



December 2015

Healthy Holiday Tips!

www.communitybridges.org

Wishing you a very happy Holiday Season and a peaceful and prosperous New Year.

Have a variety of healthy foods available for celebrations. Plates of fresh vegetables with dip, crackers, apple slices and or/ cheese are both attractive and tasty options. When making special dishes of traditional and favorite foods, try substituting low fat ingredients for their high fat counterpart.

Open up your mind to new tastes. When you try new foods you will be teaching the children to try new foods too! Holidays are a wonderful time to experience your family's traditional dishes and those prepared by people from other countries and cultures.

Leftovers can be a lifesaver. During the busy holiday season, you may not have time to cook healthy meals every night. However, when you are cooking, simply double the recipe and freeze half of the dish. Warming up leftovers will be a healthier choice than stopping at a fast food restaurant.

It only takes a few minutes to microwave vegetables. Don't let your busy schedule limit the number of servings of fruits and vegetables you eat each day. Keep as many fruits and vegetables on hand as you can eat while they are still fresh. Fresh and frozen vegetables can be cooked quickly and easily in the microwave with a little water. And remember, canned fruits and vegetables are better than no fruits and vegetables.

Delicious foods may be plentiful over the holidays. Keep normal portion sizes in mind and don't let sweets or treats take the place of healthy foods. Remind children to brush their teeth after eating sweets. Child care providers should have parents leave an extra toothbrush with them for this purpose.

A few moments of quiet time are important before meals to let children settle down so they are ready to eat. The hectic holiday schedule with more projects, outings and possibly less sleep may take a toll on even the youngest children. Tell a short story, have sharing time or play soft music to bring everyone together before meals.

You will enjoy the holidays more if you take some time for yourself. Taking care of children can be a stressful job and it may be more stressful if no one is taking care of you. Take some time to relax in a warm tub or watch a favorite movie. Children will respond to your happy, healthy attitude, making everyone's holiday more enjoyable

Source: CCFP Roundtable Nutrition Ed #43

Program Reminders/ Updates

Closures for CACFP:

- Our office will be closed to the public 12/21/15-1/3/16. Please note we will still be conducting visits during those dates. If you plan on being closed you must notify your consultant.

Claiming Holidays:

- Are you going away? The busy holiday season and family events may take you out of the house. If you will be gone from your home during your normal business hours, remember to call/email your program consultant and let us know in advance.

Are you claiming holidays? If you plan to claim on any Federal Holiday please send us a note with the days you plan to operate. (Upcoming Federal Holidays CACFP Reimburses: 1/18/16, 2/15/16, 5/30/16, 9/5/16)

Remember, if we come to visit you on a holiday that you have stated you would claim and you are closed without notifying us in advance, you will no longer be able to claim holidays.



Menu Ideas – Meatless Mondays

Breakfast

Oatmeal w. cinnamon	WW Toast	WW English Muffin	Corn Chex	HM Pumkin Muffin
Apple slices	Avocado	Mandarin orange	Blueberries	Banana
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Egg Quiche	Shredded Beef	Baked chicken	Fish tacos	Teriyaki Chicken
WW Roll	Ravioli	Polenta/Cornmeal Enr.	WW Tortilla	Quinoa
Broccoli	Carrots	Roasted Squash	Corn salad	Steamed green beans
Fruit cup	Baked Potato	Pears	Avocado	Mandarin orange
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Graham crackers	Hummus	Yogurt	PB Toast	Hard boiled egg
Pears	Carrots & broccoli	Apple slices	Banana slices	Grapes

** Broccoli, Mushroom and Cheddar Quiche **

Ingredients:

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|------------------------------------|---------------------------|
| 1 Baked pie crust | 6 Eggs |
| 1 ¼ Cup shredded Cheddar Cheese | ¼ Cup of heavy cream |
| ½ Cup 1% milk | ½ Teaspoon salt |
| ½ Teaspoon pepper | 1 Cup of Carrots |
| 1 Cup of broccoli cut into florets | ½ Cup of sliced mushrooms |



Instructions:



- Preheat the oven to 350 degrees.
- In a large bowl whisk together the eggs, cream, milk, salt, pepper and 1 cup of the cheddar cheese.
- Arrange the florets of broccoli and mushroom slices in the pie crust and pour the egg mixture over it. Top the dish the remaining ¼ cup of cheese.
- Transfer the dish to the oven and bake for 45-55 minutes until the center is puffed and the crust is lightly golden brown.
- Allow the quiche to cool then serve warm or at room temperature.

Yield: 1 nine inch quiche serves 6, 3-5 year old for lunch/dinner.

Serving Size: Meets requirement for **protein/meat alternate, and 1 vegetable/fruit** at lunch/dinner.

Source: PBS.com/food

Activity Corner –

Measuring the House



About – This activity is a simple way to entertain your kids on a raining or cold day.

How To – What you'll need:

- A “Measure the House” check list.

You can find one online or create your own with simple house hold objects e.g. a toothbrush, the sofa, your favorite toy.

- A ruler or piece of yarn



Using the check list have the kids explore the house and find the items and record their measurements. They can use a ruler or piece of yarn to record each measurement. To make this activity physically beneficial create a scavenger-hunt check list so your kids have to move around the house to find they objects they need to measure.

Benefits – This activity helps a child’s math skills.

Source: Momtastic.com

Measure the House

Object	Measurement
A toothbrush	
The kitchen table	
A spoon	
A key	

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