



January 2020

# Wellness Nutrition Fun FaCts

## WINTER OUTDOOR PLAY

**Crucial benefits of getting kids outside during the cold South Dakota winters**



Children can escape indoor germs and bacteria by getting outside, even when it's cold. This helps keep them healthy and less likely to form allergies.

Playing in the snow can provide opportunities for exercise using larger muscle groups, which helps their development. This can help them sleep better and stay at a healthier body weight.

Winter play promotes problem solving and imagination when kids play and use toys in the snow.

Sun exposure provides important Vitamin D, even in the winter. This helps build strong bones and helps regulate mood swings.

<https://www.accuweather.com/en/weather-news/children-winter-cold-health-safety/40982792>

## Cleaning Those Pump Parts

Be sure to wash your pump parts with hot soapy water after **every** use. Boil or steam parts (*not tubing*) once a week. Then rinse under running water or sub-merge in new fresh water.

Air-dry thoroughly. **Do not** use a dish towel to rub or pat parts dry.

If tubing needs to be cleaned, wash with hot soapy water, and hang to dry.

If pumping frequently, rinse parts with hot water and place in a plastic baggy in the fridge until next pumping session.

This is handy when power pumping or needing to free up more time at work.

**\*If you do this**, be sure to wash with soap each night.

## Delicious & Nutritious!

### Mini Quiches with Sweet Potato Crust

**These are gluten free and an easy grab-and-go breakfast you can prep ahead and stash in the fridge or freezer.**

#### Ingredients:

- 1½ cups shredded peeled sweet potato
- 1 tablespoon avocado oil (or vegetable oil)
- ½ cup diced ham
- ½ cup diced red pepper
- 1 cup shredded Cheddar cheese
- 6 eggs
- 1/2 cup milk
- 1/4 tsp. salt
- 1/4 tsp. pepper



<http://www.eatingwell.com/recipe/262080/mini-quiches-with-sweet-potato-crust/>

#### Directions:

1. Preheat oven to 350 degrees. Generously coat a muffin tin with cooking spray.
2. Toss sweet potato and oil in a medium bowl. Divide among the 12 muffin cups, pressing into the bottom and up the sides to create a crust.
3. Divide ham and red pepper among the cups. Top with cheese.
4. Whisk eggs, milk, salt and pepper in a large measuring cup. Carefully pour the mixture into the cups, dividing evenly.
5. Bake until set and cooked through, about 22-28 minutes. Run a knife around the edges of the quiches and remove from the tin while still hot, serve warm.