



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2014

Homemade Gifts

The holidays are a time for sharing.

Small children are often thinking about what gifts they will receive during the holiday season. Children also need to feel the joy of giving gifts to others.

Help your child learn the true meaning of the holidays.

Make gifts for family and friends. Deliver the gifts to their homes. Share the joy of the holiday season.

- ❄️ **Fruit Bowl** - Fill a colorful bowl with apples, oranges, grapefruit, tangerines, bananas, pineapple, kiwi, canned fruits, and dried fruits.
- ❄️ **Healthy Snack Jar** - Fill a clear, covered container with a healthy snack mix. Try the Honey Nut Granola. Write the recipe on a card. Tie the recipe card to the top of the container.
- ❄️ **Holiday Nut Jar** - Fill a glass jar with pistachios, cashews, or peanuts. Tie a festive ribbon on the jar.
- ❄️ **Popcorn Bowl** - Fill a large popcorn bowl with low-fat popcorn packets and seasonings. Tie on a large bow and give!
- ❄️ **Picnic Basket** - Fill a picnic basket for friends with small children. Include a colorful tablecloth, plastic containers for picnic foods, plastic plates, and silverware.



- ❄️ **Family Cookbook** - Create a cookbook with your children. Write your favorite recipes in a journal. Let your children draw and color on some of the pages. Grandparents, aunts, and uncles love homemade gifts from children!
- ❄️ **Holiday Food Stocking** - Fill a Christmas stocking with some of your favorite foods—canned sauces, soups, pasta dishes, noodles, and more.
- ❄️ **Red Oven Mitt** - Stuff a red oven mitt with popular kitchen utensils - wooden spoons, vegetable peeler, small grater, whisks, and spatulas.
- ❄️ **Red Gloves** - Fill a pair of red gloves with finger nail polish, nail files, hand lotion, and wipes.
- ❄️ **Snuggle Blanket** - Tie a large bow around a soft blanket. Add a tag with your favorite saying such as, "Snuggle Up!"
- ❄️ **Family Mixing Bowl** - Fill a large mixing bowl with homemade muffins or bread, a wooden spoon, measuring cups and spoons, and pretty kitchen towels. Include some of your favorite recipes. Families with small children will create many happy memories with their mixing bowl!
- ❄️ **Homemade Gift Bags** - Turn plain brown lunch bags into pretty gift bags. Let your children draw holiday designs on the bags with crayons, markers, stencils or paint. Fill the bags with special treats packed in plastic bags —homemade cookies, seasoned popcorn, snack mixes, or flavored pretzels. Tie a colorful ribbon on the bags and deliver!
- ❄️ **Bird Treats** - Coat a large pinecone with peanut butter and roll in birdseed. Tie a string on the pinecone to hang in a tree. Wrap pinecone in plastic wrap and put into a homemade gift bag. Give to parents and grandparents! Feed the birds during the winter!
- ❄️ **Puppy Treats** - Don't forget a family pet! Fill a container with puppy treats. Create a colorful label for the container such as, "Buddy's Treats".



Honey Nut Granola

Delicious snack for holiday gifts!

6 cups container old fashioned oats

2 cups sliced almonds

2 cups sweet flaked coconut

$\frac{1}{2}$ cup margarine

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup honey

1 tablespoon vanilla

2 teaspoons ground cinnamon

1 cup raisins



1. Mix oats, almonds, and coconut together in a large bowl. Pour onto a large baking sheet.
2. Melt margarine. Combine margarine, sugar, honey, vanilla and cinnamon together in a medium bowl until smooth. Pour over oat mixture. Stir with a fork to coat.
3. Bake in a 350° oven for 50 minutes. Stir every 10 minutes until granola is light brown. Remove from oven and cool for 1 hour.
4. Stir in raisins. Store in an airtight container.



What Can You Do?

- Make holiday gifts for family and friends, with my children.
- Bake the Honey Nut Granola.
- Let my child deliver holiday gifts to family and friends.
- Other: _____

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KidFood is published 12 times a year.
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