



A Nutrition Resource

MAKE HOLIDAY TIME

FAMILY TIME

Food and family fun are an important and positive part of celebrations and holidays. Sharing a meal, time with loved ones, or a homemade gift is a way to share the joy and love of the holiday spirit.

Old and new holiday traditions

- 1) Light a nightly holiday candle.
- 2) Read a holiday book to your children every night.
- 3) Listen to holiday music at meal times.
- 4) Make holiday crafts with your children.
- 5) Sing carols with family and friends.
- 6) Do family activities such as sledding, walking, or playing games.
- 7) Make gifts from your kitchen - quick breads or ornaments.
- 8) String popcorn or make paper chains to decorate your home.

Low-cost gift ideas

FRUIT BASKET: Choose a few apples and oranges and arrange in a basket or decorated paper bag.

HOMEMADE BREAD: Make a loaf of yeast bread or rolls from scratch or frozen bread dough and share while they are warm.

HOMEMADE GIFT CERTIFICATE: Make gift certificates on old Christmas cards or with paper and stickers. List what you will do for that person; for example, give a free hug, wash the dishes, babysit for one hour, make a cup of hot cocoa, etc.

PLAY DOUGH: Make play dough, place in plastic bag, and decorate the bag with stickers or ribbon.

Make your own play dough

- 1 cup flour
- 1 cup water
- 1 Tablespoon vegetable oil
- 2 Tablespoons cream of tartar
- ¼ cup salt
- Food coloring or flavored drink powder

Stir all ingredients together and cook over medium heat until thick. Keep in a plastic bag or wrap and put in refrigerator.

Bake your own ornaments

- 2 cups flour
 - 1 cup salt
 - 1 cup water
- 1) Combine flour and salt in a large bowl. Add water, a little at a time, mixing as you pour.
 - 2) Form into a ball and knead 7 to 10 minutes until dough is smooth.
 - 3) Shape into ornaments. Remember to put a hole in the ornament for hanging. A straw works well to make the hole!
 - 4) Bake at 325°F for 30 minutes or until dry. Dough can be made ahead and kept in a plastic bag in the refrigerator for up to 5 days.
 - 5) Decorate, if you wish, with paint, glitter, or craft products.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION

Tortilla Snowflakes

Yield: 2 Servings

Serving Size: 1 Tortilla

2 8-inch whole wheat tortillas

Cooking spray

2 teaspoons sugar

½ teaspoon cinnamon (optional)

Low-fat or nonfat yogurt (optional)

- 1) Preheat oven to 400° F.
- 2) Warm tortillas in microwave until soft and pliable.
- 3) Fold into quarters. Use kitchen scissors to cut out shapes. Unfold.
- 4) Place tortillas on foil-lined baking sheet and spray with cooking spray (1 second spray per tortilla). Mix sugar and cinnamon (if using cinnamon). Sprinkle with sugar (or cinnamon sugar).
- 5) Bake 5 minutes or until golden brown around the edges.
- 6) Cool until easy to handle. Eat plain or dip in yogurt.

Nutrition Facts	
2 servings per container	
Serving size	1 tortilla (49g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D --mcg	--%
Calcium 80mg	6%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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