



December Wellness Facts

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Fitting Vegetables into the Food Budget

Money is tight but vegetables can fit into any food budget. Fresh, frozen and canned vegetables all count toward your recommended daily requirement -- 2 ½ cups of vegetables.

- ❖ Make it a point to try a new vegetable each week.
- ❖ Purchase fresh vegetables in season for the lowest price.
- ❖ Vegetables are less expensive in their whole form than those already pre-cut and pre-packaged.
- ❖ Consider frozen and canned. They keep fresh longer.
- ❖ Consider store brands. They tend to cost less and be just as nutritious.



Holiday Vegetable Greenery

A colorful and tasty snack.

- ❖ 6 bagels, cut in half to make 12 halves
- ❖ Spreadable light cream cheese
- ❖ Assorted red and green vegetables such as broccoli florets, chopped; celery, sliced; cucumber slices, diced; green pepper, diced; radishes, sliced.

Garnishes: black olive slices, red pepper rings, grape tomatoes

Lightly spread the inside of 12 bagel halves with cream cheese. Chop the red and green vegetables. Put chopped vegetables into a shallow dish. Put each bagel half, cream cheese side DOWN into the vegetables. Try to get as many veggies as possible to stick into the cream cheese. Add garnishes and arrange on a platter in the shape of a tree or wreath.

Fun Physical Activity Ideas for your Family

- ❖ Make snow sculptures or snow angels in the fresh snow.
- ❖ Take time to eat dinner together often.
- ❖ Hide peanuts in the shell or other small items in a room and have a family hunt.
- ❖ Exercise together.
- ❖ Go ice-skating, tubing, or sledding.
- ❖ Visit an older relative or friend and encourage them to talk about the holidays when he/she grew up. Ask about outdoor games they played as a child.



Source: www.fruitsandveggiesmatter.gov