



HCSF Newsletter



December 2008

Merry Christmas and Happy New Year! As we come together for the holidays, read on for fun and easy winter games, recipes, and crafts to make with your kids. Carve out some quiet family time for a movie night – and instead of eating popcorn, string it on thread with cranberries to hang on the tree!

Let it Snow, Let it Snow, Let it Snow.... So We Can PLAY!

There's snow on the ground and kids with time off...keep the family active by bundling up and following your kids to the nearest drift for a snow pile of fun!

- **Hat Trick:** Once you've built a plump, frosty snowman to stand in your front yard, make a game of topping him or her off in style. Take turns trying to land a hat on its head by throwing it Frisbee style from 10 or so feet away.
- **Holiday Lights Stroll:** Take the family out for a walk around the neighborhood and check out all the houses decorated for the holidays.
- **Flag In A Snow Stack:** Tie a white cloth to the end of a short stick or around the bowl of a wooden spoon. Then, give each child a chance to hide it by staking it anywhere within a predetermined set of boundaries. Keep track of how long it takes for the rest of the group to find it. Whoever hid the flag that takes the longest time to spot wins the game!
- **Freeze a bubble:** If the weather outside is below 32 degrees, you can take your bubbles outside and watch them freeze. Blow a bubble and catch it on the wand. Wait and watch as it freezes. It will turn into a crystal ball and shatter like glass (but won't hurt anyone!).

CHRISTMAS TREE DECORATIONS – EASY TO MAKE!!

This is a great Christmas party craft or “snow day” craft.

You'll need:

A clean lid from a frozen juice container or a plastic container like yogurt
Construction paper
Old Christmas cards
Ribbon
Glue
Paper clips



Use last year's cards to make a new ornament. Cut a favorite picture from a card. Using the lid, trace and cut a circle from the construction paper. Glue the picture onto the paper and the paper onto the lid.

Here's a job for **Mom or Dad**...Use a glue gun to attach a paper clip to the lid for a hanger. Or if you're using a plastic lid, poke the paperclip through the lid.

Tips:

Paint the lids in gold, green or red to add a bit more pizzazz. Speaking of sparkle: You can glue objects or glitter onto the lids too!



Merry
Christmas





Mythbusters



As a lot of us will be hosting family gatherings that may include turkey or duck we thought we'd address an important myth concerning food safety this month.

MYTH:

"It is okay to let turkey or other poultry thaw out on the kitchen counter. Everyone does it that way."

TRUTH:

You should NEVER thaw poultry at room temperature!

Since it is impossible to ensure that all raw chicken and other poultry be free of harmful bacteria, you can only rely on temperature to control or eliminate the harmful bacteria. By leaving raw turkey or any other raw poultry at room temperature, you are providing bacteria the opportunity to grow.

It is best to thaw the poultry in the refrigerator, since bacterial growth is slowed at refrigerator temperatures. Since thawing in the refrigerator takes longer than thawing at room temperature, planning ahead is necessary. A large turkey might take 2 or 3 days to thaw in the refrigerator.

Finally, make sure that all poultry is cooked to an internal temp of at least 180 degrees Fahrenheit.

Enjoy your family gatherings knowing that your meal is safe, healthy and nutritious!

QUICK MAPLE UPSIDE-DOWN PUDDING

Serves 4

Ingredients:

- ✓ 1 cup maple syrup (real maple syrup, not pancake syrup - which is really corn syrup)
- ✓ 1 tablespoon butter or margarine
- ✓ 3 tablespoons brown (or maple) sugar
- ✓ 1 cup sifted flour
- ✓ 2 tsp baking powder
- ✓ 1/4 tsp salt
- ✓ 1 egg
- ✓ 1/2 cup milk
- ✓ chopped walnuts or pecans, whipping cream

Directions:

- 1) Heat maple syrup to boiling and pour into bottom of buttered baking dish.
- 2) In a small bowl, beat butter to soften and add air.
- 3) Add sugar to butter and beat together until fluffy.
- 4) Sift flour, baking powder, salt, into another bowl.
- 5) Beat egg with milk in another bowl.
- 6) Alternately pour flour mixture then egg mixture in small amounts into butter mixture beating well to combine.
- 7) Pour batter into hot syrup and bake in 420° oven for 25 minutes, turn upside-down onto serving plate.
- 8) Garnish with chopped nuts or light whipped cream. Or serve like a pudding in bowls with nuts and plain cream to pour on it.

