

Have a Healthy, Happy Holiday!

Make this holiday break different with these 10 tips for a healthier, happier holiday. Enjoy the season!

<p>1</p> <p>Offer healthy alternatives for some of the heavier classics.</p> 	<p>2</p> <p>Consider subbing unsweetened applesauce or mashed bananas for butter in your baking.</p> 	<p>3</p> <p>Choose leaner cuts of poultry, beef or pork</p> 	<p>4</p> <p>Keep up with your water intake and avoid sugary beverages.</p>	<p>5</p> <p>Make sure all food groups are represented.</p> 
<p>6</p> <p>Eat mindfully! Only eat when you're hungry, and stop when you're full.</p> 	<p>7</p> <p>Skip the stress! Focus on making memories.</p> 	<p>8</p> <p>Take a family walk after dinner.</p>	<p>9</p> <p>Get creative with your leftovers! Try soups or even omelets.</p>	<p>10</p> <p>Give back! Many local businesses provide ways to donate a meal during the holidays.</p> 

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.
- Use low-fat or non-fat Greek yogurt instead of cream, oil or butter in favorite dishes like mashed potatoes, cream soups or sauces.
- Try candied yams recipe with maple syrup and chopped pecans instead of marshmallow cream.

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.

National Cookie Day is December 4th!

Here's a fun way to celebrate with easy to make no bake cookies. They're great for busy mornings.

No Bake Breakfast Cookies

Ingredients:

- 1/2 cup honey (or light corn syrup)
- 1/2 cup non-fat dry milk (instant)
- 1/2 cup raisins (or chopped dates)
- 1/2 cup creamy peanut butter
- 2-1/2 cup crushed flaked cereal

Directions:

1. Heat honey and peanut butter in medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping tablespoons onto waxed paper to form mounds.
4. Cool to room temperature and store in refrigerator.



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.