

DECEMBER

Holiday Safety

The holiday season is a great time to spend with family and friends. But holiday routines also create greater safety hazards. While enjoying the festivities, it is important to keep in mind certain health and safety tips to keep you and your family safe.

Fire Safety

- Do not leave candles and fires unattended
- Do not place candles and fires beside flammable materials
- Do not place candles within the reach of children and pets
- Make sure your house is equipped with working smoke detectors
- Do not leave Christmas lights plugged in for extended periods of time

Food Safety

- Wash hands, utensils, and cooking surfaces often and thoroughly
- Keep raw food separate from cooked or ready-to-eat food
- Ask your guests if they have any allergies prior to preparing food
- Do not leave refrigerated food out in the open for extended periods of time

Responsible Drinking

- Do not drink and drive
- Only drink if you want to
- Alternate between alcoholic and non-alcoholic beverages

Staying Active

- Try participating in an outdoor winter sport like ice skating, skiing, or snowboarding
- Try participating in an indoor winter sport like curling or hockey

Healthy Holiday Recipe: Crispy Cashew Bars

Ingredients

2 ½ cups	Crisped rice cereal
1 ¼ cups	Rolled oats, slow cooked
1 cup	Mixed dried fruit, chopped
1 cup	Cashews, chopped
¾ cup	Brown sugar
¾ cup	Cashew butter, smooth
¾ cup	Pure honey
½ cup	Cocoa powder

Baking Instructions

1. Lightly grease a 9" x 13" pan.
2. In a large bowl, combine first four ingredients.
3. In a medium bowl, mix sugar, cashew butter, honey, and cocoa and cook over low heat for 3-5 minutes.
4. Pour heated mixture over dry ingredients and stir to evenly coat. Press into prepared pan.
5. Refrigerate pan for 1 hour and cut into bars.