



December 2011 Newsletter Items

Healthy Holiday Eating Tips – for Kids

1. Try to keep kids on the same eating time schedule – serve meals and snacks at the same time your family usually eats, throughout the holiday season. Kids will be less likely to fill up on sweet treats and refuse to eat meals if they have their regular meals and snacks.
2. Feed kids a meal or a substantial snack at home before going to a holiday gathering. That way you know they ate something healthy and you won't stress about the amount of cookies and snacks they are eating at the party.
3. Instead of the high sugar and fat holiday drinks served this season, make and serve a sparkling fruit punch. 100% juice and sparkling water mixed together with some frozen fruit floating on top makes a great holiday drink.
4. Make fruit and vegetable dips with low-fat or non-fat yogurt instead of sour cream.
5. Let your kids eat their treats. Go easy on yourself and your kids and enjoy the holiday desserts. Having a cookie or treat regularly during the holiday season will help you and your kids avoid binging on them all at once.

Healthy Eating & Physical Activity Tips

- Get outside time every day this winter – weather permitting. Choose the right amount of clothing, hats, scarves and mittens and you and your kids can have some fun outside and stay warm. Even if it is just for 15 or 20 minutes. Staying warm burns calories! Outside time also gives kids good appetites.
- After you buy groceries, immediately chop up vegetables and store them in the refrigerator. Cut up carrots, celery, broccoli or cauliflower into small pieces. You will be more apt to eat them.
- Make an outdoor chore more fun --- and active Shovel snow paths that lead to your home and build an igloo. Or take out the garbage and have a race around your house or apartment building.
- Make a list of your favorite healthy meals. Post it on your refrigerator. That way you don't have to flip through recipes and cookbooks.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.

Did you know...

- cherries are a member of the rose family.
- corn always has an even number of ears.
- honey is the only edible food for humans that will never go bad.
- orange does not rhyme with any other word.

Cranberry Oatmeal Cookies

Preheat oven to 350°F

Yield: 30

Cost per serving: \$0.07

1/2 cup	non-hydrogenated margarine	125 mL
1/2 cup	white granulated sugar	125 mL
1/2 cup	brown sugar, lightly packed	125 mL
1	egg	1
1 cup	whole-wheat flour	250 mL
1 cup	rolled oats	250 mL
1/4 cup	wheat germ	50 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1 cup	chopped cranberries, fresh or frozen	250 mL

1. In a large bowl, cream the margarine with the 2 sugars; beat in the egg.
2. In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda.
3. Add to the creamed mixture and mix well. Stir in the cranberries.
4. Drop by tablespoons onto the sheet pans. (Be sure to get 30 cookies from this recipe.)
5. Flatten slightly with a wet fork.
- 6.** Bake for about 12 minutes or until lightly golden.