



Nutrition Nuggets

Holiday Health and Safety Tips



The holidays are a time to celebrate, give thanks and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

- 1 Wash your hands often.** Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.
- 2 Stay warm.** Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose fitting, tightly woven clothing. Check on children, the elderly and pets.
- 3 Manage stress.** The holidays don't need to take a toll on your health. Keep a check on over-commitment and overspending. Balance work, home and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.
- 4 Travel safely.** Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat or seat belt according to his/her height, weight and age. Get vaccinations if traveling out of the country.
- 5 Be smoke-free.** Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.
- 6 Get check-ups and vaccinations.** Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history and family health history.
- 7 Watch the kids.** Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy) and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.
- 8 Prevent injuries.** Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees and curtains. Never leave fireplaces, stoves or candles unattended. Don't use generators, grills or other gasoline or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.
- 9 Handle and prepare food safely.** As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.
- 10 Eat healthy, and be active.** With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



Solano Family and Children's Services
Child Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Phone: 707-863-3950
Toll Free: 1 (888) 861-1594
Fax: 707-863-3975

Web: www.solanofamily.org
www.facebook.com/solanofamily
www.twitter@SolanoFamilyCS

CCFP Check Info: extension 714

CCFP Call-in Line: extension



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: 1) Mail: U.S. Department of Agriculture,

Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington DC, 20250-9410; 2) Fax: (202) 690-7442; 3) email: program.intake@usda.gov This institution is an equal opportunity provider

Quick Pizzas

Pizza Sauce:

2 cups canned crushed tomatoes 1 1/2 t. oregano 3/4 t. garlic powder
1/2 t. salt 1 t. basil 1/4 t. pepper

Stir all ingredients together. Let sit at least 1 hour. Use as sauce for pizzas.

For Each Child:

Base: English muffin, pita bread, or slice of French bread

2 T. Pizza Sauce (see above)

2-4T. grated or sliced cheese—mozzarella, cheddar, jack, provolone, or a mixture

Toppings: mushrooms, green peppers, onions, olives, artichoke hearts, etc.

Spread pizza sauce over base. Cover with cheese and any other toppings you choose. Bake at 425 degrees until bubbly.

Each serving equals 1 meat alternative and 1 bread for snack or lunch.

From Meals Without Squeals



The Joy of Cooking with Kids During the Holidays



With special treats and family gatherings, the perfect time to teach your child about cooking and nutrition is during the holidays! Kids not only will get to try the new foods they prepare, but they also will get a big boost to their confidence when they see family and friends enjoying their creations. Most importantly, cooking with your children will promote future health by teaching them about nutrition and how to prepare healthy meals.

Look Who's Cooking!

To keep your children enthusiastic about cooking, assign tasks of a holiday recipe they are able to prepare based on their abilities. Here are some ideas depending on your child's age and ability:

- **Three to five year olds:** mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- **Six to seven year olds:** shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- **Eight to nine year olds:** use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
- **Children age ten and older:** slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Remember to allow your child to gradually master cooking methods. Start with simple techniques such as rolling dough, using a cookie cutter or spreading frosting. Give your child time to work his or her way up to completing the entire cookie making process, from pouring liquids into batter to baking them in the oven. Explain different methods for cooking and their purpose, such as baking versus broiling and how you would cook different dishes.

From eatright.org

