

## DECEMBER

December is National Fruit Cake Month!

December 4	National Cookie Day
December 6	End of Hanukkah
December 12	National Cocoa Day
December 25	Christmas Day
December 26	National Candy Cane Day
December 26	Kwanzaa Begins
December 31	New Year's Eve

### No-Bake "Santa" Cheesecakes

#### Ingredients

- 1 cup of graham crackers (chocolate)
- 3 tablespoons of butter or margarine
- 8 ounces of low fat cream cheese
- 1/2 container (4 oz) Greek Yogurt
- 1 1/2 tablespoon of honey
- 1/2 tablespoon of lemon juice
- 1 tsp vanilla extract
- A dash of salt
- 24 medium strawberries

#### Instructions

1. Finely crush graham crackers in a blender or food processor and combine with melted butter or margarine. Grease a cupcake pan and place a small teaspoon of crust into each and flatten. Place in the freezer to let them firm while making filling.
2. Combine cream cheese with Greek yogurt, honey, lemon juice and salt and mix until smooth. Spoon a tablespoon of filling into each cupcake well and smooth out. Place in freezer to firm for at least 15 minutes. Use a butter knife to take them out of the pan.
3. Top with a strawberry to make the Santa hat.

## Kid's in the Kitchen

During the holidays we can be so busy buying, prepping, and cooking meals for that special time of year. What better way to spend quality time with family than in the kitchen? Including children in the kitchen is both exciting and educating.



Check out these tips below that kids can safely do in the kitchen while also having fun!

1. Wash fresh fruits, vegetables and herbs prior to cooking.
2. Add ingredients to different recipes.
3. Measure ingredients.
4. Help set the table.

## Eating Vegetables This Winter Without Increasing Your Carbon Footprint



A healthy diet includes lots of fruits and vegetables, but in the winter shipping these foods long distances leaves a big carbon footprint. The best way to limit your carbon footprint is to eat seasonal vegetables.

**\*Roots and Sprouts:** Onions, potatoes, beets, parsnips, carrots, squash, and cabbage are all seasonal in the wintertime.

**\*Milk, Cheese, Eggs, and Meat:** You can still find these fresh and local. If unable to find local varieties, purchase them frozen.

**\*Garnish with Indoor Vegetation:** It is easy to grow microgreens and herbs inside your home and they look great on a window sill.

For More Information on Maschio's Sustainability Efforts please visit: <https://maschiofood.com/sustainability/>

## Healthy Meals Grow Healthy Kids

