

# HEALTHY HOLIDAY FUN



## CHRISTMAS, HANUKAH, KWANZAA

Community outreach is a natural activity at this time of year. Use money that would be spent on food for a worthy community cause.

- Decorate pillowcases for a homeless shelter.
- Make holiday cards for a nursing home.
- Collect animal treats for the animal shelter.

Have a parents come and read special books related to the celebration. Children love hearing stories from someone new!

For goodies, have parents bring pencils, erasers, or small toys and stickers instead of candy. Craft projects are also a great way to celebrate.

Let the children plan a **healthy** party menu and prepare the food for their party. Ideas like trail mix with raisins, cereal and dried fruit, and fruit salad are easy no-cook party fair. Parents can bring supplies.

## Fruit Kabobs

Chose from fresh, frozen or canned fruits: Apples, bananas, cantaloupe, cherries, grapes, honeydew melon, peaches, pineapple, and strawberries. Toothpicks or skewers. Remove seeds or pits if necessary. Cut into 1-inch chunks. Spear fruits onto skewers or toothpicks or serve with fruit dip.

## Holiday Snack Mix

Be creative and experiment with your own ingredients. Remember that nuts are high in fat and some children are allergic to them.

2 cups Cheerios \* 2 cups Puffed Wheat \* 2 cups Rice Chex \* 1 cup chocolate chips \* 1 cup raisins \*  $\frac{1}{4}$  cup peanuts \*  $\frac{1}{2}$  cup coconut

## CRAFTS

### Pasta Snowflake



#### CRAFT MATERIALS:

- Various dried pastas
- Wax paper
- Glue
- Toothpick
- Ribbon or string

1. Working on waxed paper, arrange wagon wheels, bow ties and other dried pastas into different geometric patterns. 2. Then use a toothpick dipped in glue to stick together the pieces of each one. Let the glue dry completely. 3. Peel away the waxed paper and hang your snowflakes from a window frame or ceiling with ribbon or string.