, we might not be conscious that most are high-caloric. One could easily end up overeating and with unwanted gained weight. To help avoid this, follow these 7 tips.

7 tips for reining in holiday overeating - Mayo Clinic Health System

7 Tips to eat healthy these holidays.

7 tips for reining in holiday overeating - Mayo Clinic Health System



1. **Do Not skip meals.**

Eat your meals as scheduled during the day: breakfast, lunch, dinner.



2. **Fill your plate with colors.**

festive fruits and vegetables.



3. **Eat slowly, and savor your food**

Take your time to eat and enjoy it.



4. **Appreciate special treats.**

Take your time to eat and enjoy.

5. **Choose drinks wisely.**

Low or no calories drinks or try water!



6. **Listen to your body's fullness signals.**

Stop eating when feeling full or sick.

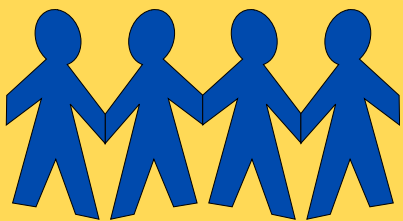
7. **Pick a holiday food mantra.**

When you are tempted to keep eating simply because the holiday foods are special and taste so good, use these mantras to help:

- I can make this food again anytime I want.
- The leftovers will be delicious.
- I choose to enjoy this meal, and I look forward to the same treats next year.



Your Family...My Family.



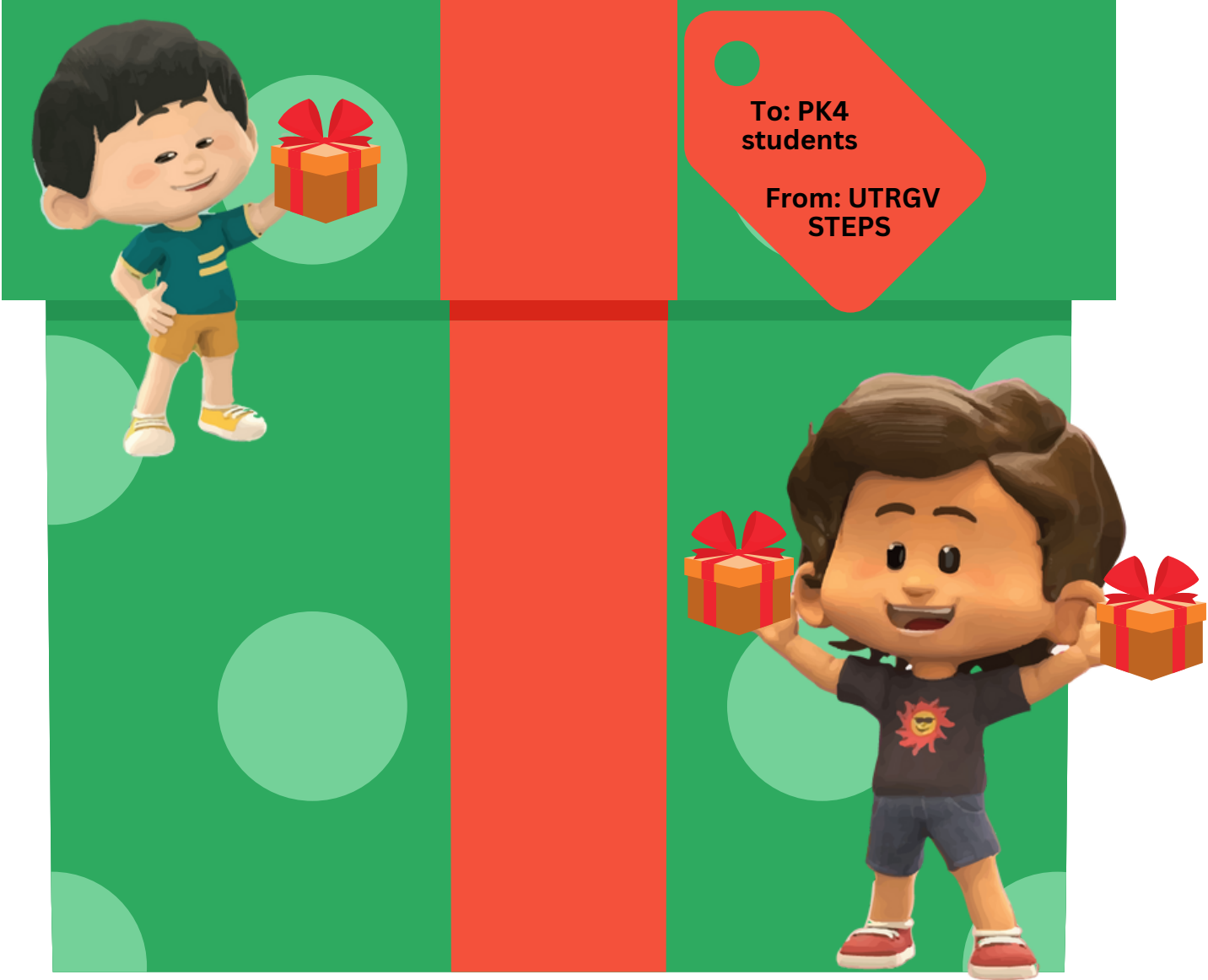
Bienestar/NEEMA MyFamily/MiFamilia contains a series of newsletters to encourage families adopt healthier household lifestyles.

Learn about healthy eating and exercise, healthy recipes, cooking tips, exercise challenges, oral health, diabetes, cardiovascular disease prevention and more.

Children's Health Program - The Social and Health Research Center (sahrc.org)

Coming up in 2023, Available MyFamily health workshop meetings for parents of PreK4 students from participating PSJA and LA JOYA elementary schools. Ask your school's parent educator for schedule.

Happy Holidays from our UTRGV STEPS family to yours.



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