

Restaurant: **HOLIDAY**

Description: HOLIDAY is a restaurant in your home that features healthy holiday meals and behaviors for your children. Children's eating is largely influenced by family life. Help your children make healthy food and lifestyle choices!

HOLIDAY MENU

Breakfast

Breakfast is important!

Start off with something quick and healthy so your children can enjoy their morning.

Scrambled eggs, whole grain toast, and fresh cut up fruit or **Low fat** plain yogurt. Let your children build their own breakfast with fruit, raisins and other dry fruit, dry cereal, honey, and/or brown sugar

Lunch

Tea Sandwiches: Toast Whole Wheat bread and cut the crust off.

Add peanut butter and banana slices. Cut into 4 triangles.

Add a side of carrots and a glass of **Low fat** milk.

Appetizers

Vegetable Plate

Low fat cheese and apple slices on Whole Grain crackers

Salsa and Baked Tortilla Chips

Trail Mix: Let your children make their own! Put out whole grain pretzels and dry cereal,

dried fruit (raisin, apricots, cranberries, dates, cherries, and apples), nuts (peanuts, almonds, walnuts, cashews, and pecans), and seeds (pumpkin, sunflower)

Dinner

Encourage your children to make their plates as colorful as possible with vegetables. Whoever does the best wins a prize!

HOLIDAY MENU

Desserts

Put these out only after dinner so your children are not eating sweets all day.

Leave out for a limited time.

Add Hot Cocoa made with **Low fat** milk or

Cut up fruit with toothpicks and encourage your kids to build something festive such as snowflakes.

Beverages

Children love soda so have them make their own!

Put out carbonated (seltzer) water and 100% Fruit Juice. Choose festive colored juices such as red and green.

Side Dishes

Ready, set, go play! Encourage children to be active.

Build an elf fort or a maze made with boxes, couch cushions, blankets, pillows, etc.

Move to the Music! Holiday karaoke! Sing and dance to favorite holiday songs!

Freeze Dancing: Freeze when the music stops and dance when it plays again!