



# EHS NEWSLETTER

## DECEMBER 2018

December 2018

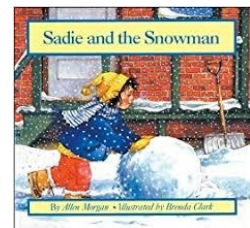
### A Precious Gift.....Unhurried Time in times of transition

Don't you hate those mornings when you have to rush, rush, rush? Everyone hurries to get breakfast; (if even) then rushes to the car, by the time you get to the end of the driveway you have realized the things that you have forgotten and no time to return. So the rest of the day continues hurry, hurry, hurry. We all know this story in the times that we all live in. We feel rushed, anxious and tired before we even get started. The return to school of our children whatever age that is, seems to add to the hustle and bustle, and keeps the wheels spinning.

We can't go back, or go forward in time, so we are HERE and NOW. There is no gift more precious than the time that we can give to our children, to ourselves, to our families. It can be simple things, like the time to smell the roses as we walk to the car, the time to cuddle before we walk out the door, a look in the mirror together as we get ready in the morning. Unhurried time produces those magical moments and emotional connections, when you know that you have connected with your child, your spouse, your sister, your mother, or yourself. It's the magical moment when you noticed that your child grew an inch and just realized it. The magical moments when you know things are good, and it's going to be OK. Please take advantage of those magical moments, because before you know it, the day is over, the week has passed and it's a new month.

Have a great unhurried New Year! Spend simple time with your loved ones.

Brenda



*Sadie and the Snowman*

*December READ!*

*Book of the Month*

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## The Balance

We want to encourage healthy eating and healthy habits- eating sweets in moderation and getting enough exercise (like taking a refreshing walk in the snow) can help with the extras we consume during the holidays. Making time to bake yummy cookies with the kids can be just what the doctor ordered for you and your little one. It will get messy and take a bit of patience but the memories will last forever.

~Sadie Swisher Health Manager



## Shortbread Cookies

### Ingredients

1 cup butter or margarine, softened  
¾ cup powdered sugar  
1 teaspoon vanilla  
2 ½ cups Gold Medal™ all- purpose flour

### Directions

Heat oven to 350° F. In large bowl, beat butter, powdered sugar and vanilla with spoon. Stir in flour. (If dough is crumbly, mix in 1 to 2 tablespoons butter or margarine, softened.)

Roll dough 1/2 inch thick on lightly floured surface. Cut into small shapes by hand or use cookie cutters. Place 1/2 inch apart on ungreased cookie sheet.



## Produce

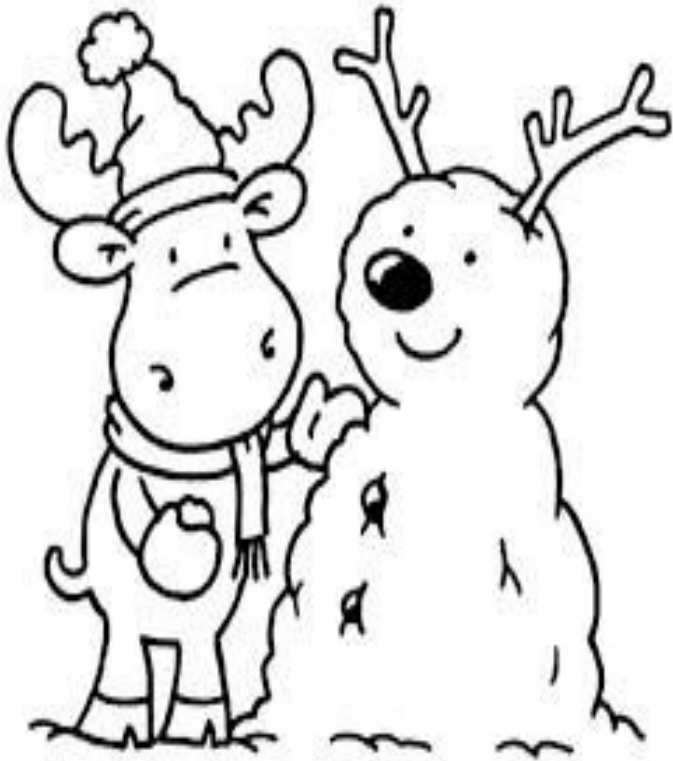
Since learning about the recall of romaine lettuce, going to the grocery store and purchasing produce has become a new experience. We now diligently inspect every item carefully. The problem with the careful inspection is that we cannot see everything in our produce. There are steps to removing some microorganisms, dirt, pesticides, bacteria, and pests. Unfortunately, in some cases the things that infect our produce cannot be detected by our careful inspection or thorough washing but we can do our part to clean produce well before we serve our families and keeping up with recalls.

### Cleaning Tip:

Immerse produce in 1/2 Cup vinegar and a 1cup of water in a clean bowl, then rinse produce with clean water, this is the safest option to getting produce clean.

Home visitors will be taking out a handout from the CSU Extension office with more tips.

~Sadie Swisher



# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Read a book to your child!	1 <b>Pictures with SANTA !!!</b> 1339 Elm Ave 9am-11am
2 Cook Potato soup for dinner! Ask your home visitor for the recipe!	3 Read a book to your child!	4 <b>Socialization</b> <b>11:00am</b> <b>Family Center</b>  Lunch Beef Stroganoff Green beans Orange slice and milk	5 Read a book to your child!	6 Read a book to your child!	7 Read a book to your child!	8 Make flashlight snowmen- cut out paper snowmen and reflect on the wall using a flashlight.
9 Relax and watch movies together!	10 Read a book to your child!	11 Read a book to your child	12 Read a book to your child!	13 Read a book to your child!	14 Read a book to your child!	15 <b>WISH FOR SNOW!</b>
16 Drink hot cocoa!	17 <b>Policy Council</b> <b>5:30pm</b> <b>Family Center</b>	18 Read a book to your child!	19 Read a book to your child!	20 Read a book to your child!	21 Read a book to your child!	22 Bake cut-out cookies together
23 Go for a walk together	24 Family Center Closed	25 Family Center Closed	26 Family Center Closed	27 Family Center Closed	28 Family Center Closed	29
30 Family Center Closed	31 Family Center Closed					