

Holiday food gifts need to be stored properly.

- ✧ Cookies, fruit cake, and chocolate candy can be frozen for treats later in the week.
- ✧ Nuts will keep fresh in the freezer for a year or more.
- ✧ Canned meats and fish - unless the label says "refrigerate" - can be kept in the cupboard up to 2 years.
- ✧ Other canned products will keep their quality for about 2 years in the cupboard.
- ✧ Extra cheese may be tightly wrapped and frozen.
- ✧ Fresh fruit, except for bananas, should be refrigerated in the crisper drawer.



Cranberry Kiss Drink

6 ounces cranberry juice
cocktail
1 ounce orange juice
Seltzer water or club soda

1. Pour cranberry juice cocktail and orange juice into a glass with ice.
2. Top with club soda.
3. Garnish with orange slice.



Shopping for a Healthy Heart



Did you know...

- ✧ You can reduce fat calories from your holiday baking and cooking yet still have the same great flavor.
- ✧ You can reduce the cost of gift giving by giving from your heart with great results.



**UW
Extension**

Cooperative Extension • Family Living Programs

Wisconsin Nutrition Education Program

Florence, Forest and Vilas Counties

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University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA. WNEP education is supported by the USDA FoodShare Program, UW-Extension, and local partners. FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local Human Services Department.



“How to” cut those calories & fat:

- ※ Substitute 2 egg whites for 1 whole egg.
- ※ Substitute half the fat or oil in a recipe with applesauce or fruit puree (prune puree). *Sunsweet* makes a product known as “Lighter Bake” which is a prune and apple mixture that may be used in your recipes.
- ※ Substitute cocoa for pure milk chocolate. Cocoa that says “Dutch process” or “European style” on the box will have a deeper flavor than regular cocoa.
- ※ Use low-fat sour cream or yogurt.
 - ※ Evaporated skim milk is a tasty replacement for cream, and lower-fat cheeses can easily dress up vegetable recipes.
 - ※ Skim the fat from meat drippings when making gravies or sauces.
- ※ Baste the meat in fruit or vegetable juices instead of fat.
- ※ Use bouillon cubes to flavor vegetables instead of fat.
- ※ Instead of using chips to scoop out dip, put a small amount on a plate and select raw vegetables for eating.



Gift giving ideas from the Heart:

- ※ If you have some flourishing house plants... give rooted cuttings to friends and relatives.
- ※ If you have a flair for wrapping presents... offer your services to a friend or relative for Christmas or other holidays.
- ※ If you enjoy baking... give a package of cards, each good for a special occasion cake next year.
- ※ If you have a garden... give a gift certificate to one or more friends and relatives to share flowers once a week all summer long.
- ※ If you're good at “fixing up”... many very nice items can be found at rummage sales, flea markets or local auctions. With a personal fix-up, you may have a treasure to give.
- ※ Give a coupon for babysitting.
- ※ Give an I.O.U. for a favorite meal or baked item.
- ※ Copy a favorite recipe on a card and attach it to one item needed in the recipe (example: can of soup, vegetable, or fruit.)
- ※ Fill an empty container with homemade cookies or cereal mix - tie a colorful ribbon on or use an old Christmas card to decorate the cover.
- ※ Give Dress-up clothes (check rummage sales and thrift stores). Kids love to play dress-up.

