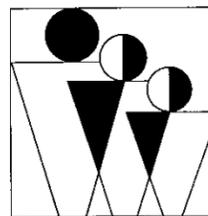


Shawano County UW-Extension  
Courthouse - Room 101  
311 North Main Street  
Shawano, WI 54166

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## Working for Wisconsin Families

Nancy Schultz, Family Living Educator  
Shawano County UW-Extension

November/December 2013

### FAMILY LIVING EDUCATION

## Is it Time to Trade in That Holiday Tradition?



By Chelsey Byers  
Family Living Educator  
U of I Extension in Champaign County



COOPERATIVE EXTENSION SERVICE - UNIVERSITY OF WISCONSIN-EXTENSION  
Courthouse-Room 101, 311 N. Main St., Shawano, WI 54166 (715) 526-6136

Working for Wisconsin Families

Hello Friends,

It is hard to believe that the 2013 year is quickly coming to a close. With this, many of us are beginning to prepare for the holiday season. In this article I share the importance of traditions and creating new traditions as things change in our lives and not getting stressed out about them. There are many things we can do to help us prepare for the upcoming holiday season. Some basic tips to remember are: set realistic expectations; get exercise and stay active; don't overindulge in holiday foods and drinks; don't overextend yourself; set a shopping budget and stick to it; and ask for help. Here are some educational classes that will be coming up in the next couple of months: Strong Women, Strong Bones, Soups or Sauce Mixes, and Mixes for Gift Giving. These sessions are open to the public. If you would like to know more about these programs, please feel free to contact the Shawano County Extension Office.

Sincerely,  
*Nancy Schultz*

Nancy Schultz, MS, CD  
Family Living Educator

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What happens when a holiday tradition causes more stress than the good it provides? Holiday traditions and religious celebrations can hold a family together, create strong memories, build strong cross-generational relationships, and offer consistency to families in times of stress. Although family traditions are a source of strength, keeping them can sometimes become burdensome, especially when there has been a change in family structure due to a wedding, divorce, or death.

If keeping a holiday tradition becomes stressful, think about developing new family rituals or adapting old traditions to replace those that are no longer meaningful to family members. Maybe there's a recipe that is difficult to make or nobody currently enjoys. Just because it was always a part of your family's holiday doesn't mean it has to be. Find a new one that is less stressful to make or one that everyone enjoys.

You can also create new traditions as your family changes. Families may need to adapt and accommodate activities caused by extended family schedules. If this means not celebrating the holiday on the calendar date, so be it. Remember, it's not about the date; it's about coming together and spending time as a family. Some families may decide to celebrate the weekend before or after the holiday so family members don't have to choose between sides of the family. This practice lessens the challenge of being at two different places on one day and can help when families have young children or live at a distance.

Families with snowbirds who travel elsewhere over the winter could celebrate 'Thanksgivemas,' a holiday that combines Thanksgiving and Christmas before the travelers leave for the winter.

Creating new rituals doesn't have to be complicated. Newlyweds and new parents do it all the time. You create a family tradition when you do the same thing over and over. It's okay to change the way things have always been in order to meet the needs of your family as it is today. It may feel a little different at first, but be open-minded and remember that the important thing is spending time together, not stressing and arguing over how it will be done.

**For more information on the stress during the holidays:** Contact the Shawano County UW-Extension Office, 311 North Main Street, Shawano, WI 54166 ▪ 715-526-6136 ▪ <http://shawano.uwex.edu/>

## Healthy Holiday Eating

We all love holiday food. Pumpkin pie topped with whipped cream, pecan pie, frosted sugar cookies, fudge, mashed potatoes and gravy, sweet potatoes smothered in brown sugar and butter. Is anyone else's mouthwatering yet? Holidays are a time of celebration, family, friends, and good food. But, with all that good food often comes some not so good weight gain. What can you do to prevent weight gain and still enjoy the holidays?

Here are a few simple tips to help guide you through the coming months of holiday feasts.

- Make healthy food and bring it along with you to the holiday meal. This way you will always have something healthy to eat in a dining room full of high calorie dishes.
  - What to bring? A fresh fruit salad is always a healthy and appetizing dish to bring to a celebration. You can also bring a big salad tossed with shredded carrots, grape tomatoes, and sliced cucumbers. Don't forget the low-fat dressing. Simply prepared vegetables such as steamed carrots or green beans are also healthy side dish options. You can also bring a simple vegetable tray.
- Eat something before you go. I know this might sound silly, but your stomach can only hold so much food. If you are starving you may overeat. Eat a little something like yogurt, fruit, or lean meat. The point is not to go hungry.
- Take larger portions of healthier options such as the turkey, fresh fruit and vegetables and smaller portions of the more calorie dense foods like mashed potatoes with gravy, sugary, marshmallow topped sweet potatoes and white bread roll with butter. When it comes to dessert, take a half piece or just a few bites.
- Drink water. Beverage calories can add up quickly. A few glasses of sweet wine, apple cider, egg nog, fruit juices, pop and hot cocoa can easily add a few hundred calories to your meal. Everything in moderation, if the holiday drinks are your favorite, try just a small serving.
- Choose your favorites. Make sure you only choose the things you really love. Leave off the items that are just there as part of traditional holiday celebrations, but are not really your favorites. Also, it is key to watch portion sizes. You can enjoy all of your holiday favorites in moderation.

Hopefully, implementing these five tips will help you navigate your way through the holiday feasts so that you get to enjoy them and you also get to enjoy your health. Sources: <http://caloriecount.about.com>

### Frozen Cranberry Salad

#### Ingredients

4 cups ground cranberries, drained  
2 cups sugar  
½ cup ground almonds  
1 cup crushed pineapple, drained  
16 ounces cream cheese  
Milk  
2 cups whipping cream

#### Directions

Soften cream cheese with milk and combine with other ingredients. Whip 2 cups whipping cream (makes 4 cups) and fold into mixture. Pour into a mold or long pan which has been buttered prior to adding ingredients, for easier unmolding or removal let stand at room temperature for 10 minutes.

Mrs. Charles W. Sebesta  
Chippewa County HCE



### Cranberry Maple Skillet Cornbread

Prep time 15 mins - Cook time 30 mins - Total time -45 mins – Serves – 8-12

#### Ingredients

1/2 cup (1 stick) unsalted butter  
1 1/2 cups medium grind cornmeal, preferably stone ground  
1 1/2 cups white whole wheat flour or regular whole wheat flour  
1 tablespoon kosher salt  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
dash cinnamon  
1 1/2 cups buttermilk, at room temperature  
3 large eggs, at room temperature  
1/2 cup maple syrup (preferably grade B)  
1 1/2 cups fresh cranberries



#### Instructions

Heat the oven to 375 degrees Fahrenheit with a rack in the middle of the oven. Place the stick of butter in a 10 to 12-inch cast iron skillet or 9-inch square baking dish and place in the oven to melt for 5 to 10 minutes.

In a large bowl, whisk together the cornmeal, flour, salt, baking powder, baking soda and cinnamon. In a medium bowl, whisk together the milk, eggs and syrup until smooth. Stir the wet ingredients into the dry ingredients until moistened through.

1. When the butter is melted and golden brown but not burnt, carefully remove the sizzling skillet from the oven and swirl to coat with butter. Pour the melted butter into the batter, add the cranberries and stir just until incorporated.
2. Pour the batter into the hot skillet or baking pan. Return the skillet to the oven and bake until the bread is brown around the edges, springy to the touch and a toothpick inserted in the center comes out clean with just a few crumbs, 25 to 35 minutes. Invert the bread onto a wire rack to cool. Slice into squares or wedges and serve.

Author: Cookie and Kate



## EDUCATIONAL OPPORTUNITIES

For more information on these programs or to register call the Shawano County UW-Extension office at: 526-6136 or 866-526-2128.



### Lunch and Learn at UW Extension Office

Come join the noon time Lunch and Learn at the Shawano County Court House from Noon to 1 PM.

**November 5 - Food Safety & the Thanksgiving Meal** – Thanksgiving is a time for families to gather together. Join us for the latest food safety guidelines and tips for a successful meal.

**December 10 - Keep Food Safety in Mind at Holidays** – Whether you are hosting a party or sharing food-gifts with family and friends, there are some important food safety guidelines to keep in mind.

**February 11 - Chocolate!** – What better time to focus on chocolate and other sweets than Valentine's Day! How is chocolate made and why is it now said to be a 'healthy food?'

**March 4 - Springtime is Food Safety Time** – Spring holidays are a time for family and friends, but don't forget food safety. Join us for a look at all that is new in food safety.

**April 8 - Planning for a Successful Gardening Year** – Often a bountiful harvest is linked to planting the right crops, at the right time. Learn what varieties work well in Wisconsin and tips for a successful gardening year. Mike Maddox, Master Gardener Program Coordinator.

**May 6 - Tips for a Successful Year of Food Preservation** – Be sure you have the right equipment and most up-to-date information prior to the start of the food preservation season. Information on **steam canning** should be ready for this program!

Programs will be archived at: [www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu). For more information please call Nancy Schultz, FLE Agent for Shawano County. 715-526-6136



### Strong Women – Strong Bones

This Strong Women-Strong Bones special interest session is open to everyone. It will focus on the benefits of exercise and how exercise benefits bone health. This session will be held on Nov. 6<sup>th</sup> at the Shawano County Courthouse at 7 pm and again on Nov. 7<sup>th</sup> in Bonduel at the Zion Methodist Church at 1:30 pm. Please bring along two cans of soup for the exercises. The soup will then be donated to SAFPARC. Please RSVP with the UW Extension office at 715-526-6136. If there is a strong interest in the Strong Women-Strong Bones session, more sessions could be added to the program.

### Shawano Community Education

*Make your own Mixes: SOS & All-Purpose*

With a little advance preparation, beef, pork and chicken "make-ahead mixes" can be used to make future quick meals for your family. The recipes are so varied, that your family won't guess the mix was used to make each item. In addition to frozen mixes, we'll share convenience seasoning mixes for spaghetti sauce, taco seasoning, meat loaf, rice and more. Recipes and samples are included. Min/Max 8/15. Nancy Schultz, UW Extension & Linda Olson, Master Food Preserver. Wednesday, October 30<sup>th</sup> from 5:30 to 7:30 pm. SCMS Room 156. Cost is \$12 - \$7 for the class and \$5 fee for ingredients, this fee to be paid to instructor at class.

*Mixes for Gift Giving*

"Make it Yourself" food mixes make great gifts for any special occasion. The recipients are sure to enjoy mixes like cookies in a jar, chai latte mix, spice specialties, soup mixes and more. Get some package ideas for your mixes too. Recipes and samples are included. Min/Max 8/15. Linda Olson is the instructor. Wednesday, November 13<sup>th</sup> from 5:30 to 7:30 pm. SCMS Room 156.. Cost is \$12 - \$7 for the class and \$5 fee for ingredients, this fee to be paid to instructor at class.

### Local Food Business Seminars

Local Food Business Seminars are coming to a town or a computer near you. The Department of Agriculture, Trade and Consumer Protection (DATCP) and the UW Extension will present monthly educational seminars through May. Seminars will be held across the state the closest to us is Green Bay. Topics will include:

- 11/7 – Put Your Local Food Business Idea to the Test
- 12/5 – Understanding the Legalities of your Business
- 2/TBA – Planning the Best to Avoid the Worst
- 3/TBA – Marketing 201: Packaging/Labeling, Social Marketing, E-Commerce, Web Presence
- 4/TBA – Know Your Buyer
- 5/TBA – Selling Through a Distributor

For more information and registration information go to : [Http://datcp.wi.gov/business/buy\\_local\\_buy\\_wisconsin/blb\\_w\\_workshops](http://datcp.wi.gov/business/buy_local_buy_wisconsin/blb_w_workshops). For questions call Callie at 608-224-5112