



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2008

The Holiday Season

The holidays are a time for sharing. Small children are often thinking about what gifts they will receive during the holiday season. Children also need to feel the joy of giving gifts to others.

Help your child learn the true feeling of the holidays. Make gifts for family and friends. Deliver the gifts to their homes. Share the joy of the holiday season.

Homemade Gifts

- ♥ **Fruit Bowl**—Put together a bowl full of fruit. Apples, oranges, grapefruit, tangerines, bananas, pineapple, kiwi, canned fruits, and dried fruits taste wonderful during the winter season.
- ♥ **Healthy Treat Wrap**—Fill a basket with muffins and wrap with clear cellophane. Try the Raisin Banana Muffins. Write the recipe on a card. Tie the recipe card to the top of the container.

- ♥ **Popcorn Bowl**—Fill a large popcorn bowl with low fat popcorn packets and seasonings. Tie on a large bow and give out!
- ♥ **Picnic Basket**—Fill a picnic basket for friends with small children. Include a tablecloth, plastic containers for picnic foods, and plastic plates. Family picnics make mealtimes fun!
- ♥ **Family Cookbook**—Create a cookbook with your children. Write your favorite recipes in a journal. Let your children draw and color on some of the pages. Grandparents, aunts and uncles love homemade gifts from children!





- ♥ **Food Stocking**—Fill a Christmas stocking with some of your favorite foods—canned sauces, soups, pasta dishes, noodles and more.
- ♥ **Family Mixing Bowl**—Fill a large mixing bowl with homemade muffins or bread, a wooden spoon, measuring cups and spoons and pretty kitchen towels. Include some of your favorite recipes. Families with small children will create many happy memories with their mixing bowl!
- ♥ **Homemade Gift Bags**—Turn plain brown lunch bags into pretty gift bags. Let your children draw holiday designs on the bags with crayons, markers, stencils or paint. Fill the bags with special treats packed in plastic bags—homemade cookies, seasoned popcorn, snack mixes or flavored pretzels. Tie a colorful ribbon on the bags and deliver!
- ♥ **Bird Treats**—Coat a large pinecone with peanut butter and roll in birdseed. Tie a string on the pinecone to hang in a tree. Wrap pinecone in plastic wrap and put into a homemade gift bag. Give to parents and grandparents! Feed the birds during the winter!

Cookie Cutter Jar

Fill a tin covered glass jar with small cookie cutters. There are many fun shapes for small children—hearts, moons, suns, animals, numbers and more!

Small children love to use cookie cutters to play with food. Include a recipe card with list of foods to cut.

Cookie Cutter Fun

Make fun finger foods—Play with your children!

- ★ Cheese slices
- ★ Ham or Turkey slices
- ★ Soft tortillas
- ★ Bread slices
- ★ Biscuit or Pizza dough
- ★ Kiwi fruit
- ★ Soft fruits and vegetables



Sweet Drinks

Today's children drink a lot of sugary drinks such as soda, fruit drinks and other sweet drinks. **This can be a problem!**

Small children may become overweight from drinking too many sweet drinks. Sometimes a child's overweight problem is not caused by what the child eats. It may be caused by what the child drinks.

However, drinking sugary drinks is not the same as eating solid foods. **Studies have shown that the calories in sugary drinks are not as satisfying as the calories in solid foods.** Some children will eat a normal size meal even after drinking a large number of calories.



Mandarin Oranges

A great source of vitamin C for your child!

- ♥ Serve mandarin oranges on top of cottage cheese for a quick snack.
- ♥ Top low-fat yogurt with mandarin oranges.
- ♥ Make a quick fruit salad. Mix mandarin oranges with fruit cocktail. Stir in banana slices and serve!
- ♥ Need a fruit to eat with your sandwich? Open a can of mandarin oranges.
- ♥ Toss mandarin oranges on top of your lettuce salad.
- ♥ Serve mandarin oranges on top of your favorite breakfast cereal.

Raisin Banana Muffins

Delicious snack for holiday gifts!

2 very ripe, medium bananas, peeled
1 egg, beaten
1/2 cup vegetable oil
1 1/2 cup all-purpose flour
1 cup sugar
6 tablespoons cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
1/2 cup raisins



Directions:

1. Spray muffin pans with cooking spray. Preheat oven to 350 degrees Fahrenheit.
2. Put bananas in food processor or blender and blend until smooth. Scrape banana into a mixing bowl; combine with eggs and oil.
3. In another mixing bowl, combine flour, sugar, cocoa, baking soda, salt and baking powder.
4. Add banana mixture and stir until moistened.
5. Spoon a tablespoon of batter into each muffin pan cup.
6. Bake 10-15 minutes. Cool before popping muffins out of pan.

*Makes 48 mini muffins



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