



Healthy Holiday Hacks

- * Build in at least 15 minutes of alone time with no distractions.
- * Simplify! Use paper plates instead of using the fancy China; buy the rolls & cookies instead of making them from scratch.
- * Don't abandon healthy habits; continue to exercise and get adequate rest.
- * Stay hydrated! Drink half your weight in ounces each day, and drink a glass of water before the meal to curb your appetite.
- * Limit alcohol—the empty calories are dehydrating and lowers your ability to say no to overeating.
- * Scan the buffet, fill half the plate with fruits and vegetables and leave 100 calories off your plate (skip the roll or potatoes).
- * Make casseroles, and soups, and freeze for a quick meal on a busy night.
- * Freeze sugar cookies ahead of time and save the decorating for later.
- * Set realistic goals. Don't add extra stress by trying to lose weight over the holidays. Aim to maintain.
- * Wash your hands frequently.

Source: Cheri Burcham and Mary Liz Wright
Family and Consumer Science Educators



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Breakroom Buzz

Unusual Holiday Treats

Figgy Pudding: Made up of dried figs, bread crumbs, spices, rum and brandy. Closer consistency to a fruit cake than a pudding.

Sugar Plums: Small hard shell candy such as Jordan Almonds covered in nuts, fruit, and spices.

Mincemeat: May or may not contain meat. Contains finely chopped raisins, apples, cinnamon, nutmeg, and brandy or rum.

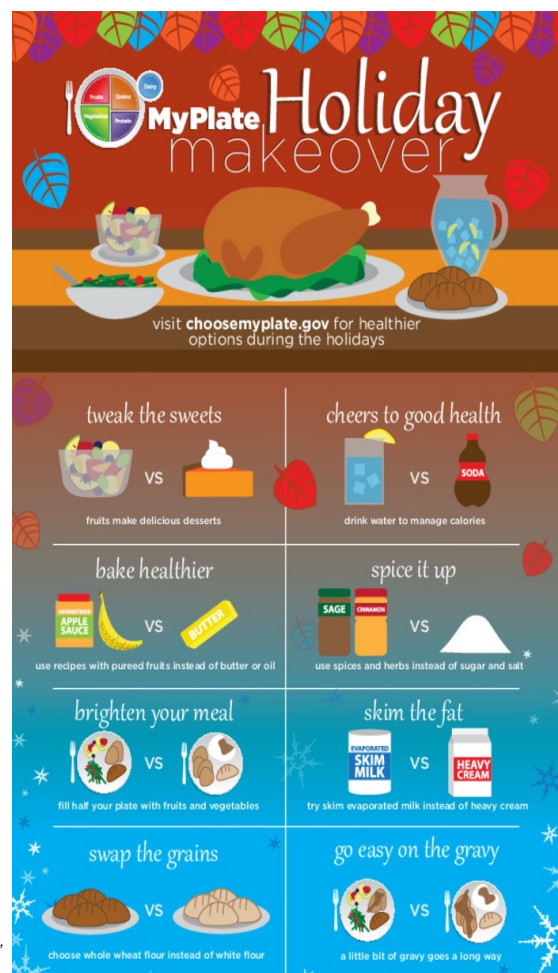
Mary Liz Wright, Nutrition & Wellness Educator

Cranberry Orange Cream Cheese Spread

- 1 (8-oz) block reduced-fat cream cheese
- 1 cup fresh cranberries
- 1 tsp orange zest
- 2 Tbsp honey

Wash hands with soap and water, mix and enjoy on crackers or sandwiches.

Nutritional analysis per serving: 60 calories, 4g fat, 85mg sodium, 5g carbohydrate, 0g fiber, 1g protein



SOURCE: USDA

I Didn't Know That!

Making the Holidays Memorable and Meaningful!

Holidays can be busy and stressful so this is an opportunity to focus on the meaning of everything during the holiday season. Here are a few tips from the Illinois Early Learning Project (IELP):

- * Strengthen family ties - Plan times to be together as a family. Choose a game night, a pizza and movie night, or a night for reading stories aloud.
- * Encourage gifts from the heart - Volunteer at an organization that works with people in your community who have limited resources.
- * Create a peaceful home atmosphere - Reduce the noise and clutter of the season. Reduce noise and distractions by turning off the television, electronic games, and phone apps.
- * Remember family rituals or traditions - Participate in or start traditions that all family members can enjoy.
- * Resist buying more - Advertisers hope to convince you that a perfect family holiday means buying more.
- * Focus on people, not things - A good rule of thumb during the holiday season is to spend half the usual amount of money but twice the usual amount of time with your children and loved ones.

Source: The Illinois Early Learning Project at illinoisearlylearning.org/blogs/disabilities/celebrations/
University of Illinois Extension Family Files Blog at extension.illinois.edu/blogs/family-files/2021-11-22-making-holidays-memorable-and-meaningful/ by Cheri Burcham, Family Life Educator. Adapted by Tessa Hobbs-Curley, Family Life Educator.