PANHANDLE PATH TO HEALTHY LIVING



Christmas.....A Time for Family, Friends and Fun Physical Activity!

The holiday season can be a busy and stressful time for families. Along with those hectic schedules, the cold winter weather can make it challenging for squeezing in some physical activity each day. However, being active as a family can benefit everyone. Adults need at least 2½ hours of physical activity a week, and children need 60 minutes a day. Follow these tips to add more activity during the winter months:

Schedule some time for physical activity. Determine time slots throughout the week when most family members available. Devote a few of these times to doing something active.

Turn off the screens. Instead of watching TV or playing video games, create an indoor obstacle course, make a scavenger hunt or play charades. Being active as a family not only creates special memories but helps to relieve holiday stress.

Bundle up for outdoor play. Create a snowman or "snow family". No snow? Walk around your neighborhood to view lighting displays rather than taking the car.

Don't ditch the housework. We all have experienced the tiring effects of doing chores. But those chores are a great way to add physical activity and have a clean house – ready for holiday guests. Kids can help vacuum, dust, sweep the floor and even clean the windows!

Path to Food Safety......

Proper Handwashing



With the Holidays, comes a large amount of food preparation. It is important to continue to wash hands multiple times during the day, as well as during food preparation. Many germs are transferred from the hands to food. No one wants to be the victim of Food Borne Illness during the holidays.

Transport Food Safely:

Keep hot foods hot (140°F or higher) by wrapping them in foil, and then in heavy towels. Or, carry them in insulated wrappers or containers designed to keep food hot.

Keep cold foods cold (40°F or lower) by placing them in a cooler with ice or freezer packs or an insulated container with a cold pack designed to keep food cold.

Vegetables from the onion family, which includes garlic, chives, scallions, leeks share a group of phytochemicals that are very important to good health, with allicin the most common phytochemical. Allicin may play a role in helping lower cholesterol and blood pressure and increasing the body's ability to fight infections.

If cooking with onions brings tears to your eyes, here's why: "The tearjerker in onions is a compound called propanethial-s-oxide, which is released in a vapor when onions are cut" according to Cheryl Forberg, professional chef, and registered dietitian. To reduce tearing when cutting an onion, the National Onion Association recommends you "... first chill the onions for 30 minutes. Then, cut off the top and peel the outer layers leaving the root end intact." It's the root end that has the highest concentration of the sulphuric compounds that cause your eyes to tear.

Packing Tips for Holiday Travel

- **1.Consider Compression Bags:** Several companies make plastic travel compression bags that help remove air from bulky clothing by rolling (no vacuum cleaner required). Travelers' reviews are mixed.4 Some say they're the best way to pack a suitcase, because you can pack much more and use the bags to hold dirty clothes on the way back. You can even wash clothes in the bag if you add water and soap and then shake and massage it. Other reviewers warn that compression bags wrinkle thin fabrics, and they can make it easy to pack too much and end up with an overweight bag.
- 2. Practice the 1-2-3-4-5-6 Rule: Here's one of the simplest and best suitcase-packing tips we've heard for week-long trip, pack:
- 1 hat
- 2 pairs of shoes
- 3 pairs of pants or skirts
- 4 shirts
- 5 pairs of socks
- 6 sets of underwear

This list can be modified to suit your needs and the nature of your trip. For example, a business trip requires a different wardrobe than a cruise. And maybe you're a two-shirts-a-day person, just because. But it's a good place to start if you're not sure how much clothing to pack.



- **3.Check Your Tags:** Fabric matters when you're packing for a trip. Seek out material that resists wrinkling and stains, stays fresh-smelling after several wears and dries quickly. If you're a sweater, for example, include some moisture-wicking attire. When Tortuga Backpacks asked experts for their best travel packing tips, several mentioned fabric choices: lightweight merino wool for outerwear, quick-dry synthetics for underwear and SmartWool socks.
- **4. Choose a Travel Palette:** To reduce the amount of clothing you pack, stick to a strict color palette: a base of neutrals, like black and gray, and then one accent color, like red or violet. You'll be able to put together a week's worth of different outfits from a few basic pieces. Pack shoes that complement every outfit.
- **5**. **Roll, Baby, Roll:** Rolling your clothes is one of the best-known suitcase-packing tips for good reason. Rolling clothes conserves space, reduces wrinkling and makes it easier to find clothes in your suitcase. But do you really know how to roll? To turn T-shirts into tidy cotton burritos, try the military roll technique. Travel blogger Michael Tieso goes a step further and puts rubber bands around his clothes.

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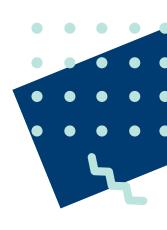
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Path to Plate.....

Apple and Brie Tartlets

1 sheet puff pastry, thawed as instructed on the package

1 cup (125g) local apples, diced small (I used Royal Gala, but any local variety that holds its shape when baked works)

1/3 cup (40g) walnuts, chopped small

2 tbsp (20g) brown sugar

1/4 tsp ground cinnamon

2 oz Brie cheese, cut into 12 pieces

flour for dusting and rolling

Directions

Preheat oven to 375F and position a rack in the lower third of oven. Set aside a mini muffin pan. In a small bowl, mix together the apples, walnuts, brown sugar and cinnamon. Set aside. Lightly flour your work surface and roll out the puff pastry sheet to just over 9×12". Trim the edges and cut out 12 – 3×3" squares. Fit the squares into the muffin pan. Drop a piece of Brie cheese in each pastry cup. Divide the apple filling into the 12 cups. Bake for 15-20 minutes or until bubbling and golden brown. Let cool for 5-10 minutes and serve warm. Leftovers can be stored in an airtight container at room temperature for a day or in the fridge for up to 3 days. Reheat in a toaster oven at 350F for 3-5 minutes or until warm and crispy.

