

## Let's have fun Outside!



Depending on the weather, we don't always think of December as a great time for the great outdoors. But it's important that families stay active year-round. We've put together a list of 5 outdoor activities anyone can enjoy in December, snow or shine!

- 1 – Collect pinecones for a festive craft
- 2 – Hike a park that's new to you
- 3 – Gather sticks for a family bonfire
- 4 – Take a night walk to enjoy holiday decorations
- 5 – Make and hang bagel birdfeeders

<https://www.pbs.org/parents/crafts-and-experiments/make-a-bagel-bird-feeder>



## Celebrate the Season with Red and Green Holiday Food

This month, try a new kind of "seasonal" eating with red and green produce! We've put together a list of red and green fruits and vegetables you and your family can combine to make festive snacks that reflect the season:

### Red:

Apples, beets, cherries, cranberries, pomegranates, raspberries, red cabbage, red peppers, red onions, strawberries, tomatoes, watermelon

### Green:

Asparagus, cabbage, green grapes, honeydew, okra, broccoli, green apple, green onions, lettuces, peas, brussels sprouts, green beans, green peppers, lime, zucchini

### Make your own combinations, or try this Holiday Fruit Parfait



#### Ingredients (makes 1 serving):

- ½ cup of red and green fruit such as green grapes, kiwi, strawberries, raspberries, etc.
- ½ cup low-fat vanilla yogurt
- Maple syrup (optional)

#### Directions:

- Wash hands with soap and water.
- Rinse produce and pat dry with paper towel.
- Cut fruit up into small pieces, ½ inch or less, safe enough for children under 5 years old.
- Layer yogurt with fruit in a plastic glass.
- Drizzle a teaspoon of maple syrup for a touch of sweetness (optional).

You can find lots of other ideas and fun combinations here:

<https://food.unl.edu/article/food-fun-young-children/have-healthy-red-and-green-holiday>

## Time Together

It's proven that togetherness has psychological benefits for the whole family, especially your children. Busy schedules and holiday preparations can make December a stressful time, which is why it's important to slow down and remind ourselves of what really matters: *Time together.*

When children spend time with their immediate and extended family, they benefit from reinforced relationships that help them answer the important questions like, "Who am I?" and "Do I matter?"

When we prioritize time together at the holidays, we show our children that family matters. Our shared histories, our belief systems, and quality time are all gifts that are free to give and receive! This December, say "no thank you" to each serving of stress and ask for seconds on togetherness instead!

#### Source:

<https://preparedparents.org/tip/why-holidays-are-important-for-kids/>