

Health, Safety, and Nutrition for Young Children

FALL 2016

Health and Safety Tips for the Holidays

The holiday seasons can get very busy and sometimes overwhelming with planning holiday meals, buying gifts for everyone, putting up decorations. We tend to forget about our health needs. Here are some healthy holiday tips:

1. Wash your hands
2. Stay warm
3. Manage stress
4. Travel safely

5. Be smoke-free
6. Get check-ups and vaccinations
7. Watch the kids
8. Prevent injuries
9. Handle and prepare food safely
10. Eat healthy, and be active.



In the Kitchen with Children

Blueberry Banana Stacks

Ingredients:

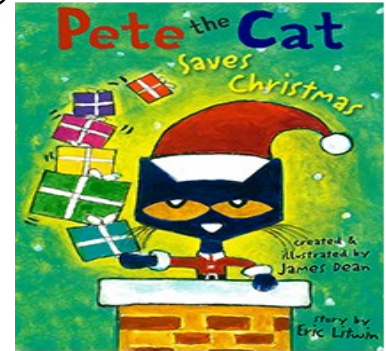
Mini Popcorn Cakes
1-2 Tbsp Strawberry

Cream Cheese
Sliced Bananas
Fresh Blueberries

Directions:

Spread cakes with cream cheese and

top with banana slices. Dollop with additional cream cheese and top with a blueberry.



Author: James Dean

Pete the Cat is in the giving spirit during the holidays and he thinks it is totally wonderful.

