



Growing a Healthier You December 2014



December – Christmas a time of giving, enjoying family and celebrating the reason for the season. Is there a way to slow down and not feel so rushed and overwhelmed at this time of year? Take a deep breath and with your family review what are the most important things you want to do as a family during this busy season. Think about presents, entertaining, travelling, and decorating - what is important? It's your decision, do what will help to *grow a healthier you* during this holiday season.



Take 10

⊗ Think about charity giving this year and give a gift in someone's name. World Vision is one

example.

⊗ Check out your local Christmas Cheer or other organizations that help those in need at Christmas. What can you do to help?

⊗ [Be a Santa for a Senior](#). Check out the internet link [here](#).

⊗ Check out the local Christmas concert in your community or school. Local talent can be simply amazing and your presence will be very encouraging.

⊗ Pull out your yarn, ribbon or fabric scraps and make our simple Christmas craft - anyone can make them. For the quilters in the group - think of what you can do with all

the selvedge edges you cut off your fabric!

⊗ Enjoy time with family and friends this holiday season.



Tool Kit

<http://beasentatoasenor.com/>

My local community newspaper
The

Minnedosa Tribune recently carried an article on this program. It intrigued me, so I decided to include it here. It certainly bears further investigation for your own community! Follow the instructions on the website to see if your community is involved.

Christmas Gift Suggestions:

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To all, charity.
- To every child, a good example.
- To yourself, respect. - Oren Arnold

Craft: Scrap Ribbon Christmas Ornament

Materials Needed:

- Sticks (6" in length)
- Ribbon scraps (shades of green and brown work well)
- Hot glue gun
- Twine
- Scissors



Directions:

1. Tie the scraps of ribbon down the stick.
2. Trim the ribbon scraps into the shape of a Christmas tree. After trimming, carefully melt the edges of the ribbons with a candle so the ribbon doesn't fray.
3. Use the hot glue to attach a piece of twine to the top so the ornament can hang.

These ornaments are beautifully rustic, simple, and can be a fun snowy day craft for the kids!

Mince Meat Hermits

Realizing I still had some mince meat left over, I came across this recipe of my Mother-in-laws and decided to try it. They were delicious, hearty, and made a big batch!

Mix in the following order:

- ½ cup butter
- ½ cup shortening (I used the yellow shortening for the combined cup)
- ½ cup brown sugar packed
- 2 eggs
- 1 ¼ cup mince meat
- 1 cup chopped nuts
- 3 ½ cups flour
- 1 tsp. soda
- 1 tsp. salt
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. cloves

Drop by spoon onto cookie sheet. Preheat oven to 400 degrees. Bake for 12 minutes. Enjoy!

Carol MacLellan, FWIC Executive Officer from PEI

