



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2013

Holiday Traditions

*"The children were all nestled snug in their beds
while visions of sugarplums danced in their heads."*

Holidays bring candy, cookies, and other sweets. What is a parent to do?
You want your children to eat healthy and you want them to enjoy
your family's holiday traditions.

Help your family eat healthy during the holidays:

- ☺ **Don't skip meals.** You and your child may eat large amounts of sweets, if meals are missed.
- ☺ **Try to open presents before eating.** Small children often find it hard to eat when waiting for presents.
- ☺ **Don't expect perfect behavior when eating holiday meals.** There is too much excitement! Relax and have fun.
- ☺ **Limit the variety of sweets.** If there is large variety of sweets, you and your child will be tempted to eat more. You will want to try them all!
- ☺ **Bake sweets with added nutrition.** Use peanut butter, oatmeal, cereals, and raisins when baking.
- ☺ **Enjoy sweets in moderation.** Your child learns by watching how you and other adults eat and enjoy sweets. Eat a small amount of sweets.



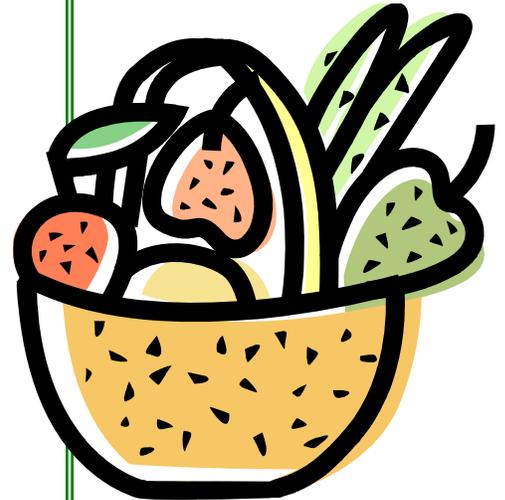
Don't reward your child for eating his meal with sweets or candy.

Take time to enjoy family meals during the holiday season.

Holiday Treats

Enjoy the season!

- ♥ A scoop of raspberry sherbet and lime sherbet in a bowl.
- ♥ Strawberry-flavored yogurt topped with chopped kiwi.
- ♥ Cup of hot cocoa sprinkled with crushed peppermint candy.
- ♥ Dish of strawberry slices and kiwi slices served with a scoop of cottage cheese.
- ♥ Bowl of watermelon and honeydew chunks.



Snowman Sandwich

Use 3 different sizes of water glasses to cut out round shapes for your snowman.

Bread slices

American cheese slices

Ham slices

Light mayonnaise or mustard

1. Cut out round shapes from bread and cheese slices.
2. Put sandwich together with bread, cheese, and ham.
3. Decorate with soft pieces of olives, cooked carrots, green peas, or pickles.

Winter Fun

- **Enjoy snow if you have it nearby.** Grab a sled and go sliding together.
- **Have a snowman building contest.** See who can build the funniest snowman, snow puppy, snow bear, or other animal.
- **Play in the snow.** Put on coats, mittens, and hats. Go outside. Build snow forts. Make paths through the snow.
- **Make a play room.** Clear out an area in the basement, garage, or extra room. Children can jump rope, roller skate, ride tricycles, pull a wagon, and play with soft balls.
- **Look for fun activities.** Look for indoor pools, ice rinks, roller skating rinks, soccer fields, and play areas.
- **Take a winter walk.** Walk together by the beach, in the park, or in the zoo. Talk about how animals live in the winter.
- **Build a Play House.** Get some large boxes, blankets and pillows. Let children build a "play house". Children love to crawl and tumble around.
- **Dance.** Turn on the music and dance with your children!



What Can You Do?

- Play with my child this winter.
- Make healthy food choices with my family during the Holiday Season.
- Make a Snowman Sandwich with my child.
- Other: _____





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