

News Column for Use Week of 12/23/2019
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River Valley Extension District
12/19/2019

Have Fun, Be Healthy and Active

The New Year is approaching, and I encourage you to have a fun, healthy, and active event. Consider the following tips:

- Add activities to get people moving and interacting.
- Festive foods are eye-catching. Fun shapes or a garnish made a dish pop!
- Make ice cubes with 100% juice or added fruit for flavor.
- Savor each bite. Add some flavor with a cultural favorite.
- Alongside party food favorites, have fruit kabobs, vegetable trays arranged for the party theme, and simple swaps like offering whole-grain crackers.
- Let's dance! Get people up and moving with party games or dancing.
- Sneak in healthier options with simple ingredient swaps or try a new recipe.
- Keep it simple – that can save a lot of stress! Ask guests to bring a favorite food or have them plan party games. Don't forget to get the kids involved!
- Shop smart to fit your budget. Make a list and shop grocery sale ads for savings. Don't forget coupons or the store app for extra savings.
- Be an example for healthy habits. The kids are watching.

Have a safe, healthy, fun and active celebration! Happy New Year to all from, Sonia Cooper, Nutrition, Food Safety and Health Agent in the River Valley Extension District. If you have any questions, please contact Sonia, by emailing srcooper@ksu.edu or by calling 785-632-5335.

Source: www.choosemyplate.gov/ten-tips-make-celebrations