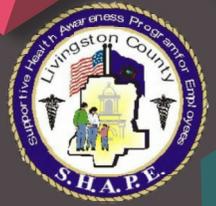


SHAPE



January 2020

Newsletter

The SHAPE committee needs your feedback to drive our plans for this year. Help us out and tell us what you want!

<https://www.surveymonkey.com/r/eoySHAPE2019>



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Want to know what's happening in Livingston?

Visit these resources!

- [Events in Livingston County](#)
- [My Livingston Life](#)



January 24th 12:30-1:30 PM | Government Center

January 31st 12:30-1:30 PM | Building 1 Conference Center

Meal Planning and Prepping

Presented by: Brittny Harris, CTNC

This session will offer tips, tricks, and guidance to make meal planning and prepping easy and healthy for you.

Pre-registration is required. There is no fee to attend.

Register for January 24th here: <https://mealpreandplan1.eventbrite.com> (Government Center)

Register for January 31st here: <https://mealpreandplan2.eventbrite.com> (Building 1 Conf. Ctr.)



Ten Outdoor Winter Activities for Families



1. **Build a snowman.** This not only gives everyone some fresh air, it activates children's imaginations!
2. **Go sledding.** Sledding is thrilling for all. Be sure to dress warm and wear your safety gear.
3. **Go snowshoeing.** This is great exercise and fun for all! If your child can't walk yet, pull them on a sled.
4. **Ice skating.** Again, great exercise but be sure your skates fit correctly.
5. **Build a snow fort.** Use sand pails and molds to sculpt your perfect fortress. Build two and you can have a snowball fight!
6. **Snowball fight.** Break into teams and kids can battle against parents or split evenly for clean fun.
7. **Paint Snow.** Fill squirt bottles almost full of water and add 4-5 drops of food coloring to make safe snow paint. Let your children be creative!
8. **Make snow angels.** Fun for all ages! Add some snow paint or old clothing for a little kick!
9. **Feed the birds.** Make a pinecone bird feeder with birdseed or string popcorn to a fishing line. Hang it in your yard and watch the birds come.
10. **Winter bonfire.** Roast hot dogs or marshmallows over the fire.

Broccoli Cheddar Soup

Ingredients:

- 1 cup onion, chopped
- 1 cup carrot, shredded
- 1 1/2 teaspoons margarine or butter
- 2 cups broth, any flavor
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup nonfat or 1% milk
- 1/4 cup flour
- 1 cup shredded reduced fat cheddar cheese (4 ounces)
- 1/8 teaspoon pepper



Directions

1. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
2. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes
3. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
4. Refrigerate leftovers within 2 hours

Prep time: 10 minutes

Cooking time: 15 minutes

Makes: 4 cups

Want more recipes?



Nutrition Facts	
Serving Size 1 cup (322g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 520mg	22%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 12g	
Vitamin A 120%	Vitamin C 60%
Calcium 35%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Visit foodhero.org for other easy recipe ideas!

Holiday Happenings!

Government Center: Door decorating and sweater contest



'TIS THE Season OF Giving

From Livingston County Employees!



No Shave November participants raised \$860 for the UR Medicine/Noyes Health Cancer center. The winning beard belongs to Steve Bagley from ITS. Great job everyone!



DOH challenged staff to “Be the Giving in ThanksGIVING” and collected goods for the local food pantry. Mental Health collected for a family of their own that was in need of Thanksgiving meal items



The Government Center and the Courthouse collected items for the food pantry and Teresa House!



DOH also adopted a family for Christmas through Catholic Charities.