



DECEMBER 2020 | UBC ACTIVE KIDS

December Newsletter

UBC Active Kids



12 DAYS OF HOLIDAYS!

Follow along with the **12 days of holiday cheer advent calendar** below to try some fun new recipes and ideas for bringing the family together this holiday season! Most of the recipe ideas below feature a **local ingredient** that is in season in December. Trying to buy local produce each month is an awesome way of **supporting local farmers**, while also increasing your family's food literacy! **Food literacy** involves knowing where the food you use comes from, how to prepare it, and how it impact's the health of your community, the environment, and yourself.

***bolded items** can be found at local farmers markets!

1 Homemade Hot Chocolate



- 2 cups oat milk (or your milk of choice)
- 2 Tbsp cocoa powder
- 2 Tbsp honey or maple syrup
- 1/2 tsp vanilla extract

Whisk all ingredients together & warm in pot then enjoy! ~2 servings

2 Mashed Rutabanga with Sour Cream & Dill



Recipe can be found on simply recipes website!



https://www.simplyrecipes.com/recipes/mashed_rutabaga_with_sour_cream_and_dill/

3 Start a Gratefulness Journal!



Get your kids to write down or share with you 3 things they are grateful for every night!



4 Roasted Red Potatoes



Recipe can be found on dinner at the zoo website!

<https://www.dinneratthetoo.com/roasted-red-potatoes/>

5 Take a dance break!



Take a break to dance to your favorite holiday song!

6 Roasted Seasoned Winter Squash Recipe



Recipe can be found on skinny taste website!

<https://www.skinnytaste.com/roasted-seasoned-winter-squash-medley/>

7



Watch your favorite Holiday Movie!

8 Sweet Potato & Quinoa Chilli (vegan)



Recipe can be found on the simple veganista website!

<https://simple-veganista.com/sweet-potato-quinoa-chili/>

9



Build a gingerbread house as a family!

10 Apple Cinnamon Baked Oatmeal Recipe



Recipe can be found on the five heart home website!

<https://www.fivehearthome.com/apple-cinnamon-baked-oatmeal/>

11



Go for a walk outside & see if you can find any decorative lights!

12 Easy Snowman Pancakes



Recipe can be found on toddler approved website!

https://toddlerapproved.com/2018/01/easy-snowman-pancakes-for-toddlers-and.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+ToddlerApproved+%28A+New+Blog+Post+from+Toddler+Approved%21%29