

# WINTER FOOD IDEAS

It is fun to share time together before a school break with a celebration. This is a great time of year to emphasize character education traits such as citizenship, caring and respect. Have a great time learning and laughing together and enjoying a healthy balance.

Offer foods like fruits with yogurt dip, vegetables, whole grains, yogurt parfaits, or low-fat cheese. Try warmed chocolate milk, water, fruit and yogurt smoothies, or juice mixed with calorie free seltzer water to drink.

## TORTILLA SNOWFLAKES

### INGREDIENTS:

- Small whole wheat tortillas
- Kitchen Shears

### INSTRUCTIONS:

Preheat oven to 350 degrees. Warm up the tortillas in the microwave for 15 seconds. Fold the tortilla a few times and start to cut out shapes with the kitchen shears. Place the “snowflakes” on the baking sheet, spray or sprinkle with water, add a little of cinnamon and sugar for glitter. Bake for 5-8 minutes.

## SNOWMEN ON A STICK

### INGREDIENTS:

- Sliced bananas
- Grapes
- Baby carrot
- Apple—sliced into triangles
- Bamboo skewers
- Raisins
- Pretzel sticks

### INSTRUCTIONS:

1. For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple. (Tip: Poke a hole in the apple piece with a bamboo skewer first to make assembly easier.)
2. Have your kids slide the fruit onto the skewer, then use the carrot slivers for noses, raisins for eyes and buttons, and pretzel sticks for arms.

## GINGERBREAD PEOPLE

### INGREDIENTS:

#### Cookies

- 2 1/4 cups all-purpose flour (about 10 ounces)
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 3/4 cup granulated sugar
- 1/4 cup butter, softened
- 1/2 cup molasses
- 1 large egg

#### Decorations

- 1 1/4 cups powdered sugar
- 2 tablespoons 2% milk
- 1/4 cup colored sugar sprinkles

### INSTRUCTIONS:

To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 7 ingredients (through cloves) in a large bowl, stirring with a whisk.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until smooth and well blended. Add molasses and egg; beat until well blended. Stir flour mixture into sugar mixture until well blended. Divide dough in half; shape each dough portion into a flat disk. Wrap dough portions separately in plastic wrap; chill 1 hour or until firm.

Preheat oven to 350°.

Remove 1 dough portion from refrigerator; remove plastic wrap. Roll dough to a 1/8-inch thickness on a floured surface. Cut with a 3-inch boy or girl cookie cutter. Place cookies 1/2 inch apart on parchment paper-lined baking sheets. Repeat procedure with remaining dough portion. Bake at 350° for 11 minutes or until edges of cookies are lightly browned. Remove from pans; cool completely on wire racks.

To prepare decorations, combine powdered sugar and milk, stirring until smooth. Spoon mixture into a heavy-duty zip-top plastic bag. Snip a tiny hole in 1 corner of bag. Pipe onto cookies. Decorate as desired with sugar sprinkles.

### RESOURCES USED:

- [www.familyfun.go.com](http://www.familyfun.go.com)
- [www.associatedcontent.com](http://www.associatedcontent.com)
- [www.kaboose.com](http://www.kaboose.com)
- [www.songs4teachers.com](http://www.songs4teachers.com)
- [www.coolest-holiday-parties.com](http://www.coolest-holiday-parties.com)
- [www.cookinglight.com](http://www.cookinglight.com)