

Healthy Habits

Cooking With Kids!

1. Take your time. Expect everything to take longer than usual and set aside extra time.
2. Expect some mess. Cooking can be messy and more so with kids involved. If extra messy, put down a plastic tablecloth on the workstation to make it neater but lean into having fun with it and clean up together at the end. Aprons or clothes that can get dirty makes things easier too!
3. Teach good kitchen practices. This includes safe food handling, washing hands before and between handling foods and clean cooking surfaces.
4. Plan ahead. Choose a recipe that everyone will enjoy and that will not be overly complicated. Make sure ingredients, equipment and tools are ready.
5. Talk through recipe or have older kids read the recipe beforehand. Let kids assist in the prep.
6. Opportunity to learn. Cooking allows for a chance to discuss food and their origins, cooking techniques, measuring and math and the science of cooking.
7. Have fun! This can be a great experience to relax, have fun, learn and spend time together making lasting memories and new traditions.

Chocolate Dipped Citrus

A sweet, in season, healthier holiday treat

- 5 pieces large citrus (Oranges or Satsumas) or 10 small citrus (Mandarins)
- 1 cup dark chocolate or semi-sweet chips
- 1 tbsp. coconut oil or avocado oil
- 2 tsp flaked unsweetened coconut



Instructions

Peel the citrus and separate into segments.

Melt the chocolate and oil together in a saucepan over low heat. Stir continuously until everything has melted and is well combined. Be careful not to burn the chocolate. Remove from the heat.

Dip the citrus segments into the melted chocolate and place on a plate or baking tray. You may place on wax paper to keep from sticking. Once all the segments have been dipped, place the tray in the fridge for 5 minutes to allow the chocolate to set.

Remove from the fridge and dip each segment in the chocolate for a second time and then immediately sprinkle coconut over the citrus. Return to the fridge for another 5 minutes.

*It is best to enjoy this treat within 24 hours but will last up to a couple of days in the refrigerator.

Honoring Old Traditions and Creating Fun New Ones:

- **Prepare family recipes** for family and neighbors, especially for those who are most likely to get very sick from COVID-19. Deliver without having contact with others.
- **Virtual dinner night** and share recipes with friends and family you do not live with.
- **Virtual movie night** with friends and family you do not live with.
- **Virtual holiday craft night** friends and family you do not live with.
- **Virtual secret Santa.** Set Budget. Mail or drop gifts. Open via a video call.
- **Go on a walk to see holiday decorations** with the people who live with you.

