

QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER



DECEMBER 2020

Celebrating the Holidays at Home

“Home for the holidays” takes on a whole new meaning this year. For many of us, the holidays will look a little different. Skipping the large gatherings may bring some winter blues, but don't forget, many of our favorite holiday traditions happen at home! Here's a list of nice things to check-off together in December:

- Deck the halls
- Have a holiday movie marathon
- Build a gingerbread house
- Family read-aloud
- Cook a holiday meal
- Go sledding
- Look at lights
- Shop for a family in need
- Sing together
- Decorate cookies

See below for a family-friendly recipe!

Time to BAKE Some Memories!

Pantry cookies are a year-end tradition worth celebrating! Most of us find ourselves with a lot of leftovers this time of year. Pantry cookies are how you use up those bits and pieces from holiday baking to create a one-of-a-kind treat. You start with a base (sugar cookie, chocolate chip cookie, oatmeal cookie, etc.) then mix in 1-2 cups of whatever sweet treat or dried fruit is left in the pantry!

For a ton of fun pantry cookie ideas, try this link:

<https://www.delish.com/cooking/recipe-ideas/a32174279/pantry-cookies-recipe/>

Make a Difference

For many American families, this will be a hard holiday season... But this is also a time when families think about ways to give back. This December, both come together at the local food bank/food pantry.

Did you know that in the United States, 1 in every 9 people struggles with hunger? At **feedingamerica.org**, you can make a difference for local families! Visit their website to find your local food bank, how to give, and other ways to get involved.

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com



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