

December

Fun Facts

10 Tips for 'Stepping More' During the Holidays

Jam-packed schedules, holiday baking, parties and entertaining. They can easily add up too many calories, too little physical activity and extra pounds. Try these 10 tips to add extra daily steps and help keep your waistline trim this season:

1. Wear a pedometer to see how many steps you get in an average day. Gradually build up to 10,000 a day.
2. March in place while watching the news or your favorite television show.
3. Circle around the block when you go outside to get the mail.
4. Tour the mall or walk the supermarket perimeter before shopping.
5. Walk to friends' houses to deliver holiday goodies instead of driving.
6. Take neighborhood walks to check out new decorations.
7. Take the stairs instead of the elevator or escalator whenever you can.
8. Park at the far reaches of the mall or grocery store parking lot.
9. Decompress with a five-minute walk between holiday activities.
10. Designate 10 minutes of your lunch break for a walk, whether at home or at work.

Food Safety Reminder...

Avoid the temptation to eat raw cookie dough. Most contains raw eggs, which can carry salmonella bacteria that is not killed until the cookies are baked.

Caramel Hot Cocoa



Help your kids get their 3-A-Day™ of Dairy during the cold winter months with hot milk drinks like this one.

- 1 1/4 cups cold low-fat milk
- 1 tablespoon caramel syrup
- 1 tablespoon unsweetened cocoa powder

Pour the milk into a deep, microwave-safe bowl. Microwave for 1-2 minutes until scalded, but not boiling. Stir in the caramel syrup and cocoa powder. Froth with a hand mixer if desired. Pour into a large mug and serve immediately.

For more recipes, visit
www.NutritionExplorations.org>Parents>Healthy Kitchen.

Source: Mid-Atlantic Dairy Association

Kids' Corner Holidays in the Kitchen



From traditional breads to family celebrations, the holidays almost always mean special foods and recipes. It's a perfect time to talk about family food traditions, create new family traditions of your own, cook together and talk about healthy eating. Try these simple tips:

- Choose new recipes together; browse cookbooks or search the Web.
- Let kids make up shopping lists and help shop for recipe ingredients.
- Teach kids to spot nutritious ingredients, such as yogurt, low-fat milk, and brightly colored fruits and vegetables. Teach them that these foods help them grow and stay healthy.
- Most importantly, preplan and schedule this special time, just like you would anything else when you are extremely busy!

Find more Cooking with Kids tips at
www.NutritionExplorations.org>Parents>Healthy Kitchen.