

It's Holiday Time! Planning Healthy Celebrations



Tips for a Healthy Celebration

The holiday season is all about family, fun and food! Getting your family to eat heart-healthy, especially during the holidays, takes effort. Here are some simple ways you and your family can eat healthy:

- **Choose wisely**, even with healthier foods. Ingredients and nutrient content can vary by brand and preparation.
- **Compare nutrition information** on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans-fat.
- **Watch your calorie intake.**
- **Eat reasonable portions.** Often this is less than you are served.
- **Eat a wide variety of foods** to get all the nutrients your body needs.
- **Prepare and eat healthier meals at home.**



Physical Activities

Don't forget to get your **60 minutes** of physical activity in during your holiday celebrations! Ask your family for ideas to use both indoor and outdoor to incorporate into your day with family and friends. Check out these great ideas:

- Take your dog or a neighbors' dog for a walk.
- Plan to go to a local park.
- **Play Ball Hug Race:** Set up a line for the relay race. Have your family place a ball between their knees and race to the opposite line and back again. Use smaller balls for younger children.
- **Play Scarf Juggling:** throw the scarf or dish towel with your hand and catch in the other hand. Encourage your family to throw higher and higher and spin around once before catching the scarf/dish towel. For infants, place your baby in a hula hoop tied with different textures of material for them to touch, squeeze and scrunch.



Heart Healthy Tips for this Holiday Season:

December is the time of year to celebrate the holidays with friends and family. And as we all know, where there's celebration there's often food, and lots of it. The American Heart Association encourages you to be mindful of your diet and exercise routine this holiday season. Whether your preference is sweet or savory, remember that tasty treats can be healthy, too! Simply swapping out certain ingredients can cut calories, fat, and sodium.

You can find more information on our website: www.heart.org



Heart Healthy Recipe of the Month

Ingredients:

- 1 1/2 pounds fresh brussels sprouts, trimmed and halved
- 2 tbsp. olive oil
- 1/4 cup breadcrumbs
- 1/2 cup shredded parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions:

- Preheat oven to 425 degrees F. Lightly grease a baking sheet with non-stick spray and set aside.
- Wash fresh Brussel sprouts, pat dry with paper towel and trim cut them in half or in even pieces.
- Combine brussels sprouts and olive oil in a large zip close bag and shake to coat. Add the breadcrumbs, parmesan cheese, garlic powder, salt and pepper to the bag and shake to coat.
- Spread in an even layer on the baking sheet and bake for 15 to 20 minutes until the cheese is melted and the brussels sprouts are soft and browned.

Family Corner

Are you still deciding what to bring for your child's next classroom celebration? Talk with your child's teachers or Center Director about ways to make celebrations FUN and healthy! Check out these great ideas:

- Bring age appropriate "food-less goodies".
- Lead a simple, fun activity. If you can't be there, provide the supplies.
- Make a small gift for the classroom, such as art supplies.
- Donate a book to the classroom library.
- Help plan a community outreach activity.
- Join the Parent Committee to share your ideas for a healthy celebration policy.
- Check with the center staff to see what fresh or healthy snacks to provide.



