



# A nutrition Fact Sheet



## Make Holiday Times Family Times

Food and family fun are a very important and positive part of celebrations and holidays. Sharing a meal, time with loved ones, or a homemade gift is a way of sharing 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. Or make a loaf of quick bread to share with friends.

**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.

### 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.

### 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.



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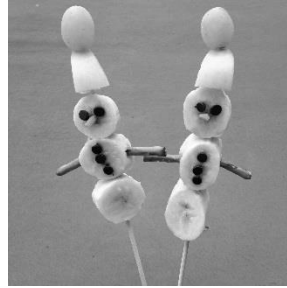


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## Snowmen on a Stick

Yield: 2 servings • Serving Size: 2 snowmen

- 1 banana, cut into 12 thick slices
- 4 grapes
- ¼ apple, cut into 4 slices, then cut in half
- 4 carrot slivers
- 24 mini chocolate chips
- 8 pretzel sticks
- 4 bamboo skewers



1. For each snowman, you will need 3 thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple.
2. Let kids slide the fruit onto the skewers. Then use the carrot slices for the noses, the mini chocolate chips for the eyes and buttons, and the pretzel sticks for the arms.

## Tortilla Snowflakes

Yield: 2 servings • Serving Size: 1 tortilla

- 2 8-inch whole wheat tortillas
- Cooking spray
- 2 teaspoons sugar
- ½ teaspoon cinnamon (optional)
- Lowfat 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.

## Contact Us

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for more information.

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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](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

## Nutrition Facts

2 servings per container  
Serving size **2 snowmen**  
(100g)

Amount per serving  
**Calories** **100**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 259mg	6%

\*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.

## Nutrition Facts

2 servings per container  
Serving size **1 tortilla (49g)**

Amount per serving  
**Calories** **130**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
<b>Protein</b> 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.