

December  
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# EAT BETTER FOR LESS

EatGatherGo.org 

## Want True Holiday Cheer? Learn To Manage Your Stress

Holiday celebrations offer the opportunity to enjoy family, friends, food, and fun. But they can also lead to unwanted stress. Here are some tips for reducing holiday pressures:



### Plan ahead.

- Schedule specific days for shopping, cooking, visiting friends, and other activities.
- Plan your menus and make a shopping list to prevent return trips. Save money by sticking to your list.



### Don't abandon healthy habits.

- Limit the party snacks. Focus on fruits, veggies, whole grains, lean protein, and low-fat dairy whenever you can.
- Get moving! Try to stick to your regular physical activity schedule or add extra movement when you can. Weather too cold? Try a quick YouTube video to get you moving.
- Remember to get sleep and drink lots of water.



### Don't let the pressure to give gifts exceed your ability to pay for them!

Try a family gift swap or give hand-made gifts like treats, crafts, or framed family photos.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at [www.eatgathergo.org/programs](http://www.eatgathergo.org/programs).



### Beef and Broccoli

#### Ingredients

- 3/4 pound lean ground beef
- 1/4 teaspoon ground ginger
- 3/4 teaspoon garlic powder
- 2 tablespoons brown sugar
- 1/4 cup low-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon sesame oil
- 1/4 teaspoon red pepper flakes
- 1/2 cup water~4 cups broccoli, chopped (fresh or frozen)
- 3 cups cooked rice

#### Directions

1. Sauté beef, ginger and garlic powder in a skillet over medium-high heat until meat is browned.
2. In a bowl, mix sugar, soy sauce, cornstarch, sesame oil, pepper flakes and water.
3. Add sauce to beef and cook for 5 minutes. Add broccoli and cook until tender.
4. Serve over cooked bulgur.
5. Refrigerate leftovers within 2 hours.

<https://extension.umn.edu/stress-and-change/minimize-holiday-stress>  
<https://extension.illinois.edu/blogs/family-files/2019-11-26-managing-holiday-stress>;  
[https://extension.usu.edu/news\\_sections/home\\_family\\_and\\_food/holiday-stress](https://extension.usu.edu/news_sections/home_family_and_food/holiday-stress)



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