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TIPS FOR A HEALTHIER CHRISTMAS AND NEW YEAR!

- 1) It takes your brain some time to signal you are full. Wait **10-15** minutes before eating seconds. It'll keep you from overeating!.
- 2) **Stay physically active during the holidays—turn on holiday music and dance around the house—play in the snow**
- 3) Water, water, water!! Many of us mistake thirst for hunger. Choose water over high calorie drinks.
- 4) You can help make healthy holiday food with your kids. Look for low-fat recipes that substitute butter and oil with non-fat ingredients like applesauce or pumpkin.
- 5) **Keep Colds at bay—Colds are common at Christmas, partly because many of us travel around the country, exposing ourselves – and others – to different cold viruses. Minimize your risks by maintaining a healthy immune system (eating a healthy diet, getting enough sleep and not smoking will help), so you are more able to fight off any viruses.**
- 6) **Eat a healthy breakfast every morning.**



FUN FACTS



- Christmas trees usually grow for 15 years before they are sold
- Everyone knows bad children get a lump of coal in their stocking for Christmas but in the UK, good children traditionally get a tangerine

BE A CAREFUL COOK

Food is an important part of your holiday celebration—don't let food related illness ruin your holiday. Food Safety boils down to 3 basic rules:

- Keep hot food hot and cold food cold
- Keep everything in kitchen clean
- Wash hands frequently



HEALTHY HABITS ARE IMPORTANT AT HOME

Your children are learning eating habits that will last a lifetime.

- Talk about healthy goals during meal times.
- Guide your family's choices rather than dictate foods
- Let kids choose which vegetable to serve during dinner —better yet—let them plan an occasional meal.



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**ORGANIZATION
NAME**

Address Line 1
Address Line 2
Address Line 3
Address Line 4

Tel: 555 555 5555
Mobile: 555-555-5555
Fax: 555 555 5555
E-mail: someone@example.com



Tag line goes here.

We're on the Web!
example.microsoft.com



Caption describing picture or graphic.

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those

here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.