

Dear families,

We wish you a joyous holiday season filled with family, friends, good food, and many blessings! Look for more nutrition tips and recipes posts on our Facebook page this month and in the months to come: CDS D NutriPacks

Kathie Novak, MEd, RDN, Nutrition Ed. Coordinator

## Enjoy Happy Healthy Holidays



shutterstock · 158418332

### 1. **Enjoy 3 meals a day.**

Avoid skipping meals so you can eat more at a party. You will overeat at the next meal.

### 2. **Plate your food.**

Use a plate, a small plate see how much you're taking. Avoid eating straight from the bowl. Make your plate festive. Fill it with colorful veggies and fruits first.

### 3. **Think your drink!**

Choose water, water and more water to help limit empty calories from sweet drinks and alcohol. Drop a slice of citrus fruit, stalk of celery, or a cucumber slice in your water glass; make it fancy!

### 4. **Treat yourself to treats in moderation.**

Go ahead choose a cookie or 2, or a slice of pie, and enjoy it. Chew it slowly, taking small bites and really enjoy the flavor. Think about sharing a dessert and avoid seconds and thirds.

### 5. **Focus of family, friends and fellowship.**

Be sure to mingle, talk, and socialize with others. By talking more, you'll eat less. Consider joining in an activity with friends and family, like bowling, playing cards, or sightseeing.

### 6. **Move more.**

Daily exercise helps our bodies stay strong, our minds sharp, and our waistlines thin. Walk, run, ride a bike, go bowling, ice skate, or dance around the house.

## HOLIDAY FOOD SAFETY

### A Safe Holiday Safe = Clean Refrigerator, Freezer and Food storage areas



A clean refrigerator means less risk of food borne sickness and less wasted food.

- Keep your refrigerator at 34 - 40° F to prevent food from spoiling. Keep the freezer at 0° F. Hardware stores and dollar stores carry refrigerator thermometers.
- Store milk, cheese, yogurt, and other dairy foods in the coldest part of the refrigerator, not on the door. Keep them on the same shelf for easy access.
- Store raw meat on the lowest shelf and away from cooked foods.
- Label one shelf for leftover foods only. This makes it easy to eat these foods, use them in another dish, or freeze them within 4 days.
- Wipe up spills right away with soap and warm water.
- Throw away canned foods that are bulging, rusted, or dented.
- Store canned foods below 75° F.
- Wipe shelves with a disinfectant wipe, or diluted bleach solution

**DO NOT** eat raw cookie dough! Uncooked cookie dough can make you really sick!



**Remember:** Any foods with raw eggs in them should be cooked to at least 160° F, using a food thermometer.

<http://blogs.extension.iastate.edu/foodsavings/files/2013/01/How-to-organize-your-refrigerator.pdf>

## FEED YOUR FUNNY BONE

**Santa:** Knock, knock.

**Elf:** Who's there?

**Santa:** Olive.

**Elf:** Olive, who?

**Santa:** Olive the other reindeer.



*Boyslife.org Joke submitted by Joe R., Saint Charles, Mo*

### Answers to Word Scramble

Run	Roller skate
Bicycle	Lift weights
Jump rope	Walk
Dance	Ice skate
Swim	Trampoline

Be Active All Winter!



## Winter Word Scramble



Move more and be active to get fit and control food cravings. Fitness during the winter months can be challenging. Unscramble these words to find ways to be active this winter. Use the letters in the CIRCLE to create a special message.

UNR	○ _____	LERORL TEAKS	○ _____ ○ _____
CLEBICY	○ _____ ○ _____	FTLI SGTIEHW	○ _____ ○ _____ ○ _____
MUPJ OREP	_____ ○ _____	AKLW	○ _____ _____
NACDE	○ _____	CEI TAKES	○ _____ ○ _____ ○ _____
IMWS	_____ ○ _____	RAMTOLIPNE	○ _____ ○ _____



\_\_\_\_\_ V \_\_\_\_\_ !

## Recipe Connection

Remember wash your hands before preparing food.



### Peter Pumpkin Squares

Makes 48 bars

#### Ingredients:

- 16 ounce can pumpkin
- 1 ½ cups rolled oats
- 1 ½ cups brown sugar, packed
- 1 Tablespoon cinnamon
- 4 eggs
- 2 teaspoons baking powder
- ¾ cup vegetable oil
- 1 teaspoon baking soda
- 1 ½ cups flour

#### Directions:

1. In a mixing bowl stir together, pumpkin, brown sugar, eggs and oil until well mixed.
2. In another bowl, combine flour, oats cinnamon, baking powder and baking soda.
3. Combine flour mixture with pumpkin mixture and mix well.
4. Pour into greased 9 x 13 inch pan.
5. Bake at 350°F for 30 minutes.

<https://food.unl.edu/bakery#pumpkin>

### Chewy Oatmeal Bars

Makes 16 Bars

#### Ingredients:

- 2 ¼ cups quick oats or long-cooking oats
- ½ cup flour
- ½ teaspoon baking soda
- ½ teaspoon vanilla extract
- 5 tablespoons margarine, softened
- ¼ cup honey
- ¼ cup brown sugar
- 1 cup raisins or dried cranberries

#### Directions:

1. Preheat oven to 325 degrees.
2. Lightly coat an 8x8-inch pan with cooking spray.
3. In a large mixing bowl, combine all ingredients. Stir until well blended.
4. Press mixture into pan and bake 18 to 22 minutes or until golden brown.
5. Cool 10 minutes, then cut into bars. Let bars cool in pan before serving.

**Helpful Hints:** If your family does not like raisins, use any combination of dates, cranberries, sunflower seeds, chopped nuts. Tightly wrap the cut bars and send along in backpacks for a quick energy snack.

<http://www.kidsacookin.org/snacks/Chewy-Oatmeal-Bars.pdf>