



BLUE EAGLE FOOD, FUN & FITNESS

NAZARETH AREA SCHOOL DISTRICT FOOD SERVICES

Healthy Holiday Season

Decorate your plate

Can you even eat healthy during the holidays? Yes!

Decorating your plate with lots of seasonal, colorful fruits and vegetables can make your holiday season healthier. Fruits and vegetables will add flavor, color and nutrients to holiday favorites.

Some Seasonal Fruits/ Vegetables

POMEGRANATE
KALE
CLEMENTINE
BRUSSEL SPROUTS
WINTER SQUASH
(ACORN, BUTTERNUT, PUMPKIN, SPAGHETTI)
SWEET POTATO

FUN FACT

It's recommended to have
2 cups of fruits
3 cups of vegetables per day.
Whether they are *frozen, fresh or
canned* the nutrients don't differ.



THE RECIPE CORNER

HONEY-ROASTED ROOT VEGETABLES

INGREDIENTS

- 1 LARGE SWEET POTATO, SCRUBBED & CUT INTO CUBES
- 2 MEDIUM TURNIPS, SCRUBBED, PEELED & CUT INTO CUBES
- 2 MEDIUM PARSNIPS, SCRUBBED, PEELED & CUT INTO CUBES
- 3 MEDIUM CARROTS, SCRUBBED & CUT INTO CUBES
- 2 MEDIUM SWEET ONIONS, CUT INTO CUBES
- 2 TABLESPOONS HONEY & OLIVE OIL
- SALT/PEPPER

COMBINE ALL INGREDIENTS IN A LARGE BOWL & TOSS TO COAT. PLACE VEGETABLE MIXTURE ON A SHALLOW BAKING PAN COATED WITH NONSTICK COOKING SPRAY. BAKE AT 450 FOR 35 MINUTES OR UNTIL VEGETABLES ARE TENDER AND BEGIN TO BROWN. STIR EVERY 15 MINUTES. MAKES 8 SERVINGS

Sprinkle in some activity

- With the cool weather doing outdoor chores like raking leaves or shoveling snow is a great way to get active.
- Get moving during TV time: make it a challenge to keep moving whether it be by running in place, doing jumping jacks, or whatever else you can think of.
- Sign up for fun, local events around the holidays like the Thanksgiving day Turkey Trot 5k or Lights in the Parkway 5k.