

DECEMBER 2018

Have a Happy, Healthy Holiday Season

The holiday season is upon us!

We all hope for a healthy and happy season, but it can also be stressful.

Make this holiday break different with these suggestions for stress-free indoor activities, affordable outings, and healthy ingredient swaps. Enjoy the season!

Inexpensive Activities for the Whole Family

Visit the library. While the weather may be cooler, it's always perfectly toasty at the local library! Remember that – in addition to books – many libraries also offer movie rentals and audio recordings.

Great holiday hunt. Organize an indoor scavenger hunt! Give a special prize to each child when they finish, such as a healthy snack or reduced chores

Deck the halls! Encourage children to decorate for the holidays. Make an "arts and crafts" day out of it, with papercraft snowflakes or colorful holiday drawings of their own design.

Healthier Versions of Holiday Favorites

We're rethinking school meals to pack a nutritional punch, with tasty fresh fruit and vegetable swaps. Similarly, small changes to classic holiday recipes can really add up! Here are some easy ways to swap out high calorie ingredients with healthier versions.

- For a sweet holiday treat, sprinkle peeled, cored apples with cinnamon and sugar and bake in the oven until tender
- Substitute Greek yogurt for cream, oil or butter in traditional sides like mashed potatoes, soups, and sauces
- Lighten up your candied yams recipe by topping your sweet potatoes with a touch of maple syrup and chopped pecans instead of marshmallow cream

Holiday Giving and Receiving

One in eight people in the United States struggles with hunger! If this is you or someone you know, be sure to find and/or support your local food bank at feedingamerica.org. If you have a little extra, or need something extra, the food bank is a great community resource.



1. <https://www.feedingamerica.org/>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

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