

December 2022 Nutrition Newsletter & Food Service News

Happy December - We hope you are staying healthy and warm as we enter the cold winter months! December is a busy time filled with many exciting holiday festivities and celebrations, so remember to slow down and take time to enjoy all that this season has to offer. What do you look forward to most this time of the year?

This Month's Happenings

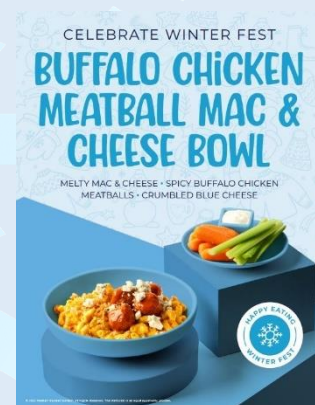
National Cookie Day is December 4th! Celebrate with us on Monday, December 5th by indulging in a yummy chocolate chip cookie offered with each school lunch.



A sweet holiday treat will be offered with all lunches on 12/21!

Celebrate Winter Fest with us all week long 12/12 – 12/16 and try a taste of this month's Limited Time Offer:

Buffalo Chicken Meatball Mac & Cheese Bowl.



What's Inside?

- ✚ Melty Mac & Cheese
- ✚ Spicy Buffalo Chicken Meatballs
- ✚ Crumbled Blue Cheese

Do the winter blues have you feeling down and less energized? It can be hard to stay motivated as the weather gets harsher and the sun sets earlier. Remember that it is still important to stay active even when it feels challenging and the lack of motivation sets in. Your body will thank you once you get yourself moving! Explore the list below to discover ways to get moving during these chilly winter days!

- ✚ Hit the slopes! Skiing and snowboarding are fantastic and ways to stay active during the winter. If you've never gone before, give it a try!
- ✚ Snowshoeing. Strap on a pair of snowshoes and get hiking! This can be a fun way to get outdoors and explore on foot in the snow.
- ✚ Get Grooving! Stay indoors and have a dance party – include your friends for even more fun.
- ✚ Get Involved. Join an indoor class such as karate, kick boxing, water aerobics, dancing, or gymnastics to stay warm indoors and remain active.



Celebrate National Cookie Day by baking your own cookies!



Try Out This Chewy Whole Wheat Oatmeal Cookies Recipe:

Ingredients:

- 1/2 cup plant-based butter such as Earth Balance
- 1/2 cup brown sugar or coconut sugar
- 1/2 cup white sugar
- 1 large egg
- 2 tsp vanilla extract
- 1/4 cup oat flour
- 1/2 tsp baking soda
- 1/2 tsp kosher salt
- 1/2 Tbsp corn starch
- 1/2 tsp cinnamon
- 1 1/2 cup old-fashioned oats
- 1/2 cup + 3 Tbsp white whole wheat flour



Directions:

1. Cream together the butter, brown sugar, and white sugar until light and fluffy (approx. 3-5 minutes). Add the egg and vanilla extract and blend until smooth. Add the oat flour, baking soda, salt, cornstarch, cinnamon, and old-fashioned oats to bowl and beat to combine. Add the flour and blend until fully incorporated. Cover the bowl in plastic wrap and refrigerate for one hour. The cookies will spread if not refrigerated.
2. Heat the oven to 350 degrees. Scoop out approximately 2 oz of dough and place no more than 9 on a sheet pan at a time (this recipe will make approximately 14 cookies). Refrigerate the cookies again for 10 minutes.
3. Bake for 10-12 minutes until lightly browned on the edges. You want the cookies to be slightly under baked so they remain soft, chewy, and tender. Allow to cool and enjoy!

Recipe from www.fyp365.com

SNOWMAN SEEK

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**SNOWMAN
SANTA
JINGLE**

**BELLS
SNOWBALL
STOCKING**

**COOKIES
MILK
REINDEER**

**RUDOLPH
FROSTY
DINNER**

**CHRISTMAS
HOLIDAY
FAMILY**

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