



# COLONIAL NEWS

Health Committee Newsletter

December 2017

## The Fifth Edition

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

### Recipe of the Month:

#### Peanut Butter and Nutella Popcorn Balls

**Yield:** 20—24 popcorn balls

**Serving Size:** 1 popcorn ball

1 recipe microwave popcorn

¼ c. light corn syrup

¼ c. granulated sugar

¼ tsp salt

2 tbsp. peanut butter

1 tbsp. Nutella

¾ tsp milk

**Directions:** Lay a sheet of wax paper on a clean, dry surface.

In a large pot, mix together the corn syrup, sugar, salt, and peanut butter. Stir over low heat for 4-6 min or until the mixture begins to bubble. Turn off the heat, and stir in the popcorn, ensuring that all of the pieces are evenly coated.

Working quickly, use about 2-3 tablespoons of popcorn and shape into a ball. Place on the prepared wax paper, and repeat with the remaining popcorn mixture.

In a small bowl, stir together the Nutella and milk. Drizzle over the tops of the popcorn balls.



#### Rachel and Rebecca's Christmas Baking Tips:

1. Bake your cookies in temperature order.
2. Only use good quality flour and pure vanilla extract.
3. Start with the shortest baking time.
4. Keep it fresh.
5. Start clean, every time!
6. Bake on demand.
7. Change up your cookie exchange.



Prepared by Kathleen Williams, Nurse Albert Gallatin North Middle School

## Practical tips to stay fit for Christmas:

1. Eat before going out.
2. Avoid skipping meals.
3. Be active.
4. Set realistic goals.
5. Enjoy yourself!



## Cold and Flu season tips for home:

1. Get vaccinated against the flu.
2. Teach good coughing and sneezing habits—cover your mouth and nose with a tissue.
3. Wash your hands often.
4. Create a sick room—some cold and flu viruses can live on skin and other things a sick person might touch - door knobs, faucet handles- for up to 8 hours. Set aside a room for whoever is sick for them to stay.
5. Eat right.
6. Sleep right.
7. Keep stress in check.

