

QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

DECEMBER 2020

New Hope-Solebury School District

Celebrating the Holidays at Home

"Home for the holidays" takes on a whole new meaning this year. For many of us, the holidays will look a little different. Skipping the large gatherings may bring some winter blues, but don't forget, many of our favorite holiday traditions happen at home! Here's a list of nice things to check-off together in December:

- Deck the halls
- Have a holiday movie marathon
- Build a gingerbread house
- Family read-aloud
- Cook a holiday meal
- Go sledding
- Look at lights
- Shop for a family in need
- Sing together
- Decorate cookies

See below for a family-friendly recipe!

Make a Difference

For many American families, this will be a hard holiday season... But this is also a time when families think about ways to give back. This December, both come together at the local food bank/food pantry.

Did you know that in the United States, 1 in every 9 people struggles with hunger? At **feedingamerica.org**, you can make a difference for local families! Visit their website to find your local food bank, how to give, and other ways to get involved.

Time to BAKE Some Memories!

Pantry cookies are a year-end tradition worth celebrating! Most of us find ourselves with a lot of leftovers this time of year. Pantry cookies are how you use up those bits and pieces from holiday baking to create a one-of-a-kind treat. You start with a base (sugar cookie, chocolate chip cookie, oatmeal cookie, etc.) then mix in 1-2 cups of whatever sweet treat or dried fruit is left in the pantry!

For a ton of fun pantry cookie ideas, try this link:

<https://www.delish.com/cooking/recipe-ideas/a32174279/pantry-cookies-recipe/>

We're rethinking school meals!

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