

Healthy Snack Attack



Just because the weather is cold, doesn't mean we cannot have a tasty ice cream cone snack! Rather than using ice cream and candy, try a new way to eat fruit while having fun and staying healthy!

Ingredients: Any type of fruit, an ice cream cone and yogurt (or cool whip!)

Step 1: Wash & cut up the fruit.

Step 2: Add yogurt or cool whip at the bottom of the cone.

Step 3: Place the cut up fruit into the cone.

Step 4: Add Yogurt or cool whip to the top and ENJOY!

Tips: You can freeze the fruit first or top with frozen yogurt! **Be Creative!**



Helping Hands



Fun
Zine
Sleet
Boots
Soup
Skate
Coat
Ice
Cocoa

A	K	E	V	H	Q	Y	Y	F	R	S	E	O	Q	C
U	T	W	C	N	G	B	R	L	P	X	N	S	H	S
H	J	A	N	U	Q	D	F	A	H	P	I	L	U	O
P	F	G	O	F	L	O	W	C	U	J	Z	E	Y	E
G	G	R	X	C	D	O	P	T	C	N	D	D	T	T
C	G	B	A	F	A	M	A	P	A	G	A	S	H	A
G	W	H	J	C	I	I	V	M	A	E	P	J	G	K
I	O	A	C	T	S	D	L	I	E	T	K	U	C	S
U	L	T	T	N	Z	M	R	B	M	I	F	N	O	E
S	N	E	E	Z	E	K	R	A	I	E	O	C	C	S
J	N	S	K	C	J	I	C	E	Z	W	J	D	O	S
H	A	Q	T	K	M	N	D	B	W	Z	O	M	A	Z
F	Z	K	Q	O	R	L	W	T	O	L	I	N	X	S
W	K	B	K	F	O	T	F	Z	T	E	E	L	S	O
S	H	X	L	C	M	B	J	I	S	H	G	F	B	Q

Snow
Hat
January
Blizzard
Sneeze
Cold
Scarf
Sled
Mitten

There is a healthy snack idea and a word search on the back!

Read about what a Zine is and learn a new indoor activity!



January, 2014

Issue :1

What is a Zine?

- ⇒ A zine is pronounced “zeen,” like “magazine”
- ⇒ Zines come in all shapes and sizes.
- ⇒ Anyone can create a Zine and write about anything that comes to mind!
- ⇒ A Zine gets people to READ and LEARN!



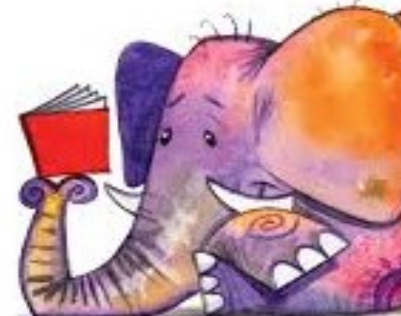
What is the Helping Hands Zine?

- ⇒ This Zine is an idea for The Community Health Center, Inc. to help the community in a new way!
- ⇒ We want to encourage others to be creative!
- ⇒ Why not learn something new?
- ⇒ Helpful & Healthy topics to read about inside!

Beat those Winter Blues!



Read about a fun and easy activity for parents, kids and friends below!



Plant a flower in a juice box!

Supplies:

- * Old juice box container
- * Scissors
- * Soil (dirt)
- * Seeds (included!)
- * Coffee Filter

Step 1: clean out the used juice box.

Step 2: Carefully cut the top off the juice box and use the scissors to poke many holes in the bottom.

Step 3: Cover the bottom where you poked holes with a coffee filter (paper towel also works well!)

Step 4: Fill the juice box with 1" of soil

Step 5: Make a small hole in the soil where you will drop your seeds in.

Step 6: Add seeds and cover with soil.

Step 7: Add water and place it in a sunny window!



Water your flower everyday!