

Cent\$ible Nutrition News

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Cost Cutter: Homemade Gifts

To keep within your budget this holiday season consider making homemade gifts. When you take the time to personally create a gift, like a hot cocoa basket, the receiver is bound to appreciate your thoughtfulness.

Chocolate Magic Mix

- 8 cups non-fat dry milk powder
- 1 cup cocoa powder
- 1 ½ cups sugar
- Dash of salt

Combine ingredients. Mix well. Pour into jar or can with tight-fitting lid.

Hot Cocoa

- ¼ cup Chocolate Magic Mix
 - 1 cup hot water
- Stir well and enjoy!



*Helping Families Eat
Better for Less*

Avoiding the “Overspending” Trap

This time of year, many people overspend on presents, parties, decorations, and food, finding themselves in a financially difficult situation when the New Year arrives. It is a wonderful time of the year to give and receive, but this should not be done without a plan. If you have not already started, right now is a great time to start some sensible planning for the holiday season.

The first step is to create a holiday budget. Decide on the amount of money you can realistically afford to spend. Consider a budget for gifts, food, and wrapping supplies.

One way to save money this holiday season is to make homemade gifts, rather than purchasing everything. If you like to make crafts or bake, use your talents and give personal, handmade gifts. There are three recipe ideas in this newsletter to get you thinking about what you could make for gifts. Homemade goodies are such a treat compared to store-bought items.

Using your meal planning skills for the holiday season can also help keep money in the bank.

Look in your freezer and pantry to see what you already have for the basics of your family get-together. Remember to create a menu plan and a grocery list for shopping to stay within your budget. You can also invite others to bring their favorite holiday dish to the gathering.

Happy Holidays!



Interested in **free** classes?

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PHYSICAL ACTIVITY

Focus on Fun

Get creative! Instead of sitting down to unwrap presents, think about having your children search for clues to find their present. With the excitement of finding clues and searching around your home or yard it may become a new family tradition.

If it isn't already a tradition, try taking a family walk after a big holiday meal. Other great outdoor activities include building snowmen or snow sculptures, making snow angels, or even playing a game of catch in the snow. Enjoying the outdoors is a great way to stay active over the holidays.



KIDS CORNER

Winter Fun

Can you find all these activities in the word search?

Build	Ski	Snowshoe
Snowman	Ice skate	Decorate
Snow fort	Sled	Sing
Snow angel	Bake	Dance



What do you like to do in the winter for fun?

Food Safety: Don't Eat the Cookie Dough

With all of the holiday baking going on this time of year it may be tempting to sample the cookie dough.

However, eating raw cookie dough or foods containing raw eggs is not safe. Raw eggs may contain Salmonella or other harmful bacteria. Eggs should always be cooked thoroughly before eating.

If someone insists on eating raw cookie dough, use a pasteurized egg product. The pasteurization kills the harmful bacteria and makes the dough safe to eat.



References

- Cent\$ible Nutrition Cookbook
- www.foodsafety.gov



Want more tips and recipes? Call **1-877-219-4646** today! Or visit www.uwyo.edu/cnp.



SENIOR SENSE

Holiday Exchange

Cookie exchanges are a popular tradition in some communities. Families, friends, or neighbors bring their favorite treat to share and trade. Once all of the goodies have been traded, everyone takes home a plate of a variety of cookies.

With this tradition the participants can try new treats without the extra expense of buying different ingredients. Each person also saves time in the kitchen. Consider having a cookie exchange with fellow bakers you know this holiday season.

FAMILY CORNER

Peanut Butter Popcorn Balls

Ingredients

- 5 cups popped popcorn
- ¼ cup honey or corn syrup
- ¼ cup creamy peanut butter

Directions

1. Wash hands in warm, soapy water.
2. Put popped popcorn in a large, shallow baking pan.
3. Keep popcorn warm in 250 °F oven.
4. Heat and boil honey for 1 to 2 minutes.
5. Reduce heat and stir in peanut butter.
6. Drizzle peanut butter mixture over popcorn and stir.
7. Tear off 9 sheets of waxed paper, each about 10x10 inches.
8. Put about ½ cup popcorn in the center of each waxed paper. Fold corners around popcorn and twist the top. Press popcorn to make a ball.

Makes 9 servings

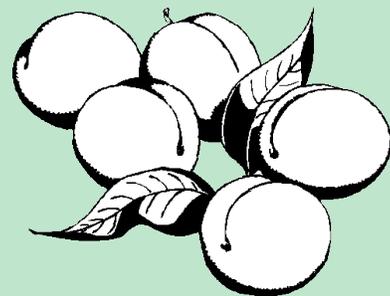
(NOTE: Popcorn can cause choking in children under 3. Children under 1 should not eat honey.)

FEATURED RECIPE

Apricot Oatmeal Cookies

Ingredients

- 3 cups old-fashioned oats
- 2 ½ cups whole-wheat flour
- 1 ½ cups brown sugar
- 1 teaspoon salt
- ½ teaspoon cinnamon
- 6 ounces dried apricots, chopped
- ¾ cup Canola oil
- 2 eggs
- 1 teaspoon baking soda
- 1 ½ teaspoons vanilla
- ½ cup low-fat milk
- ¾ cups chopped walnuts (optional)



Directions

1. Wash hands with warm, soapy water.
2. In large bowl, combine oats, flour, sugar, salt, cinnamon, apricots, and walnuts. Mix well, by hand, to break up any lumps.
3. Add oil and work in with fingers until well-blended.
4. Combine baking soda, vanilla, eggs, and milk and pour over oat mixture. Mix well with fingers. Dough will be very stiff and thick.
5. Form cookies using a spoon or make 1 ½-inch balls by hand. Place on lightly greased baking sheet (any size) coated with non-stick spray. Press each down with wet fingertips. Bake at 325 °F for 10 to 15 minutes.

Makes about 36 cookies



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“After the class I was eating healthier and making my money stretch further.”
 – CNP Graduate

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