

SEASONAL SUGGESTIONS – WINTER 2001

December 2001

PICK A BETTER SNACK & ACT

December featured produce items for the Pick A Better Snack and Act Campaign include:



- Broccoli
- Tangerine
- Kiwi
- Leaf Lettuce
- Grapefruit

Receive information about the produce and the Snack and Act Bingo card by contacting an Iowa State University Extension Office or from the web:

www.extension.iastate.edu/food/

Return completed Snack and Act Bingo cards to:

Pick a Better Snack
P. O. Box 1913
Iowa City, IA 52244

SNACKS FOR HOLIDAY FUN

RUDOLPH THE RED NOSE REINDEER

SANDWICHES – *Easy, inexpensive, fun, and quick - it's great activity for adults and youth!!*

2 Slices of Whole Wheat Bread
Peanut Butter
8 Mini Pretzel Twists
8 Raisins and 4 Red Hot Cinnamon Candies
OR 8 brown and 4 red mini chocolate coated candies



Make a peanut butter sandwich using the whole wheat bread. Cut the sandwich into four pieces cutting from corner to corner. You are now going to make these four little sandwiches look like Rudolph faces. You will need more peanut butter as "glue" to attach the following: a red-hot candy nose, raisin eyes, and mini pretzel twist antlers. Note: you may use mini candy coated chocolate pieces for the nose and eyes.

HOLIDAY VEGETABLE GREENERY-

A colorful and tasty snack.

6 Bagels -- 12 halves
Spreadable Light Cream Cheese
Assorted red and green vegetables such as:
Broccoli Florets, chopped; Celery, sliced; Cucumber Slices, diced;
Green Pepper, diced; Radishes,
Green Onion Tops, sliced.



Garnishes: Black Olive Slices, Red Pepper Rings,
Grape Tomatoes

Lightly spread the inside of 12 bagel halves with cream cheese. Use food processor or sharp knife to chop the red and green vegetables. Put chopped vegetables into a shallow dish. Put each bagel half, cream cheese side DOWN into the vegetables. Try to get as many veggies as possible to stick into the cream cheese. Pull the bagel out of the vegetables and add garnishes. Arrange on a platter in the shape of a tree or wreath. Note: I have found kids love making AND eating these. Enjoy!

CHEESY CANDLE AND HOLDER

A very special cheese sandwich.

Mini Bagel
String Cheese
Easy Cheese®



The bagel will be the holder for the string cheese candle. You may want to use only half the length of the string cheese so the "candle" isn't too tall for the holder. Also, depending on the hole in the bagel, you may need to taper it just a little. Make a pretend flame using a small squirt of the Easy Cheese®.

Note: If you are unable to find mini-bagels, use a hamburger bun as a substitute. Simply push the string cheese into the center of the top of the bun.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

FOOD SAFETY

Practice good food safety so you won't experience the "Night After Xmas" at your house.

1. **SEPARATE:** DON'T CROSS-CONTAMINATE.
2. **CLEAN:** WASH HANDS AND SURFACES OFTEN.
3. **COOK:** COOK TO PROPER TEMPERATURES
4. **CHILL:** REFRIGERATE PROMPTLY

'T WAS THE NIGHT AFTER XMAS

FROM DR. SEBRANEK



'Twas the night after Christmas
And all through the kitchen
Little creatures were stirring up
Potions bewitching.

Salmonella were working
In gravy and soup
In the hopes they could turn it
To poisonous goop!



Clostridia were nestled
All snug in the ham
While Hep A virus
Danced in the yam.

Little John and his Gobots
And Mary in her cap
Had just settled down
For a long overdue nap.



While down in their guts
There rose such a clatter
They sprang from their beds
To see what was the matter.

They ran to the bathroom,
Threw open the door!
Too late! Now their mother
Is cleaning the floor.



Wash your hands before cooking!
Put your food away quick!
Or that jolly old food germ
We know as Saint Sick

With his eight tiny microbes
Will ruin the feast
As they make their toxins
He calls out to each beast -



Now Hepatitis!
Now Staph and Perfringens!
We'll punish those humans
For holiday Binges!

On, Botulism!
E. coli! Shigella!
Go get 'em, Amoeba!
Work fast, Salmonella!

If those humans can't learn
To handle food right,
A Merry Christmas they'll have
Then a long, sleepless night!



FUN IDEAS FOR YOUR FAMILY

- ◆ Make snow sculptures or snow angels in fresh snow.
- ◆ Go ice-skating, tubing, or pull your child on a sled.
- ◆ Cut snowflakes out of paper.
- ◆ Walk out letters in the snow to spell your name.
- ◆ *Exercise together.*
- ◆ Visit an older relative or friend and encourage them to talk about the holidays when he/she grew up.
- ◆ Read holiday books to your child or have them read to you every day.
- ◆ Put a puzzle together.
- ◆ Play age appropriate board games.
- ◆ Get out pictures of relatives and tell your children stories and remembrances.
- ◆ Hug your child everyday and say, "I love you."
- ◆ Ask your child some open-ended questions and really listen to the responses.
- ◆ Take time to eat dinner together often.
- ◆ Go bowling.
- ◆ Play card games.
- ◆ Hide peanuts in the shell or wrapped candy in a room and have a family hunt.

From "Activities and Fun Ideas for Youth Family";
East Central Iowa SAFE Coalition

Prepared by Jan Temple, CFCS, Nutrition Field Specialist,
Iowa State University Extension, Housed in Johnson County
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175

E-mail: mjtemple@iastate.edu
www.extension.iastate.edu/food/

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.