

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



Family Traditions

December 2015



Holidays are a great time to get together with family and friends. It is fun to share memories and family stories. It is also a good time to create new memories. Children love to get together with their grandparents, aunts, uncles and cousins.

Holidays usually include meals of favorite family dishes. Talk to your child about these traditional foods. What are they made of? Who usually makes the food? What are your memories of eating these family foods? Serving traditional family foods gives your child a sense of family and love.

Some children will eat better at family gatherings and some will eat worse. They may be too excited to think about eating. It can be very frustrating if your child does not want to eat and your family wants to force your child to eat.

Avoid Mealtime Pressures:

- Let your child choose what he/she wants to eat. Do not worry if she does not want to eat the fruit salad or the casserole. There will be other healthy meals later.
- Encourage your child to taste new foods. Talk about what is in dishes.
- Serve small amounts of food on your child's plate. He can always ask for more.
- Never force a child to eat food. This is too much pressure for a small child in front of large groups.
- Let your child decide how much food he/she will eat. Never make a child clean his plate.

Holiday Baking

Healthy eating during the holidays can be difficult. Many families have traditional sweets that they love to bake and eat. These sweets can be high in fat or calories. It is important to continue these traditional foods. All foods can be part of a healthy diet. Make healthy choices when baking for the holidays.



- **Bake less.** Bake smaller batches of your traditional sweets. Make single batches of cookies and candy. Avoid the temptation to double or triple recipes.
- **Bake less variety.** If you usually bake 8 different types of cookies and candy, choose your family's favorite 3 or 4. We usually eat more when there is a large variety because we *"have to taste them all."* You will save time and money by baking less. Your family will save their health by eating less.
- **Make smaller cookies.** Cut candy into small pieces. Your sweets will go further and you will eat less.
- **Freeze sweets before the holidays.** They will be out of sight and less tempting to eat.
- **Give away sweets.** Your homemade cookies and candies will make great gifts for family, friends and neighbors.



INSTANT COCOA MIX

3 cups nonfat dry milk 1/8 tsp salt
1/2 cup sugar (optional)
1/3 cup unsweetened cocoa



Mix the milk, sugar, cocoa and salt together. Place in tightly covered container and store in a cool place.

TO MAKE 1 CUP HOT CHOCOLATE:

Shake or stir cocoa mix before using. Measure 1/3 cup instant cocoa mix into a mug or coffee cup. Fill cup with hot water and stir.

Serving size 1 cup: cal 171; fat 0g; sod 201mg; carb 28g

SPICY HOT APPLE CIDER

6-8 cups apple cider 1 two-inch
1/4 cup orange, stick of
lemon, or lime slices cinnamon
with peel or any 4-6 cloves
combination of the 3



Heat on the stove or in slow cooker. Serve with fruit slices in mugs.

Serving size 1 cup: cal 118; fat .3g; sod 7mg; carb 29g

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