



## Holiday Health & Safety Tips

**THE HOLIDAYS** are a time to celebrate, give thanks and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

### 1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

### 2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.

### 3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check

on over-commitment and over-spending. Balance work, home and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.

### 4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat or seat belt according to his/her height, weight and age. Get vaccinations if traveling out of the country.

### 5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

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## DID YOU KNOW...

- According to the US Consumer Product Safety Commission (CPSC) hospital emergency rooms treated an estimated 252,000 toy related injuries in 2014, almost half of those affected the head or face.
- The flu was responsible for about 900,000 hospitalizations and an estimated 80,000 Americans died of flu and its complications last winter—the disease's highest death toll in at least four decades.
- With rare exception, everyone 6 months old and older should get vaccinated for the flu.
- It's not too late to get a flu shot. The flu season typically spans from October to May and historically, the flu peaks in February.

CPSC.gov, Centers for Disease Control and Protection

### Quotable Quotes

“If we're not meant to have midnight snacks, why is there a light in the refrigerator?”

– Unknown

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## Holiday Health & Safety Tips

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### 6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history and family health history.

### 7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy) and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.

### 8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees and curtains. Never leave fireplaces, stoves or candles unattended. Don't use generators, grills or other gasoline or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

### 9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

### 10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as



dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

To learn more, including the holiday song *The 12 Ways to Health*, visit [www.cdc.gov/family/holiday](http://www.cdc.gov/family/holiday) Centers for Disease Control and Prevention Office of Women's Health

## KIDS' HEALTH &amp; SAFETY

## Celebration Policies for Healthy Environments in Child Care

**HAVE YOU CONSIDERED CREATING A CELEBRATION POLICY** for your family child care home or center? Celebrations are a part of life and should be full of fun. Although food is traditionally a part of celebrations, other activities can be a meaningful replacement for a dose of sugar. Notify parents of your policy to create a healthy and inclusive environment by suggesting nutritious foods or fun activities they can provide as alternatives to traditional high sugar treats.

The National Association for the Education of Young Children suggests a respectful way to ensure your program is inclusive of all, not only the dominant culture and traditions, is to conduct a family and staff survey. Ask whether the holidays being celebrated reflect



CELEBRATION  
POLICY  
EXAMPLE

the lives of all children and families. Ask whether families celebrate different holidays and if parents would be willing to share their family celebrations and traditions with the child care.

### CELEBRATION POLICY

Dear Parents,

We all want the best for children, therefore we request that cake, pastries, candy, ice cream, junk food and soda not be brought to celebrate your child's birthday or special holiday, we encourage you to bring a special snack such as:

- Vegetable trays with hummus or other healthy dips
- Mini fruit or vegetable based muffins
- Fruit skewers or fresh fruit salad
- Trail mix with dried fruits or nuts
- Fruit and nut breads
- Finger sandwiches in fun shapes
- Yogurt and fruit parfaits
- Whole grain crackers with a nut spread



By adopting some of the following ideas we can foster healthy celebrations:

- Purchase and present a book for the children's library.
- Wrap up some sidewalk chalk or crayons as a fun alternative to edible treats.
- Ask the birthday child to bring a picture of himself as a baby to show how much they've grown.
- Assist with an art activity. Outline the body of the birthday child or all children. Tape to the wall and decorate with stickers, paint and crayons.
- Plan a physical activity to celebrate a birthday. Sing the birthday song, marching and clapping for the number of years of the birthday child. Teach a creative dance, try a parachute activity or create an obstacle course. Have the birthday child lead a parade or follow the leader with all the children joining in.
- Supply a cooking activity. Bring in supplies for making healthy mini muffins, a friendship salad, smoothies, yogurt parfaits, quesadillas or mini pizzas with toppings.

Thank you for your cooperation in planning healthy celebrations for all families.

## Orange Glazed Sweet Potatoes

Butter .....	1/4 cup	Vanilla extract .....	1 tsp
Ginger, fresh, chopped .....	1/4 cup	Water .....	1/2 cup
Orange juice, concentrated, frozen, thawed .....	1/2 cup	Fresh sweet potatoes, peeled and cut into 1/2 inch cubes .....	3 pounds
Brown sugar .....	1 cup	Cornstarch .....	1 1/2 tsp
Cinnamon .....	1 tsp	Water .....	1 Tbsp
Nutmeg .....	1 tsp	Cranberries, dried .....	1/2 cup
Salt .....	1/2 tsp		

1. In a stock pot, add butter, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla and water. Bring to a boil for 2–3 minutes. Remove from heat and combine 1/4 cup of the orange glaze with sweet potatoes in a large bowl. Spread evenly on a baking sheet. Set remaining glaze aside. Bake at 375°F for 20–25 minutes.
2. While sweet potatoes are baking, heat orange glaze over medium-high heat. Bring to a boil. Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well. Add cranberries. Simmer uncovered for 1 minute. Set aside.
3. Remove sweet potatoes from oven, pour glaze evenly over sweet potatoes.

Yield: 10 servings

Meets requirement for vegetable

— *USDA What's Cooking*

## Roasted Cauliflower and White Bean Dip

Cauliflower, cut into 2 inch pieces .....	1 head	Hot water .....	1/4 cup
Garlic cloves, unpeeled .....	5	Lemon, zest and juice .....	1
Olive oil .....	2 Tbsp	Salt and pepper .....	to taste
Cannellini beans, rinsed and drained .....	1 can	Vegetables for dipping .....	2 cups

1. Preheat oven to 375°F. Toss cauliflower and garlic cloves in olive oil, then spread on a large baking sheet. Roast until the cauliflower is tender and browned, about 30 minutes.
2. When mixture is cool, peel garlic and toss in the bowl of a food processor. Add cauliflower, cannellini beans, hot water, lemon zest and juice. Process until smooth. Season with salt and pepper. Serve with a variety of fresh veggies placed in the shape of a holiday scene.

Yield: 12 servings

Meets requirement for vegetable

— *Martha Stewart*

## ACTIVITY CORNER

### Healthy Holiday House




1. **Make a base:** Use a paper plate or cover a cookie sheet or cardboard with tin foil.
2. **Mix up the mortar:** Make a packet of plain, instant oatmeal. Add less water so it is thick, stir in 1 tablespoon of honey and let it sit 10 minutes.
3. **Build the walls:** Using the oatmeal as glue and graham crackers for walls and the roof, build the house.
4. **Get creative:** Decorate with pretzels, nuts, raisins, dates, dried cranberries, dried apricots, other dried fruit, cereal squares and o's, fruit leather and unsweetened coconut.
5. **Add landscaping:** Fresh fruit and vegetables can also be used to decorate and landscape the house. Try broccoli trees, grape rocks and cauliflower shrubbery.

— *Adapted from superkidnutrition.com*

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Food **Q.** What's a snowman's favorite breakfast?  
Funny **A.** Frosted flakes!