



**Holiday**

**Fun Facts**

### It's The Most Wonderful Time of The Year!

Don't let the rush of holiday activity replace physical activity and good nutrition too! Try these simple ideas!



- Get kids to help plan and prepare holiday meals. Tell them about family traditions, including recipes.
- Arrange broccoli florets in a menorah, wreath or Christmas tree shape – garnish with baby carrots (candles) or tomatoes (holly or ornaments). Serve with yogurt dip.
- Stock your kitchen with staples for five or six easy, nutritious meals.
- Add leftover vegetables and pasta to tomato soup for a heartier version – serve with a sprinkle of grated cheese on top.
- Fill holiday stockings with jump ropes, foam balls, fun gym socks or other items that encourage physical activity.
- Balance extra holiday calories with regular exercise.
- Take a family walk between the holiday dinner and dessert.
- Put an extra spring in your step as you dash through the mall – power walk!

### Sit & Surf, Then Get Up and Go!

Check out these Web sites for great holiday recipes plus nutrition and fitness tips!

- [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)
- [www.presidentschallenge.org](http://www.presidentschallenge.org)
- [www.3aday.org](http://www.3aday.org)



### Eggnog Bread Pudding

The rich flavor of eggnog adds holiday cheer to this traditional dessert.

- 2 cups light eggnog
- 1 cup sugar
- 2 eggs
- 1 teaspoon nutmeg
- 1 teaspoon vanilla extract
- 8 slices raisin bread, cubed



Preheat oven to 350°. Combine eggnog, sugar, eggs, nutmeg and vanilla in a large bowl. Fold in bread cubes and pour into a greased 2 quart baking dish. Bake for 40 to 45 minutes or until a knife inserted comes out clean. Serve warm, topped with whipped cream or a little milk. Makes 8 servings.

Source: Hood Eggnog Recipes

### Nutrition Bookshelf - Holiday Edition

#### *Too Many Tamales* by Gary Soto

Portraying Latino holiday traditions, this heart-warming book tells the story of a mother and a daughter making tamales for Christmas dinner. Something goes awry and hilarity ensues.



#### *The Borrowed Hanukkah Latkes*

by Linda Glaser and Nancy Cote (Illustrator).

For years, Rachel's family has invited Mrs. Greenberg to Hanukkah dinner but she refuses. Find out how a stubborn girl gets a stubborn Mrs. Greenberg to dinner!

Check out the Nutrition Bookshelf at [www.NutritionExplorations.org](http://www.NutritionExplorations.org) for more titles!

### Gift Ideas!

Need gift ideas? When it comes to food gifts, nearly one in five Americans say they prefer to receive cheese more than any other food!

