“You can’t get enough of what you really don’t want.”

Holidays can sometime trigger overeating, overspending and overdoing.

or

Holidays can fill your spirit with magical memories, love, fun, family, friends and physical activity.

Picture what you really want your holidays to be like this year.

Make a plan to fill your holiday good health and fun.

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**EAT HEALTHY FOODS**

- Eat slowly. Enjoy your food. Pay attention to the flavors, textures, colors and aroma of the food. Notice when you are feeling full and stop eating.
- Pay attention to your mood, stress level or level of exhaustion. Are you eating for hunger or is something is eating you?
- Start your meals with a small cup of veggie soup or clear broth. Eating foods higher in water and fiber can help you feel full.
- Put crunch in your meals by choosing high fiber foods like nuts, seeds, fruits, veggies and whole grains.
- Eat more real foods like fruits, veggies, lean protein and whole grain foods and less processed foods.
- Drink a fun glass of spa water (tap water with a lemon and cucumber) between meals
- Use a smaller plate. Eat small portions of higher calorie foods.

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**HAVE FUN AND BE ACTIVE**

Put fun, creativity and physical activity in your holiday

- Take two 15 minute walks a day. Make the walks fun by playing “Follow the leader” or alternating running, walking, skipping, hopping and galloping.
- Play music and have a dance party.
- Play outside.
- Have a scavenger hunt outdoors or indoors
- Make an indoor or outdoor obstacle course.
- Choose the stairs over escalators or elevators. Count the stairs as you go. Make it a game.
- Get enough sleep or rest. Don’t forget to make some quiet or special time for yourself.
- Be creative with your children. Make your own gifts and/or ornaments.

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**YOUR MAGICAL HOLIDAY PLAN**

What is your picture of a magical holiday season?

Name one thing that you will do to make your holidays healthy and magical.

Check 2 tips from the “Eat Healthy Foods” and “Have Fun and Be Active” box that you may like to try.
**WIC Vegetable Soup**

*Serves 8-10 people*

*Fast and easy and inexpensive!!! Soup is nutritious and delicious. Blenderize it if you need to "hide" vegetables.*

*This is a basic recipe; feel free to change it to use your favorite vegetables and spices.*

4 cups of WIC Vegetable Juice  
4 cups of Chicken, Vegetable or Beef Broth  
2 (14.5 ounce) cans diced tomatoes (undrained)  
2 Potatoes (Sweet or White), diced  
1 cup of cooked beans or lentils or meat  
*4 Carrots, sliced  
*2 stalks celery, diced  
*1 can cut green beans (undrained)  
*1 can whole kernel corn (undrained)  
(Note: *You can use 3 cups of frozen mixed vegetables instead of fresh or canned vegetables)*

**Directions:**  
In a large stock pot, combine broth, tomato juice, potatoes, carrots, celery, diced tomatoes, corn, and string beans. Season with salt, pepper and/or favorite seasoning. Bring to a boil and simmer for 30 minutes or until all vegetables are tender.

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**Keepsake Handprint or Ornaments**

The process of making these great gifts is so good for children. They learn about textures, colors, shapes and the love of giving gifts from the heart.

**Ingredients:**

2 cups flour  
1 cup salt  
¾ cup water  
Optional: Acrylic paint, glitter or other fun decorations, Polyurethane varnish

**Directions:**

1. Combine the flour, water, and salt together in a large bowl to make dough.
2. Allow children to mix and squish the dough with their hands (dough should be dry, but sticky enough to form a ball).
3. Help your children roll the dough (1/2 thick) into a desired shape. Cut around a small round plate or a square as a template.
4. Gently press your baby's hand into the middle of the circle. You may need to try a few times to get a good handprint. That is part of the fun. Just squish your mistakes back into a ball and start over. You could also use the same dough to make other ornaments. Roll out the dough to ¼” thick and use cookie cutters to make any shape you wish.
5. Use a straw or pencil to make a hole in the top of your ornament so you will be able to hang it when you are finished.
6. Place it on a plate and microwave for approximately three minutes. (Optional: Put on cookie sheet and bake it in the oven at 300 degrees for about 20 minutes. Turn after 10 minutes.) Use a potholder to remove and wait for your handprint or ornament to cool.
7. Thread a ribbon through the hole for hanging. Write your child’s name and date on the keepsake. Optional: Paint your ornament with acrylic paint. Seal with a clear coat of some protective polyurethane.

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**WIC is an equal opportunity program**