

## 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

Florence County Office: 715-528-5490

Forest County Office: 715-478-7799

Vilas County Office: 715-479-3653



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.

