

Looking forward to the winter season!

From 10,000 Families Study <tenkfs@umn.edu>

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NEWSLETTER ISSUE #10

Dec 2024 - Feb 2025

Dear ,

As the holiday season approaches, many of us are gearing up for festive meals and cozy get-togethers. With all the excitement, it is easy to forget about staying healthy amid the hustle and bustle. At 10,000 Families, we want to help you enjoy the season without overindulging, so we are sharing some tips for navigating holiday meals while still savoring your favorite treats. Our article, [Healthy Holiday Eating](#), offers simple advice on portion control and balancing indulgence with nourishment.



This issue also includes some great ways to stay active, even when it is chilly outside. [5 Exciting Outdoor Winter Activities to Try in Minnesota](#) highlights winter experiences that make the cold months something to look forward to. Whether you enjoy snow sledding, ice skating, or just want to see the beauty during a winter hike, these activities are perfect for staying active and enjoying the Minnesota outdoors.

And don't forget to try our [Cheesy Egg Bake](#) recipe! It is a healthy dish, perfect for winter. You can serve it for

breakfast or dinner and has the potential to become a family favorite.

Please remember, if you have additional family members who would like to join the study, we welcome them. Please email us at tenkfs@umn.edu!

Content:

1. **Feature section** - [Healthy Holiday Eating](#)
2. **10KFS suggestion** - [5 Exciting Outdoor Winter Activities to Try in Minnesota.](#)
3. **Interactive activity** - [Cheesy Egg Bake recipe](#)
4. **Education** - [Learn about radon](#)

1) Featured section

Healthy Holiday Eating

Practical Tips for Healthy Eating During the Holidays



As the holiday season fills our calendars with festive feasts and sweet treats, it's easy to let healthy eating habits slip. In our latest article, nutrition expert Kelly Kunkel shares her top tips for enjoying holiday indulgences without compromising your health.

Click on [Healthy Holiday Eating](#) to read the full article!

2) 10KFS suggestion



5 Exciting Outdoor Winter Activities to Try in Minnesota

Don't let the cold win this winter!

Winter in Minnesota is the perfect time to embrace the great outdoors and stay active. Discover five outdoor activities that will keep you entertained this winter, from thrilling downhill skiing to cozy holiday markets. Step outside and enjoy all Minnesota has to offer!

Click on [5 Exciting Outdoor Winter Activities to Try in Minnesota](#) to learn more!

3) Interactive activity

Cheesy Egg Bake

Recipe



Hey foodies! We've got a delicious challenge for you! Try out our latest recipe—we'd love to see your culinary creations. Share your dish on social media, tag us, and use the hashtag #10KFShealthyRecipe to join the fun! Whether you're a beginner or a seasoned pro, we can't wait to see your dish! 📸 ✨

Recipe - [Cheesy Egg Bake](#)

**Solution to our past activity
(Newsletter #9):**

[Word search solution](#)

4) Education

Learn about RADON

Are you at risk?



ASL INTERPRETATION



Marc Katz, PhD, expert on radon from the Indoor Air Unit of the Minnesota Department of Health, will share important information about radon, testing, and mitigation.



Evento en español - [Concientización sobre riesgos de radón](#)



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