

Sharing the Holiday Spirit With Children

Ask most people what makes Thanksgiving, Hanukkah, Christmas, Kwanzaa or New Year's Day memorable for them, and you will probably hear about special family traditions and favorite holiday foods.

Keeping Traditions Alive

Separation from our extended families and the blending of newly-formed families have put greater emphasis on traditions which link us to our pasts, to our ethnic or religious heritages. Rather than packing all the excitement into just one day, why not make the planning for your special events a part of your family's traditions? Not only does this limit the stress of the season, but it also can help children understand the care that helps make a holiday special. Set aside some time well in advance to begin making arrangements for the holiday. Include everyone in the household so each person has a role. Here are some suggestions:

- ★ Are there special decorations you use year after year? Do they need to be repaired or replaced?
- ★ Who will be in charge of a seating chart and place cards?
- ★ Were any special requests made last year that you would like to incorporate into your plans? Why not assign someone to hang up the coats as guests arrive, or designate an older teen to watch the little ones for an hour after dinner while the adults relax?
- ★ Don't forget to schedule some family entertainment. Anyone for a sing-along, charades or watching home movies?



Stained Glass Cookies
LIFESAVERS® Holiday Ideas for Kids to Make Gift Baskets

- ★ Get physical! Maybe a nature hike, a family football game or skating would be a good way to work off that big dinner.

List hospitality chores and designate helpers for each task. Who will iron the tablecloth and napkins, set the table or make a centerpiece? Volunteers will be needed to help re-arrange living room furniture, put an extra leaf in the table and collect folding chairs from neighbors. And don't forget those who will be away from home or unable to attend. A "Special Delivery Celebration" can make them feel part of the event.

Your menu and recipes are the blueprint for your shopping list. Get your "helpers" involved in separating necessary ingredients into lists by food group and tracking them down in the market. A look at your menu will also help you identify "prep work" that needs to be done. Family members can be assigned to make and bag extra ice cubes, chop walnuts or decorate cookies.

The Art of Giving

Another great way to help children appreciate the spirit of the season is to let them make their own gifts for giving. The time and attention that go into a handmade gift are worth more to the lucky recipient than the glue and glitter holding it together.

Children can be reminded a month or more ahead of time to make a list of those for whom they wish to make gifts (see chart) so they can set aside some of their allowance or do extra chores to earn money for supplies. Ideas can be gathered from magazines or craft books.

Be realistic about what you and your children can do. Giving should not be stressful or competitive. Some of the best ideas are quite simple to create, like combining food items with a complementary gift. For example, a gift basket of hard candies and fruit might include a decorative candy jar, or a tin of homemade cookies could be topped with a special cookie cutter. Put your homemade treats in a basket lined with a cloth napkin. You can personalize this gift by choosing a color to match the kitchen decor of the recipient or using the appropriate school colors for a college student.

Making Special Gifts For Special People

Teachers
Child care provider
Bus driver
Scout master
Music instructor
Team coach
Pediatrician
Best friend
Cousins
Neighbors

NUTRITION UPDATE

Giving of Yourself

Remind your children that a gift doesn't always have to be a "thing." Often, time can be the best gift of all. A gift certificate to help an elderly neighbor weed the flowerbeds or mow the lawn will be gratefully accepted. And a busy mother would treasure a couple of free hours of baby-sitting.

Choosing a charity to support is also a worthwhile holiday tradition to start or continue. For example, children may enjoy buying a toy for a pediatric patient at a local hospital, adopting a family for the holidays or preparing and serving holiday meals for the homeless.

Enjoying the Pleasures

Like special decorations and special traditions, food plays an important role in most holiday celebrations. Unfortunately, and mistakenly, some health- and weight-conscious people feel holiday foods can no longer fit in their diets. However, there are 365 days in a year, and, for most families, only about 20 of them involve special occasions. That means there are 345 days during which we are not celebrating, and can offset the occasional holiday splurge. So, you don't have to sacrifice your favorite holiday foods to maintain good health.

Balance, variety and moderation in all food choices are the cornerstones of a healthful diet. Moderation is especially relevant when discussing holiday foods and treats. If Grandma prepares her famous pecan pie just once a year, there is no need to pass it up. Or if Uncle arrives at the annual holiday dinner

with kielbasa made just as it was in the old country, go ahead and enjoy a portion. The fact that these foods are only available on special occasions ensures they are eaten in moderation.

Frequently, it's as much the preparation of the special foods that adds to the enjoyment of the season as it is the eating of them. So let your children help you prepare those favorite family treats, and then pack most of them into tasty gift baskets and share them with friends.

The joy of sharing these memorable times of year with your children is the tradition they will cherish most. And it is a gift they can pass on to their own children some day.



These recipe and gift ideas are sure to add enjoyment and fun to your holiday celebrations. Use them as is or as a springboard for your own creations.

STAINED GLASS COOKIES

Makes 3 dozen

- 3 rolls (1.14 ounce) LIFE SAVERS® Five Flavor Roll Candy
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup margarine, softened
- 3/4 cup sugar
- 1/4 cup EGG BEATERS® Healthy Real egg Substitute
- 1 teaspoon vanilla extract

Crush each color of candy separately in closed plastic bags; set aside. Mix flour and baking powder, set aside. Beat margarine and sugar with mixer in large bowl until creamy. Add egg substitute and vanilla; beat for 1 minute. Stir in flour mixture gradually.

Chill dough for several hours or overnight until firm. Roll dough out to 1/4-inch thickness on lightly floured surface. Cut dough into desired shape

using 2 1/2 to 3-inch floured cookie cutters. Trace a smaller version of cookie shape leaving a 1/2 to 3/4-inch border of dough. Cut out and remove dough from center of cookies. Place cut-out shapes on baking sheets lined with foil. Spoon crushed candy inside centers of cut-out cookie shapes.

Bake at 350°F for 7 to 9 minutes or until candy melts and cookies are lightly browned. Cool completely on pan on wire rack. Remove cookies from foil.

NUTRITION INFORMATION per cookie: 68 calories, 3 g total fat, 1 g saturated fat, 0 mg cholesterol, 32 mg sodium, 0 g dietary fiber.

LIFESAVERS® Holiday Ideas for Kids to Make

Make these train cars for a table decoration, as a favor for your child's next party or use as a fun activity for children to make themselves.

Engine:

Using fluffy white soft whipped frosting to hold the candies and gum together, shape an engine car with LIFESAVERS® Swirled Pops for wheels, a large ICE BREAKERS® GUM package for the base and a package of CARE®FREE® Spearmint Gum for the top of the car. Place LIFESAVERS® GUMMI SAVERS® on a toothpick for a spout. Decorate front and side of engine car with FRUIT STRIPES® Bubble Gum.

Pyramid Car:

Insert LIFESAVERS® Swirled Pops sticks into 1 package BUBBLE YUM® Gum. Use fluffy white soft whipped frosting to decorate with assorted pieces of BUBBLE YUM® Gum.

LIFESAVERS® Car:

Thread LIFESAVERS® Swirled Pops sticks through 2 LIFE SAVERS® Roll Candy packages to create a base and wheels; secure with frosting. Arrange BUBBLE YUM® Gum on top of base, secure with frosting.

Cabooses:

For wheels, secure LIFE SAVERS® Roll Candy onto a package of CARE®FREE® Bubble Gum; top with frosting and arrange a package of Cherry LIFE SAVERS® Roll Candy on top. Decorate with additional LIFE SAVERS® Roll Candies.

Gift Baskets

Fruit and Candy Gift Basket:

Line a basket with a holiday napkin. Fill with fresh fruits, such as pineapple, oranges or apples, and nuts. Add an assortment of LIFESAVERS® products. Top basket with a decorative bow.

Afternoon Tea:

Fill a tea pot or mug with an assortment of flavored teas, cookies, jams, LIFESAVERS® products and a small cookbook or recipe card.

College Care Package:

Fill a knapsack or waistpack with trail mix, a pre-paid phone card, notes and stamps and LIFESAVERS® candies and gums.

Comments:

Today's Date:

Follow-up Date: