



# Happy Holidays



## SCS NUTRITION SERVICES

### WE'RE GLAD YOU'RE HERE!

Happy holidays from all of us at SCS Nutrition Services! We're proud to serve Shelby County each week as we offer SEVEN DAYS of breakfasts and lunches to all children/teens, 18 and under. As nutrition professionals, we are deeply committed to the overall health and well-being of our community, so while our kids are out of school please enjoy a few holiday ideas from us to you.

### YOGURT FROSTIES



#### What to Grab:

1. Your Favorite Yogurt
2. Fresh or Dried Fruit, Nuts or Seeds, Chocolate Chips (Small Enough for Decorating)
3. Wax Paper, Plastic Storage Bags, Cutting Board or Small Baking Sheet

#### How To:

Lay the wax paper flat on top of the cutting board or baking sheet. Scoop the yogurt into the storage bag and seal bag. (\*Pro tip: Open bag and place inside coffee mug. Fold sides of bag over outside of mug before scooping in yogurt.) Cut a small opening into one corner of the bag, and pipe holiday shapes onto wax paper. (Some ideas are snowflakes, snowmen, stars, trees.) Top yogurt shapes with decorative treats (items listed under #2). Place cutting board/sheet flat into freezer for 1-2 hours until yogurt is frozen. Peel yogurt from wax paper and enjoy!



Third graders, Cannon Edwards and Harper Ash., show off their Yogurt Frosties while taking a break from virtual learning.

### MOVEMENT MINUTES: WE CAN GET MOVING INSIDE!

#### It's COLD Outside. Let's Pretend:

- Put on your snow boots, coat and hat..
- .don't forget your gloves!
- Pretend to walk outside and...
- Shovel snow
- Make some snowballs and pretend to throw them
- Roll BIG snowballs and make a snowman
- Stomp through the snow to make footprints
- Make a snow angel
- Ski down the mountain
- Stomp through the snow to make footprints
- Catch snow on your tongue
- Jump up and down to shake off the snow
- Open the door and waddle inside like a penguin
- Pull off your gloves, coat, hat, and boots
- Rub your hands to get warm
- Hibernate like a bear



### EATING WELL IN THE 90!

As we navigate through the holiday season trying to stay safe and managing stress, it is easy to take to food as our comfort. However, now more than ever, it is important to maintain an adequate diet to help nourish our bodies and support our immunity. Keep these tips in mind to help maintain proper nutrition.

- Try to choose foods from the five food groups (fruits, vegetables, grains, protein foods, and dairy) to build balanced meals that will help you meet your nutrient needs.
- Buy frozen (without butter, sauce, or added seasoning) and low-sodium or no-salt-added canned vegetables. If these are not available to you, no problem! Simply wash your canned vegetables in cold running water to remove excess sodium.
- Try baking, broiling, grilling, or steaming instead of frying.
- Cook with herbs, spices, lemon juice, or no-salt seasonings, which add flavor without adding sodium.

### HOLIDAY DIY: SALT DOUGH GIFT TAGS

THE OBJECT: Make reusable gift tags (marked with an initial) to create fun for the whole family. Grab a 1/2 cup salt; 1 cup flour; 1/2 cup water; cookie cutters; straw; ribbon; letter stamps or markers to get started.

Mix the flour, salt, and water in a large bowl until ingredients are incorporated. Continue to mix by hand, kneading until the dough is smooth and firm. Roll out dough with a rolling pin to about 1/4" thickness. Use cookie cutters to cut the dough into fun holiday shapes. Poke a hole into the top of each shape. Gently press an initial stamp (or draw an initial) onto each shape. \*This is how everyone will know who should receive the gift\* Let the dough dry out completely. Loop ribbon through the holes created from the straw, and tie the ribbon into a knot. Enjoy these gift tags for years to come.

