

Wisconsin Nutrition Education Program

Staying Active in Winter

Outdoor Fun!

- ◇ Build a snowman
- ◇ Go for a hike/snowshoe and look for animal tracks in the snow
- ◇ Cross-country ski, ice skating or hockey, downhill ski or snowboard
- ◇ Sledding
- ◇ Make a snow angel
- ◇ Build a snow fort
- ◇ Mix food coloring & water in a spray bottle and make snow art

Indoor Fun!

- ◇ Turn on some music and dance
- ◇ Use a healthy recipe and make a snack
- ◇ Create an indoor obstacle course
- ◇ Act out story or create a puppet show
- ◇ Make a fun craft project
- ◇ Visit the library, a museum, or the visitor center and learn something new
- ◇ Build a fort in your room

Cold weather offers great ways to have family fun. Take time to play together-and move more. You will all feel good! Children need at least 60 minutes of physical activity on most, preferably all, days of the week. So don't hibernate like the bears – go play outside!



Want to Learn a New Winter Activity?

There are many programs and clubs in the area that will help you learn a new winter activity or improve current skills while having fun! 4-H CANSKI, and other outdoor adventure programs through 4-H & UW Extension are available.

UW-Extension-Ashland County
201 West Main Street- Courthouse Room 107
Ashland, WI 54806
(715)682-7017
ashland.uwex.edu or 4hcanski.org

Banana Snowman



On a bamboo skewer, stack three banana slices, an apple wedge and a grape to make a snowman with a hat, adding pretzel sticks for arms, a carrot sliver for a nose and mini chocolate chips for the eyes and buttons.
Variation: Use raisins in place of chocolate chips.

Before going outside to play, everyone should be bundled up to stay warm. Be sure to wear gloves, hat, coats, warm socks, and weather appropriate footwear. Also, remember that sunscreen is still needed in the winter!

Information adapted from: Nibbles for Health– Nutrition Newsletter for Parents of Young Children by the USDA Food & Nutrition Service