Eat and Be Merry with Fruits and Veggies!

Eating healthy during the holidays can be hard. Often there are many foods around! Eating healthy is possible even if you and your family are at a party, a restaurant, a food court, or picking up a meal at a drive-thru window.

Plan ahead and fill half your holiday plate with fruits and veggies. This season your family can have fun and stay healthy too!

- Decorate with reds and greens! Slice red and green apples and surround your favorite fruit dip like a wreath, or add dried cranberries to a green salad. Green and red peppers brighten dishes too.

- Eat a healthy snack with fruits and vegetables before you and your family leave home. Then you will not arrive with an empty stomach.

- If you need to take a dish to a party, a fruit or vegetable tray is quick and easy. No cooking needed!

- Give a basket or bowl of fruits and vegetables as a holiday gift. A dried fruit and nut combination is also delicious!

- Keep frozen and canned vegetables on hand for any unexpected guests or last minute invitations. Combine canned corn, black beans, and salsa for an appetizer.

- Offer 100% fruit or vegetable juice as a beverage. Want to serve punch? Use seltzer instead of water to make juice from 100% fruit juice concentrate.

Avoid the post-holiday slump this year! Take small steps to eat less and move more. Check out the back for ways to be active with your family.

SOURCE: UNIVERSITY OF NEBRASKA-LINCOLN, CLEMSON COOPERATIVE EXTENSION, FRUITS AND VEGGIES MORE MATTERS, RUTGERS COOPERATIVE EXTENSION

For more information, contact your local County Extension Office:
**Mexican Salad Bowl**

Serving Size: 1 cup, Makes 5 servings

1 (15-ounce) can kidney beans, no-salt added, drained
1 (16-ounce) can whole kernel corn, no-salt added, drained
2 medium tomatoes, diced
1/2 cup green pepper, chopped
4 green onions, thinly sliced
1/2 cup fat-free Italian salad dressing
1/2 teaspoon chili powder
Chopped lettuce (optional)

1. Drain kidney beans in colander, rinse; drain again for 1 minute.
2. Add kidney beans, corn, tomatoes, green pepper, and onions in a large salad bowl.
3. In a separate bowl, mix salad dressing and chili powder.
4. Pour over vegetable mixture and toss gently to blend.
5. Cover and refrigerate for at least one hour before serving.
6. Add chopped lettuce before serving if desired.

**Nutrition Facts:**
- Calories: 160
- Fat: 1g
- Carbohydrates: 32g
- Protein: 8g
- Sodium: 280mg
- Dietary fiber: 9g
- Sugars: 8g

**Stay Active this Winter!**

The cold weather is no excuse for these indoor activities!
- Dance to some of your family’s favorite songs.
- Read a story with your child and act it out together.
- Set up an obstacle course using whatever you have around the house.
- Play hide and seek.

**SOURCE:** UNIVERSITY OF FLORIDA RECIPE RESOURCE

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**The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.**