

Safe Routes To School

Winter 2013

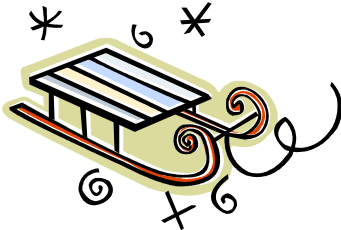


SafeRoutes

National Center for Safe Routes to School



928.679.7213

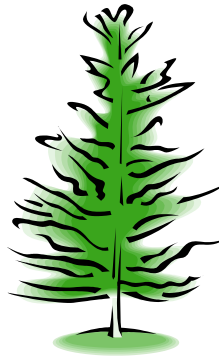


The ins and outs of Sledding...

Sledding is definitely one of the most fun winter sports around! Unfortunately, sledding can cause some major injuries! Between 1991-2007, over 230,000 patients were treated in Emergency Rooms for sledding injuries. This averages out to 20,000 injuries each winter! Sledding injuries can range from cuts and bruises to fractures and head injuries. To avoid injury, please read through the following TIPS and SAFETY TIPS before you go...

SAFETY TIPS

- Always sit face forward on the sled, never head first
- Young kids should be accompanied by an adult
- Go down the hill one at a time with one person on a sled
- Never build an obstacle or jump on a sledding hill
- Keep arms and legs within the sled at all times
- If you fall off, move to the side- If you need to get off, roll off and move to the side.
- Walk up the side of the hill... the middle is for sledders.
- WEAR A HELMET!!



TIPS

- Choose your sledding hill wisely!!
- Select a hill not too steep with a long flat area at the bottom
- Avoid hills that end near a street or parking lot
- Make sure hill is free of jumps, bumps, rocks, trees, or fences
- Choose snowy hills rather than icy hills
- Sled during daytime hours



SAFETY ZONE...

TEST YOUR KNOWLEDGE...

1. Does Flagstaff have a sidewalk snow ordinance?
Code #8-03-001-0004 requires property owners to clear sidewalks within 24 hours after it snows.
2. Where can you safely sled in Flagstaff?
Nordic Center, & Wing Mountain.
Williams has sledding at Elk Ridge Recreation Center.



Proteins: Beware!

Over the years, eating high amounts of protein in order to build muscle has come in and out of style. Many people believe that a high protein diet is a healthy choice, but the fact is that too much protein is not healthy at all.

Most people's diets have enough protein. Only elderly women, strict vegetarians with an unbalanced diet, and people with eating disorders, are at risk for having too little protein. Protein can be found in foods such as meat, fish, nuts and seeds, milk products, tofu, eggs, dry beans, and peas. Even some grains, vegetables, and fruits have small amounts of protein.

The recommended amount of protein is about 10%-35% of your daily calories. Adult women need, on average, 46 grams of protein a day, while adult men need about 56 grams. A 3-ounce portion of meat has about 21 grams of protein, and 8 ounces of yogurt has about 11 grams. One cup of dry beans contains about 16 grams of protein.

Having too much protein in your diet can lead to the building up of poisonous chemicals called ketones that can harm the kidneys. Symptoms can include tiredness, headache, dizziness, and bad breath. This also puts more stress on the heart, and you could lose muscle mass and bone calcium. A healthy and balanced diet is by far the best choice for those who want to lose weight or improve athletic performance.



Protein shakes made from milk, soy, or eggs can supply high-quality protein to your diet, but they can be dangerous to your health. Relying too much on protein shakes can mean not getting enough other nutrients in your diet. Proteins from food can also provide you with the iron, calcium, heart-healthy fats and vitamin B-12 that may be missing in the shakes. If your protein shakes also are used for more energy, you may not eat fruits, vegetables and whole grains that have vitamins, minerals, and fiber. Protein shakes can also lead to an upset stomach and organ damage.

Making your own protein-rich shake is a much healthier way to get protein. You can blend together milk, yogurt, fruit and nut butters, such as peanut, almond or cashew butter. Use Greek yogurt or add powdered milk for an extra boost of protein. You can add oatmeal to your protein smoothie, or use frozen yogurt instead of regular yogurt.

In general, most people get more than enough protein from a good balanced diet. Extra protein is not needed. Protein powders and shakes are at the very least a waste of money, and at worst, can be harmful to your health.

This material was federally funded by USDA's Supplemental Nutrition Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



Did You Know ???

- **THROWING AN ALUMINUM CAN ON THE GROUND IS THE SAME AS POURING 6OZ OF GASOLINE ON THE GROUND.**
- **Americans use 4 million plastic bottles every hour, but only 25% of plastic bottles are recycled.**
- **Most bottles and jars that you use contain at least 25% recycled material.**



Vegetable Meatball Casserole

Meatballs:

3/4 cups
1/3 cup
8 ounces
2
1/4 cup
1/8 teaspoon
1 tablespoon

dried Italian bread crumbs
fat-free milk
lean ground beef
egg whites
onions, chopped
black pepper
olive oil



Vegetables:

3
1
1/2
1/2
2
1/8 teaspoon
1 1/2 cups

tomatoes, diced
green peppers, cut in narrow strips
medium onion, chopped
medium eggplant, cubed
zucchini squash, sliced
black pepper
water

1. Wash hands. Wash any fruits & vegetables.
2. Make meatballs: Begin by soaking bread crumbs in milk. Mix all ingredients together. Shape into 12 meatballs.
3. Cook in olive oil, in non-stick pan until brown. Set aside.
4. In 3 cups of water, bring tomatoes to a gentle boil. Add green peppers. Cook 10 minutes stirring occasionally.
5. Add onion, eggplant, zucchini squash, and black pepper. Cook slowly, stirring frequently for 20 minutes.
6. Add meatballs, stirring carefully. Cook 15 minutes longer. Serve hot with 2 meatballs per serving.

Serves 6.

Nutrient analysis per serving: calories, 210 ; Carbohydrate, 22gm; protein, 35gm; total fat; 4g; saturated fat, 1g; cholesterol, 25mg; fiber, 4g; sodium,