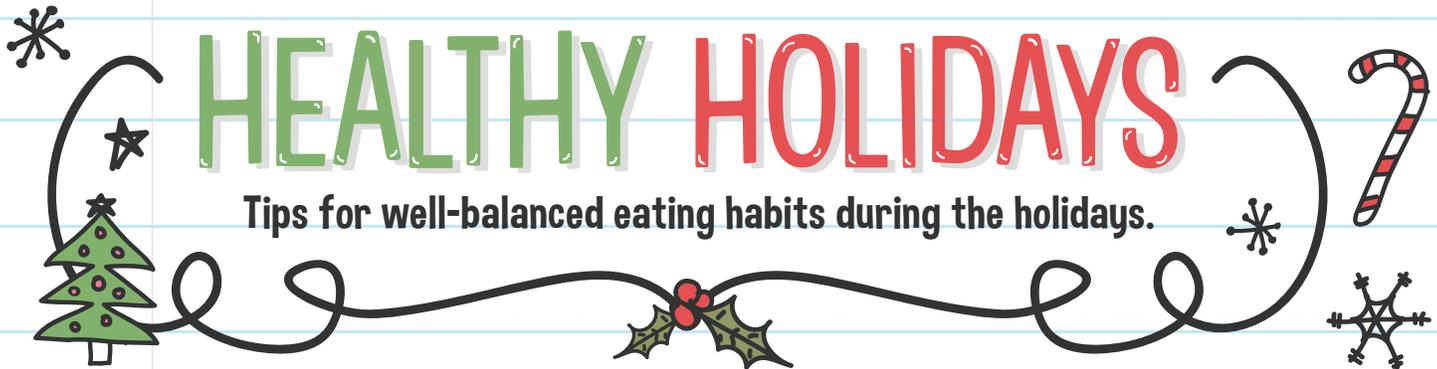


# HEALTHY HOLIDAYS

Tips for well-balanced eating habits during the holidays.



**W**ith the holidays come extra servings of sweets and snacks. Classroom parties, visiting relatives, and even at-home traditions make it difficult to resist tasty holiday temptations. Sticking to healthy snacking as a family can help maintain a balanced diet during these times. Go easy on the snacks with added sugars. Raw vegetables, fruits, string cheese, and yogurt increase your intake of fiber, vitamins and minerals, without loading up on calories. Keeping these options on-hand make it much easier to offer a nutritious snack when in a hurry versus grabbing for that plate of cookies on the counter. Making your holidays healthier doesn't mean skipping out on all your favorite treats. Just make sure to enjoy them in moderation, and use these tips to enjoy a more nutritious and delicious holiday season.



### TIME SNACKS CAREFULLY

Space snacks evenly before a meal. This way, your child will be satisfied until dinner time.



### OFFER CHOICES

For picky eaters, offer several options such as string cheese or strawberries.



### SKIP SOFT DRINKS

Offer water, low-fat milk, 100 percent juice, or half juice combined with half water as a substitute for soda and other sugar-filled drinks.

## Try our easy-to-make snack recipe as a family:



### ROASTED CHICKPEAS

Makes 10-12 (½ C Servings)

2 – 15oz Cans Chickpeas (Garbanzo Beans)  
2 tsp Canola or Vegetable Oil  
1 Tbl Dijon Mustard  
1+½ Tbl Dry Ranch Dressing/Seasoning Mix  
Cooking Spray (e.g. Pam nonstick spray - unflavored)

1. Drain & rinse chickpeas.
2. In a mixing bowl add vegetable oil and mustard & whisk to combine.
3. Add chickpeas to bowl and toss well to lightly coat.
4. Bake at 350°F on a large sheet tray for approximately 1-2 hours. Stir and toss chickpeas and turn pan every 15 minutes to brown and dehydrate evenly. Chickpeas should be a golden brown and crunchy when completed.
5. Once fully cooked, remove from oven, spray chickpeas with cooking spray (to help seasonings stick) and sprinkle with dry ranch mix ...stirring with a spatula.
6. Let cool prior to storing or portioning. Hold in a sealed airtight container at room temperature for up to 7 days.

*NOTE:* If at any time within the 7 day period, chickpeas soften and lose their crunchiness, they can be returned to the oven to heat & re-crisp.

C S M F S N O W  
 O C B R C S M H  
 A A Q O O B V K  
 T R E S L F E I  
 W F O T D Q S Z  
 L W K Y Q I C E  
 V Q W I G L O O  
 H W I N T E R N

WINTER WORD SEARCH

Find the words in the snow globe:

- COAT
- COLD
- FROST
- ICE
- IGLOO
- SCARF
- SNOW
- WINTER

Connect the Dots

Start at number 1 and connect the dots to watch Frosty ice skate!



N W I N T E R N  
 H O I G L O O  
 L M K A D I C E  
 T R E S L F E I  
 V A O O B V K  
 C M F S N O W