

# University of Illinois Extension: Family and Consumer Sciences

# Breakroom Buzz

## Hidden Holiday Food Allergens



**Self-Basting Turkey:**  
Soy, Wheat, Dairy

**Pies & Cookies:**  
Wheat, Nuts,  
Dairy, Eggs



**Casseroles:** Dairy,  
Wheat, Eggs, Nuts

**Salad Dressing & Sauces:** Fish,  
Shellfish, Eggs, Dairy



## Tips to Avoid Food Allergen Concerns

- \* Tell the host about food allergies in advance
- \* Bring your own allergen free dish
- \* Label dishes that contain food allergens
- \* Ask for menu input ahead of time or show guests with allergies the recipes
- \* Wash hands frequently and keep a clean kitchen to prevent cross-contact

## Holiday Eating Tips

The average American gains 1-2 lbs. during the holiday season. Here are a few tips to avoid those extra pounds over the holiday season.

- \* Heading to a Holiday Party? Don't go hungry. If you eat a healthy snack prior to the party, you will be less likely to overeat.
- \* When going through the buffet line, fill half the plate with fruits and vegetables! Look for a smaller plate, this can help control portion sizes.
- \* Set realistic goals. Don't add an extra stress by trying to lose weight over the holidays. Aim to maintain.

## Caprese Salad Kabobs



- 24 grape tomatoes
- 2 Tbsp. olive oil
- 12 cherry-size fresh mozzarella cheese balls
- 2 tsp. balsamic vinegar
- 12 wooden skewers
- 24 fresh basil

Wash hands with soap and water. On each wooden skewer, thread a tomato, basil leaf, cheese ball, basil leaf and finish with another tomato. Place skewers on a serving plate. In a small bowl, whisk the olive oil and the vinegar; drizzle over kabobs just before serving.

*Nutritional analysis per serving:*  
45 Calories, 4 g fat, 5 mg cholesterol,  
12 mg sodium, 2 g carbohydrate,  
1 g protein

## I Didn't Know That!

### HACK!

**A HACK is a creative solution to a problem or challenge.** This type of hack isn't the kind where you use a computer to gain unauthorized access to data in a system. Or the hack where you are cutting off something. A helpful hack to explore different solutions to a problem or challenge. Winter is upon us, so let us examine a few ideas to help us be more prepared.

**Don't let the winter blues get you down; apply a few of these hacks:**

- Rice- If your boots or shoes get wet, place a pair of socks with rice inside your shoe to absorb moisture.
- Coffee ground- When shoveling snow and ice, add a few coffee grounds to your shovel to help melt the ice and add more traction.
- Prepare your car for a storm- Lift or fold your wiper blades off your windshield before a snowstorm to keep snow from sticking to them.
- Cooking spray- Use cooking spray on shovels and ice scrapers to help avoid the snow from sticking to your tools.
- Walk like a penguin- Keep your body's center of gravity over your front leg while walking on ice. Walking this way on ice forces each leg to support the body's weight at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

Winter is just one-time to use a Hack. Contact your local extension office to learn more about the U of I Extension Family Life team's one-hour program, "Happy Hacks for more Positivity & Improved Well-Being."

Source: <https://www.farmersalmanac.com/winter-tips-2-29953>. Adapted by Tessa Hobbs-Curley, University of Illinois Extension, Family Life Educator

Source: University of Colorado, 2022



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