



SOUTH DAKOTA STATE
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Family Food Cent\$

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Staying Active Indoors: Fitness Ideas for Families

Winter in South Dakota can make outdoor exercise tough, but staying active is still important! Luckily, there are plenty of ways to keep moving inside—no gym membership required.

Simple Home Workouts

You don't need fancy equipment to get a good workout at home:

- **Stretch & Move:** Start with simple stretches or yoga to get your body warmed up.
- **Bodyweight Exercises:** Try squats, lunges, or push-ups to build strength.
- **Free Workout Videos:** Online platforms offer easy-to-follow routines for all levels.

Fun Activities for Kids & Families

Keeping kids active indoors can be fun and creative:

- **Dance Party:** Play your favorite songs and dance—it's great cardio!
- **Simon Says & Freeze Tag:** Classic games that get kids moving.
- **Indoor Obstacle Course:** Use pillows, chairs, or tape lines on the floor for a fun challenge.

Healthy Habits for Energy

Staying active is easier when you fuel your body right:

- **Smart Snacks:** Choose fruits, whole grains, and protein-rich foods for lasting energy.

- **Hydration Matters:** Even in winter, drink plenty of water to stay refreshed.
- **Warm & Nutritious Meals:** Use SNAP benefits to prepare hearty soups packed with veggies and lean protein.

Community Fitness Resources

There may be free or low-cost options near you:

- **Local YMCAs & Community Centers:** Many offer free or discounted fitness programs.
- **Libraries & Schools:** Look for activity nights, group fitness sessions, or movement-based story hours.

Even when it's too cold to go outside, movement matters! Keeping active indoors helps with physical health, mental well-being, and family fun. Stay motivated, stay moving, and make the most of this winter season.



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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Recipes from: myplate.gov/myplate-kitchen/recipes

Content from: extension.org; doe.sd.gov/cans/sfsp.aspx; myplate.gov/

Eating Out During the Holidays: Easy Ways to Save Money

Going out to eat more during the holidays can be fun, but it can also get expensive. Here are five simple tips to help you spend less and still enjoy your time.

Save a Portion of Your Meal

Restaurant meals are often big. It is easy to eat too much without thinking. Ask for a to-go box when your food comes. Put some of your meal in the box before you start eating. That way, you will have leftovers for later.

Use Coupons

Many chain restaurants offer coupons. Look for deals at places you like. Check the rules; some coupons only work at certain times or require a minimum purchase.

Choose Lunch Instead of Dinner

Lunch is usually cheaper than dinner. Portions are smaller, and you might see different menu options. It is a clever way to save money and try something new.

Skip the Appetizer

Appetizers and drinks, except water, can make your bill higher. Skipping saves money and cuts down on calories, too.

Share a Meal

Meals are often big enough for two. Share with a friend or family member. If you are with a group, try ordering several dishes and sharing them family-style.

Eating out is a wonderful way to spend time with others. With a little planning, you can enjoy the experience without overspending.





Serve this sweet cornbread with your favorite savory entrée.



This Creole-inspired dish uses chili sauce and cayenne pepper to spice it up. Tomatoes, green pepper, celery, onions and garlic spices also surround the chicken with delicious color. This main dish can be cooked on the stovetop or with an electric skillet.

Soul-Healthy Cornbread

Makes 12 Servings

Ingredients:

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|---------------------------|-------------------------------|
| 1 cup cornmeal | 1 cup low-fat buttermilk |
| 1 cup flour (all purpose) | ½ cup applesauce, unsweetened |
| ½ cup sugar | 4 egg whites (½ cup) |
| 2 teaspoons baking powder | 2 tablespoons vegetable oil |
| ½ teaspoon salt | |

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly spray and 8-inch square pan with vegetable oil cooking spray.
3. Mix dry ingredients in a medium-sized mixing bowl.
4. Add the rest of the ingredients and mix well by hand.
5. Pour the batter into the sprayed pan and shake to make it level.
6. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
7. Allow to cool, then cut into 12 squares.

Nutritional Information per serving: Total Calories 145; Total Fat 3g; Saturated Fat 0g; Protein 4g; Carbohydrates 27g; Dietary Fiber 1g; Sodium 239g

20-Minute Chicken Creole

Makes 8 Servings

Ingredients:

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|---|---------------------------------|
| 1 tablespoon vegetable oil (or cooking oil of choice) | 2 medium celery stalks, chopped |
| 1 pound skinless, boneless chicken breasts | 1 medium onion, chopped |
| 1 can (14.5 ounces) low-sodium diced tomatoes | 2 garlic cloves, minced |
| 1 cup chili sauce | 1 teaspoon dried basil |
| 1 large green pepper, chopped | 1 teaspoon dried parsley |
| | ¼ teaspoon cayenne pepper |
| | ¼ teaspoon salt |

Directions:

1. Wash hands with soap and water.
2. Heat pan over medium-high heat (350 degrees F in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165 degrees F (3-5 minutes).
3. Reduce heat to medium (300 degrees F in electric skillet).
4. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
5. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
6. Serve over hot, cooked rice or whole wheat pasta.
7. Refrigerate leftovers within 2 hours.

Nutritional Information per serving: Total Calories 112; Total Fat 4g; Saturated Fat 1g; Protein 14g; Carbohydrates 6g; Dietary Fiber 2g; Sodium 126g



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Folate and folic acid help protect against heart attack, stroke and the formation of neural tube defects. The nutrient can be found in beets and leafy green vegetables.

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



Beet

Makes 6 servings.

Beets with Dijon Dressing

Ingredients:

3 pounds beets	1 Tablespoon Dijon mustard (or yellow prepared mustard)
4 Tablespoons olive oil	1/4 cup orange juice
1 teaspoon salt	1 teaspoon sugar
1/2 teaspoon black pepper	1 Tablespoon red wine vinegar
	1 Tablespoon rosemary, chopped

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash, trim and dry beets leaving 1/2 inch stem and root intact.
3. Put beets in a bowl and add 1 Tablespoon olive oil, the salt and pepper. Toss contents of bowl with clean hands.
4. Arrange beets in a single layer roasting pan. Roast in oven for 45 minutes or until tender.
5. Remove pan and allow to cool.
6. Make dressing while cooling. Whisk mustard, orange juice, sugar and vinegar together. Whisk in 3 Tablespoons of olive oil and the rosemary.
7. Rub skin off beets and cut into quarters.
8. Combine with dressing and let sit for 30 minutes.

Nutritional Information per serving: Total Calories 200; Total Fat 10g; Cholesterol 0mg; Carbohydrates 25g; Dietary Fiber 5g; Sugar 20g; Protein 4g



Visit the SDSU Extension [Food page](#) for more information about:
Local foods, Meats, Nutrition,
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