



A Nutrition Resource

# MAKE HOLIDAY TIME

## FAMILY TIME

Food and family fun are an important and positive part of celebrations and holidays. Sharing a meal, time with loved ones, or a homemade gift is a way to share the joy and love of the holiday spirit.

### Old and new holiday traditions

- 1) Light a nightly holiday candle.
- 2) Read a holiday book to your children every night.
- 3) Listen to holiday music at meal times.
- 4) Make holiday crafts with your children.
- 5) Sing carols with family and friends.
- 6) Do family activities such as sledding, walking, or playing games.
- 7) Make gifts from your kitchen - quick breads or ornaments.
- 8) String popcorn or make paper chains to decorate your home.

### Low-cost gift ideas

**FRUIT BASKET:** Choose a few apples and oranges and arrange in a basket or decorated paper bag.

**HOMEMADE BREAD:** Make a loaf of yeast bread or rolls from scratch or frozen bread dough and share while they are warm.

**HOMEMADE GIFT CERTIFICATE:** Make gift certificates on old Christmas cards or with paper and stickers. List what you will do for that person; for example, give a free hug, wash the dishes, babysit for one hour, make a cup of hot cocoa, etc.

**PLAY DOUGH:** Make play dough, place in plastic bag, and decorate the bag with stickers or ribbon.

### Make your own play dough

- 1 cup flour
- 1 cup water
- 1 Tablespoon vegetable oil
- 2 Tablespoons cream of tartar
- ¼ cup salt
- Food coloring or flavored drink powder

Stir all ingredients together and cook over medium heat until thick. Keep in a plastic bag or wrap and put in refrigerator.

### Bake your own ornaments

- 2 cups flour
  - 1 cup salt
  - 1 cup water
- 1) Combine flour and salt in a large bowl. Add water, a little at a time, mixing as you pour.
  - 2) Form into a ball and knead 7 to 10 minutes until dough is smooth.
  - 3) Shape into ornaments. Remember to put a hole in the ornament for hanging. A straw works well to make the hole!
  - 4) Bake at 325°F for 30 minutes or until dry. Dough can be made ahead and kept in a plastic bag in the refrigerator for up to 5 days.
  - 5) Decorate, if you wish, with paint, glitter, or craft products.

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## Tortilla Snowflakes

**Yield: 2 Servings**

**Serving Size: 1 Tortilla**

2 8-inch whole wheat tortillas

Cooking spray

2 teaspoons sugar

½ teaspoon cinnamon (optional)

Low-fat or nonfat yogurt (optional)

- 1) Preheat oven to 400° F.
- 2) Warm tortillas in microwave until soft and pliable.
- 3) Fold into quarters. Use kitchen scissors to cut out shapes. Unfold.
- 4) Place tortillas on foil-lined baking sheet and spray with cooking spray (1 second spray per tortilla). Mix sugar and cinnamon (if using cinnamon). Sprinkle with sugar (or cinnamon sugar).
- 5) Bake 5 minutes or until golden brown around the edges.
- 6) Cool until easy to handle. Eat plain or dip in yogurt.

| Nutrition Facts               |                         |
|-------------------------------|-------------------------|
| 2 servings per container      |                         |
| <b>Serving size</b>           | <b>1 tortilla (49g)</b> |
| Amount per serving            |                         |
| <b>Calories</b>               | <b>130</b>              |
| % Daily Value*                |                         |
| <b>Total Fat</b> 3.5g         | <b>4%</b>               |
| Saturated Fat 1g              | <b>5%</b>               |
| Trans Fat 0g                  |                         |
| <b>Cholesterol</b> 0mg        | <b>0%</b>               |
| <b>Sodium</b> 270mg           | <b>12%</b>              |
| <b>Total Carbohydrate</b> 22g | <b>8%</b>               |
| Dietary Fiber 0g              | <b>0%</b>               |
| Total Sugars 3g               |                         |
| Includes 3g Added Sugars      | <b>6%</b>               |
| <b>Protein</b> 4g             |                         |
| Vitamin D --mcg               | --%                     |
| Calcium 80mg                  | 6%                      |
| Iron 1mg                      | 6%                      |
| Potassium --mg                | --%                     |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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