

TidBit Times

December 2018 Edition

Ho! Ho! Hold up— Self Care is KEY!

Although the holidays are supposed to be a time full of joy, good cheer and optimistic hopes for a new year, many people struggle during the holiday season when expectations are high and disrupted routines can feel overwhelming. However, some mental preparations and planning can help everyone cope with the season -- and even enjoy it.

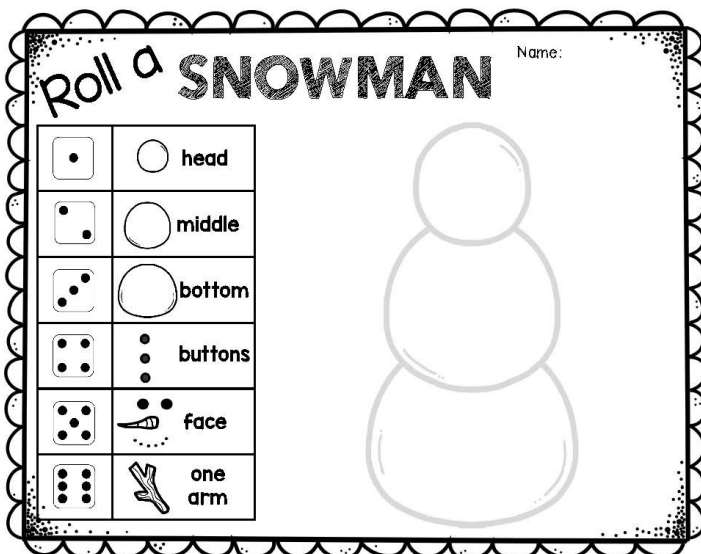
Holiday Bill of Rights

You have the right to...

- Take care of yourself.
- Feel mixed up emotions around the holidays.
- Spend time alone thinking, reflecting and relaxing.
- Say "no" to party invitations.
- Ask for help and support from family, friends and community service agencies
- Say "no" to alcohol, drugs...and seconds on dessert.
- NOT to ride with a drunk driver, to take their keys away and to call a taxi for them.
- Give gifts that are within your holiday budget.
- Enjoy your holiday the way you want.



Happy
Holidays



Need an inside activity to play?

Roll a Snowman!

Practice your numbers, by rolling dice. Each person takes a turn rolling their dice, and drawing that part of the snowman. The first person to draw a complete snowman wins!

Recipe of the Month: **Holiday Snack Mix**

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|--------------------------------|-------------------------------|
| 1 cup – coconut flakes | 1 cup – pistachios, shelled |
| 1 cup – pumpkin seed (pepitas) | 1/4 cup – coconut oil |
| 2 cup – cereal (like Chex) | 2/3 cup – honey |
| 1 cup – cereal, Cheerios | 1/2 teaspoon – salt |
| 1 cup – almonds, sliced | 1/2 teaspoon – almond extract |
| 1 cup – cranberries, dried | 3/4 teaspoon – cinnamon |



1. Preheat oven to 350 degrees and line a large roasting pan with parchment paper. The glaze on this chex mix hardens, so you don't want it to stick to your pan!
2. Combine coconut, pumpkin seeds (pepitas), Chex, Cheerios, almonds, cranberries and pistachios in pan.
3. In a small sauce pan, melt coconut oil, honey, salt, almond extract and cinnamon together. Pour over ingredients in pan and stir until coated.
4. Bake for 5 minutes, stir pan and then bake for 5-7 more minutes.
5. Let cool and then break apart and serve!



Food Safety Tips for your Holiday Feasts!

Whether you're an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday season food poisoning-free.

Steps to follow during food preparation:

- Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread.
- Prepare uncooked recipes before recipes requiring raw meat to reduce cross-contamination. Store them out of the way while preparing meat dishes to ensure they don't become contaminated after preparation.
- Use a meat thermometer to check the internal temperature of dishes to ensure they are fully cooked and safe to eat.

Fool proof tips when cooking for groups:

- Keep hot food hot and cold food cold, using chafing dishes or crock pots and ice trays. Hot items should remain above 140 F and cold items should remain below 40 F.
- Use several small plates when serving food.
- Discard perishable foods left out for 2 hours or more.



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