

featured

recipe

Cinnamon Baked Pears

Source: Food Hero  
Serving size: 1/2 pear  
Servings per recipe: 4

Ingredients

- 2 ripe pears
- 3 Tbsp chopped walnuts
- 2 tsp brown sugar
- 1/4 tsp cinnamon
- 1 Tbsp dried cranberries



Instructions

1. Pre-heat oven to 350 degrees.
2. Cut the pears in half lengthwise, and scoop out the seeds with a spoon.
3. Place pear halves in a baking dish. Fill centers with chopped walnuts and cranberries.
4. Sprinkle brown sugar and cinnamon over each.
5. Bake at 350 degrees for 25 to 35 minutes or until pears are soft. Serve warm.

Turn off the screens and get active this winter!



Photo credit: Primitive Pursuits, 4H at CCE-Tompkins

During the cold winter months, it can be challenging for kids to get the 60 minutes of active play they need every day. One way to help young people be active is to limit screen time. But how do you do this? Try these tips to get started:

- **Be a good role model** and limit your screen time to no more than two hours per day.
- **When you do spend time in front of the screen, do something active.** For example, challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during TV commercial breaks.
- **Offer alternatives to screen time,** such as getting a new hobby, learning a sport or playing outside! Check out your local Cooperative Extension 4-H program for other ideas.

Limiting screen time for your family will free up time for you to get active together. What are you waiting for? It's time to go out and play!

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How much screen time is healthy?

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