



Extension Nutrition Programs

FSNEP/EFNEP

Celebrating the Holidays

Food is a very important and positive part of celebrations and holidays. Sharing a meal or a homemade gift is a way of sharing warmth 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 - cookies, quick breads, ornaments.
8. String popcorn or make paper chains to decorate your home.

Low Cost Gift Ideas

Fruit Basket - Choose a few apples, oranges, and/or canned fruits, arrange in a basket or decorated paper bag.

Loaf of Bread or Rolls - Make a loaf of bread or rolls from scratch or frozen bread dough and share while they are warm. Dough

Ornaments - Use holiday cookie cutters to cut shapes and use ribbon to make hangers. 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. Make play dough - Make play dough, place in plastic

bag, and decorate the bag with stickers or ribbon. Make a batch of holiday cookies and share with a friend.

Dough Ornaments

2 cups white or whole wheat flour
1 cup salt
1 cup water

Combine flour and salt in a large bowl. Add water, a little at a time, mixing as you pour. Form into a ball and knead 7 to 10 minutes until dough is smooth. Shape into ornaments. *Remember to put a hole in the ornament for hanging. A straw works well!* Bake at 325° 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.

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 and cook over medium heat until its thick. Keep in a plastic bag or wrap and put in refrigerator.

Vegetable Tree

1 bottle light or fat free ranch dressing
4 cups broccoli florets
3-4 cups cauliflowerets
1 medium carrot, sliced into rounds (circles)
Optional: cherry tomatoes, olive slices, other vegetables

Cover bottom of 9x13-inch baking pan with a thin layer of ranch dressing.

For best storage, use glass. Arrange broccoli so it forms a large Christmas tree in center of pan. Place cauliflower around outside of tree to fill in pan. Add carrot slices, etc. to form ornaments on the tree. Serves 20.

(Source: *Taste of Home Magazine*, 11/96)

Rudolph Sandwiches

Cut a slice of bread into four triangles and spread each with peanut butter. Use pretzel sticks for antlers and raisins for eyes. Add a half-cherry, strawberry, candy, piece of red apple with skin on for the nose, or a touch of red frosting.

Rudolph's Peanut Butter Cookies

½ cup margarine
½ cup peanut butter
1¼ cups flour
¾ cup sugar
1 egg
½ teaspoon baking soda
½ teaspoon baking powder
½ teaspoon vanilla
64 small pretzels
32 cinnamon red hot candies
Chocolate chips or raisins

Beat margarine and peanut butter for 30 seconds. Add half the flour and all of the sugar, egg, baking soda, baking powder, and vanilla. Beat until thoroughly combined. Stir in the remaining flour.

Cover and chill 1 hour or until easy to handle.

Work with half the dough at the time, keeping the rest refrigerated. Using 1 tablespoon of dough, shape it into a triangle about 2½ inches long and 2 inches wide on an ungreased cookie sheet. Lightly press pretzel antlers into sides at wide end of triangles. Add red candy noses and chocolate chips or raisins for eyes.

Bake at 375° for 7 to 8 minutes or until bottoms are lightly browned. Let cool 2 minutes on the cookie sheet. Carefully remove to rack to cool. Makes 32.

Holiday Breads

Use your favorite quick bread recipe - banana, pumpkin, etc. Use small coffee cans, soup cans or even tuna cans to make different sizes and shapes for attractive gift giving. Be certain to grease cans thoroughly to prevent sticking. Wrap bread in plastic wrap or bags. Decorate with stickers, ribbons or holiday wrap.

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