

DECEMBER 2019



10 Tips for a Healthier, Happier Holiday



1

Search online for lightened up versions of your holiday favorites.

2

Consider subbing unsweetened applesauce or mashed bananas for butter in your baking.



3

Stick to lean proteins like turkey, ham, and roast beef to cut down on fat.



4

Keep up with your water intake and avoid sugary beverages.

5

Make sure all food groups are represented.



6

Offer healthy alternatives for some of the heavier classics.



7

Skip the stress! Focus on making memories.



8

Take a family walk after dinner.

9

Get creative with your leftovers! Try soups or even omelets.



10

Give back! Many local businesses provide ways to donate a meal during the holidays.

National Cookie Day

National Cookie Day is December 4th! Here's a fun way to celebrate:

No Bake Breakfast Cookies

These cookies are easy to make and even easier to grab on busy mornings.



Ingredients:

- 1/2 cup honey (or light corn syrup)
- 1/2 cup non-fat dry milk (instant)
- 1/2 cup raisins (or chopped dates)
- 1/2 cup creamy peanut butter
- 2-1/2 cup crushed flaked cereal

Directions:

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.



Source: <https://www.choosemyplate.gov/ten-tips-make-healthier-holiday-choices>

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