



## WELCOME WINTER TIME

### 10 EASY TIPS FOR STAYING HEALTHY THIS WINTER

Boost your immunity throughout winter by consuming a range of fresh foods including green leafy vegetables. You can also boost immunity by taking a quality vitamin such as Echinacea, garlic, vitamin C and or Zinc. While many people will be happily saying good-bye to a long, hot summer and welcoming the new season, just as many of us will be dreading the cooler weather arriving. Winter is often given a bad rap as it brings with it the cold & flu season and those cold, dark mornings. However, with a little effort there is no reason for our health to suffer during the colder months! There are a number of things we can do to help keep ourselves and our family just as healthy, happy and active during winter as we are during summer.

*Tis the*  
**SEASON**  
to be  
*JOLLY*

1. **Boost Your Immunity**
2. **Keep Moving**
3. **Eating Well**
4. **Weight Management**
5. **Sleeping Well**
6. **Skin Care**
7. **Keeping Bugs At Bay**
8. **Healthy Mood**
9. **Circulation**
10. **Stay Hydrated**



## WHAT IS THE BEST WAY TO EAT HEALTHY DURING WINTER?

### **Going Inside and Warming Up:**

Compared to every other season of the year, winter is a time for being inside, and especially around the savory smells of a kitchen in full use. Yes, it is colder outside, and we may need extra calories to stay warm. The reason is: warming up! Nothing is more satisfying on a brisk wintry day than a hearty hot bowl of soup. The idea of your oven compartments and stovetop burners being more active in the winter is an idea in keeping with this focus on inner warmth, and we encourage you to think about the winter as a time to celebrate the warmth of eating. At the World's Healthiest Foods, we do a lot of stovetop steaming and poaching, but winter is the time when you may want to turn more often to baking and roasting in our oven-based recipes. These recipes will draw you up for a longer time against the slow warmth of the oven.

### **Smaller, Dense, and Compacted Foods:**

Just as we tend to go inside and get more compacted in our movements during the winter, the smaller, denser, and more compacted foods make good choices during this season. In some popular approaches to winter eating, winter is described as the time to store up on heavier, high-calorie foods. Whole grains that include the nutrient dense bran and germ makes the perfect example of a good winter choice. Seeds are another great example of a nutritiously compacted winter food, especially sunflower and sesame seeds, which are considered especially warming in some traditions. Dried beans and lentils that would be used in preparing of a hearty winter soup would also fit into this category of smaller, dense, and compacted foods.

### **The Sociability of Eating:**

Winter is also a perfect season for getting together with friends and family around a relaxed, well-prepared meal. The sharing of food can be one of the most peaceful and lasting experiences of winter. Particularly if the holiday season brings stress, overload, and more frequent changes in schedule, the reassuring feeling of a genuinely shared meal can help offset other difficulties during this time. It's a season when the description we put on our website, "Selecting, Preparing, & Enjoying" might hold the key to our mental health as we make our way through this portion of the year.

## Cranberry Salsa Recipe

### Ingredients

- 1 1/2 cups of fresh or frozen cranberries
  - 1/2 an apple, peeled, cored, roughly chopped
  - 1/2 jalapeño
  - 4 Tbsp sugar
  - 2 Tbsp chopped fresh cilantro
  - 1 Tbsp peeled chopped ginger
  - 1 Tbsp lime or lemon juice
- Dash of salt



### Method

- 1 Place the cranberries, apple, jalapeno, sugar, cilantro, ginger, lime juice and salt (all of the ingredients) in the bowl of a food processor. Pulse several times until everything is finely chopped and well blended.
- 2 Let the salsa sit for at least 15 minutes for the sugar in the salsa to soften the chopped cranberries. Store chilled in an airtight container until ready to serve. Serve with chips or as a side to pork, chicken, turkey, or steak. You can also place a dollop over a cracker that has been spread with cream cheese for an appetizer.

## Chapped Lips: What's The Best Remedy?

- **Protect your lips:** Before going out in cold, dry weather, apply a lubricating lip cream or balm that contains sunscreen — and then cover your lips with a scarf. Reapply often while outdoors.
- **Avoid licking your lips:** Saliva evaporates quickly, leaving lips drier than before you licked them. If you tend to lick your lips, avoid flavored lip balm — which may tempt you to lick your lips even more.
- **Stay hydrated:** Drink plenty of fluids, and moisten the air in your home with a humidifier.
- **Avoid allergens:** Avoid contact with irritants or allergens, such as fragrances or dyes, in cosmetics or skin care products..
- **Breathe through your nose:** Breathing through your mouth can cause your lips to dry out.



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HOLIDAY  
bucket list

