



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Healthy Holidays!

The holiday season is upon us, bringing joy, togetherness, and a bunch of tempting treats. While it's a time to celebrate, it's crucial to prioritize health within the festivities. By incorporating mindful choices into your holiday routine, you can savor the joy of the season while nurturing your well-being.

• Mindful Eating:

- The holiday table often overflows with delicious snacks and dishes. Instead of overeating, appreciate each bite mindfully. Pay attention to the flavors and textures and listen to your body's hunger and fullness signs.

• Stay Active:

- Cold weather and busy schedules can make it challenging to stay active during the holidays. However, regular exercise is crucial for maintaining good health.



• Hydration is Key:

- With all the festive beverages and sugary treats, it's easy to forget the importance of staying hydrated. Make an effort to drink plenty of water throughout the day.

• Prioritize Sleep:

- The holiday season often disrupts sleep routines with late-night gatherings and increased stress. However, sleep is vital for a healthy immune system and overall well-being.

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://www.myplate.gov/>

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Planning for Holiday Expenses

Holidays can be a stressful time for individuals and families who have a tight budget. With the continuing impact of higher costs due to inflation, consumers may not have been able to save funds for the holiday.

Make a Budget

Plan so you know what you can afford. First, figure out how much cash you have after paying essential expenses. If you don't regularly track your spending, take time to review the previous month's spending. Compare your expenses to your income. The excess funds can be used for holiday expenses. If you do not have excess funds, look at the money spent on flexible expenses (food, clothing, entertainment, going out to eat) that can be spent on the holiday. This is where you will start planning the holiday budget.



Gift-giving

It can be overwhelming thinking about buying gifts when you don't have a lot to spend. Gift-giving is a holiday tradition and has become a common practice that confirms our connection with others. Most people want to be able to give a meaningful gift to important people in their lives. When you have limited funds to spend on gifts, reflect on how you can make that connection without causing long-term financial constraints on your budget. Create a gift budget by allocating an amount for each gift.

Meals/Food

What gatherings are a part of your holiday plans? Whether it is a meal you are hosting or one where you are bringing food to share, include this expense as part of your budget. Holiday gatherings are a time for socializing, the food served does not have to be extravagant or expensive, it just needs to be enjoyed. Plan your meals by shopping for items that are on sale. If you have a lot of gatherings, plan to bring the same food to each. This will cut down on expenses, the time you need to shop for ingredients, and preparation time.

Travel

Many news reports are predicting that people will choose to travel less during the holidays because of the increased costs of transportation. If you decide to stay home and not attend a gathering, plan something to do during that time. Have a game night, movie night, or sledding party.

Community resources

Many communities have organizations that provide gifts for families with children and other giveaways. Check your local source of information to find out what is available in your area.

The key to getting through the holidays is planning. Reflect on what is important to you and how you can honor that value without creating financial stress.



Some families call this "dressing" while others call it "stuffing." Whatever your family prefers, there's no denying that cornbread, broth, and savory herbs come together beautifully in this traditional dish.



These savory meatloaf muffins are full of flavor and have a beautiful presentation. Enjoy one with a side of steamed spinach, kale, or a fresh green salad.

Cornbread Dressing

Makes 8 Servings

Ingredients:

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| 8 sprays of vegetable oil spray | 1 teaspoon dried sage |
| 1 teaspoon olive oil | 1/4 teaspoon black pepper |
| 4 green onions, medium (thinly sliced) | 4 cups crumbled cornbread |
| 1 celery rib, small | 1/2 cup egg substitute |
| 1 1/2 cups chicken broth, fat-free low-sodium | 1/4 cup chopped pecans |

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 350°F. Lightly spray an 8-inch square baking pan with vegetable oil spray.
3. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions, celery, and carrot for 4 to 5 minutes, or until tender, stirring occasionally. Stir in the broth, sage, and pepper.
4. Put the cornbread in a large bowl. Stir in the vegetable mixture, egg substitute, and pecans (the mixture will be moist). Transfer to the baking pan.
5. Bake for 30 minutes, or until cooked through and golden brown on top. Transfer to a serving bowl.

Nutritional Information per serving: Total Calories 174; Total Fat 8g; Saturated Fat 1g; Protein 6g; Carbohydrates 21g; Dietary Fiber 1g; Sodium 266mg

Savory Meatloaf Muffins

Makes 6 Servings

Ingredients:

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cup oats
- 1 pound lean ground beef
- 3 tablespoons onion (chopped)
- 1/2 teaspoon salt
- 1/2 cup cheese (any variety) (grated)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Combine all ingredients and mix well.
4. Spoon mixture and divide evenly into 12 greased muffin cups.
5. Bake for 1 hour, or until temperature in center of meatloaf is 160°F.
6. Cool slightly before removing from muffin cups.

Nutritional Information per serving: Total Calories 214g; Total Fat 11g; Saturated Fat 5g; Protein 20g; Carbohydrates 8g; Dietary Fiber 1g; Sodium 318g

Brussel Sprout

Yields 2 servings.

Brussel sprouts with Mushroom Sauce

Ingredients:

2 cups Brussel sprouts (or broccoli, cabbage, kale, collards, or turnips)	1 teaspoon spicy brown mustard
1/2 cup low-sodium chicken broth	1/2 teaspoon thyme (dried)
1 teaspoon lemon juice	1/2 cup mushrooms (sliced)

Directions:

1. Trim Brussel sprouts and cut in half.
2. Steam until tender – about 6-10 minutes, or microwave on high for 3-4 minutes.
3. In a non-stick pot bring the broth to a boil.
4. Mix in the lemon juice, mustard, and thyme.
5. Add the mushrooms.
6. Boil until broth is reduced by half, about 5-8 minutes.
7. Add the Brussel sprouts (or other cooked vegetables).
8. Toss to coat with sauce.

Nutritional Information per serving: Total Calories 54; Total Fat 15g; Cholesterol 0mg; Carbohydrates 10g; Dietary Fiber 4g; Sugar 2g; Protein 5g

Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Brussel sprouts are low in calories but high in many nutrients, especially fiber, vitamin K, and vitamin C.

Learn more at: extension.sdstate.edu/brussel-sprout-pick-it-try-it-it-preserve-it



Learn more ways to “make every bite count” with this short interactive lesson available at The Dish: Real Talk about Food



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.