

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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Celebrate

Homemade Gifts

To keep within your budget this holiday season consider making homemade gifts. When you take the time to personally create a gift, like a hot cocoa basket, the receiver is bound to appreciate your thoughtfulness.

Chocolate Magic Mix

8 cups non-fat dry milk powder
 1 cup cocoa powder
 1 1/2 cups sugar
 Dash of salt
 Combine ingredients. Mix well. Pour into jar or can with tight-fitting lid.

Hot Cocoa

1/4 cup Chocolate Magic Mix
 1 cup hot water

Stir well and enjoy!



Let's Eat



Small tummies need small food portions. Remember these easy ways to help children have healthy portion sizes (without having to measure each spoonful!)

- Use smaller bowls, plates, cups and utensils when serving and eating.
- Encourage small first portions. This keeps appetites in check and prevents plate waste.
- Encourage children to serve themselves.
- Allow second servings if children are still hungry.
- Don't insist that children finish all of the food on their plates.

Chocolate Chip Yogurt Cookies

1/2 cup sugar
 1/2 cup brown sugar (firmly packed)
 1/2 cup margarine
 1/2 cup yogurt (non-fat, plain)
 1 1/2 teaspoons vanilla
 3/4 cup flour (all-purpose)
 1 cup flour (whole wheat)
 1/2 teaspoon baking soda
 1/2 cup chocolate chips (miniature, or carob chips)



Directions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Makes: 36 servings
Total Cost: \$1.86
Serving Cost: \$0.05



Source:

<https://www.whatscooking.fns.usda.gov/recipes>

Kids Care

Keep your family active this holiday season:

1. Write clues and have them look for their gifts around the house.
2. Bundle up and play outside.
3. Play games with your kids for at least 10 minutes each day.
4. Reduce screen time.
5. Take “commercial breaks” and do jumping jacks or walk in place during commercials.



Dollars & Sense



Paying for Holiday Gifts

Plan to pay off anything you charge on the holidays in January or within 1-2 months at the longest. Considering the holidays come every year, we will never be able to get ahead if we are still paying off debt from last year when you begin your holiday spending for this year.

First, take a hard look at what you typically spend on gifts, decorations, clothes, wrapping paper, cards, special meals, and year-end gratuities. At the same time, look at the rest of your budget and estimate how much you can afford to spend without racking up debt. Some financial planners recommend spending no more than 1.5 percent of your annual income on holiday expenses. If you haven't saved that much, look for ways to cut back, but make sure you do it before the holiday rush starts.

Consider using the envelope method once you set a budget for how much you plan on spending on each person/item. Divide the amount per person/item and put your cash in each envelope. This will help you keep track of how you are spending your money and how much was spent.



Sincerely,

County Extension Agent for
Family & Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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