



Sacks of Snacks



Offering a hand up, not a hand out
December 22, 2023

Welcome to the final *Sacks of Snacks* for 2023. I have included ideas from My Plate for your celebrations and gatherings that can help you eat well and stay well. I have included a recipe for Make Your Own Trail Mix, in case, you need a recipe for this tip. I wish you and your family a blessed holiday season.

In 2024, we will be sharing a QR Code to access information for your well-being. We hope you will access the information regarding the multiple dimensions of wellness. Check out the January calendar on the back to set goals for 2024 and celebrate your accomplishments of the past. Involve your child/children in these meaningful activities to share about you and to learn about them. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn County



Extension - Nutrition
Education Program

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

CELEBRATIONS AND GATHERINGS

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

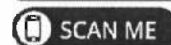
- Serve up variety. At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.
- Cheers to good health. Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.
- Make activity part of the fun. Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- Rethink dessert. Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.
- Reduce food waste. Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.
- Try a twist on your favorite dish. Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

Source: USDA Food and Nutrition Service

MAKE YOUR OWN TRAIL MIX

Yield: 8 servings

- 1 cup unsalted nuts (peanuts, walnuts, almonds, pecans, cashews)
- 1 cup unsalted seeds (pumpkin seeds, sunflower seeds)
- 1 cup unsweetened dried fruit (raisins, cranberries, mango, bananas, pineapple)
- 1 cup unsweetened cereal (oatmeal, rice or wheat square-shaped cereal, circle-shaped cereal)



Wash hands with soap and water. Combine all ingredients in a large mixing bowl. Store in an air-tight container, in a cool, dark place. For maximum freshness, consume within 3 months.

Notes: Portion into 1/2 cup servings and pack in to-go containers or zip-top bags.

Source: <https://food.unl.edu/recipe/make-your-own-trail-mix>

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NEW YEAR'S GOALS

January





SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

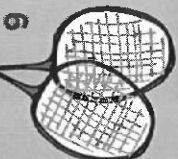
1 What's your word or theme of the year?

2 How many books do you want to read this year?

3 What's a new habit you'd like to make?

4 What's an old habit you'd like to break?

5 What were you the most proud of last year?



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7 What's the biggest thing you want to do this year?

8 What do you want to do more of this year?

9 What do you want to do less of this year?

10 What risks do you want to take?

11 What's a new thing you'd like to learn this year?



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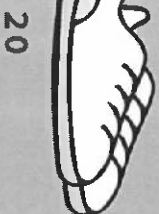
13 What's a new place you'd like to visit?

14 What's something you'd like to change in your school?

15 What's something you'd like to change in your neighborhood?

16 What's one way to have more fun this year?

17 What's one change you can make to take better care of yourself?



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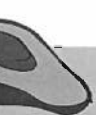
19 What do you want to be different about this year?

20 What do you want to be the same about this year?

21 What old traditions would you like to keep this year?

22 What new traditions would you like to make?

23 What's a new food you'd like to try this year?

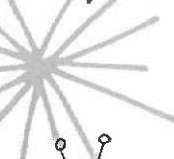
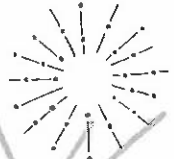
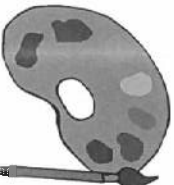


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25 What do you want to do this summer?

26 What do you want to do by the end of the year?

27 What's one way you can make a positive impact in your school or classroom this year?



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WE ARE TEACHERS