



# Center's Tip of the Month: Healthy Eating in Winter

-- Tips to get your nutrients--

With the cold weather in full swing, it is important to remember that eating a healthy, balanced diet is a great way to keep you and your family feeling good all winter. It may seem like a challenge since there are less fresh fruits and vegetables available. And there is always the concern of harmful pesticides that can be found on our produce. Use these helpful tips and resources as your guide for healthy food shopping this winter season and beyond.



## Tips & Resources

**What can you do?** Start eating healthy!

- ◆ Aim for at least five servings of fruit and vegetables a day. Try adding produce to both snacks and meals.
- ◆ Create a balanced plate! Use [My Plate Planner](#) as a guide to creating a healthy meal.
- ◆ Start small! Making small changes to your diet is easier to stick with and will improve the health of you and your family.

**What can you do?** Choose in-season fruits and vegetables.

- ◆ Add produce that is in-season during winter to get important nutrients. During the cold months, try eating:
  - ◇ Beets
  - ◇ Carrots
  - ◇ Kale
  - ◇ Swiss chard
  - ◇ Lemons
  - ◇ Cauliflower
  - ◇ Broccoli
  - ◇ Winter squash
  - ◇ Grapefruits
- ◆ Need recipes for winter produce? Check out:
  - ◇ The New York Times' ["Beet Recipes Even a Beet Hater can Love"](#) and ["Warm Up with Winter Vegetables"](#)
  - ◇ Eating Well's ["Healthy Winter Fruit Recipes & Winter Vegetable Recipes"](#)

**What can you do?** Reduce exposure to harmful chemicals.

- ◆ Buying kale, Swiss chard, or other leafy greens this winter? You may want to buy those organic in order to minimize your family's exposure to harmful pesticides.
- ◆ Read the Environmental Working Group's [Dirty Dozen List](#) to learn about the pesticide levels in produce and which are best to buy pesticide-free.
- ◆ Take advantage of frozen fruits and vegetables! They are affordable, BPA-free and easy to buy during any season.

**What can you do?** Shop local.

- ◆ Join a Community Supported Agriculture (CSA) winter share. To find a farm near you with winter shares, check out Just Food's [CSA In NYC: Winter Share Options](#)



Have questions? Want to learn more? Please email us at [cccehcolumbia@gmail.com](mailto:cccehcolumbia@gmail.com)!



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