



# NUTRITION NEWS

December 2025

## Holiday Traditions

The holidays are special because of the traditions we share. Traditions remind us of family, faith, and happy times.

Traditions are important because:

- It brings comfort and joy
- Helps us connect with family and friends
- Keeps culture alive for the younger generations.

Share a favorite recipe, song, or story with a grandchild or neighbor.

## Staying Social

Being social keeps our hearts and minds healthy. It lifts your mood, keeps your brain sharp, and helps lower stress and blood pressure.

## Holiday Nutrition Tips

- Fill half your plate with fruits and veggies.
- Eat smaller portions
- Use herbs and spices instead of salt.
- Drink water between meals.

## Self-Care

- Move a little each day
- Rest well
- Relax

Take 10 minutes each day for quiet time.

# Cinnamon Apple Crisp Recipe

6 Servings

## Ingredients

1 cup white sugar  
1/2 cup of unsalted butter, softened  
3/4 cup all-purpose flour  
4 cups sliced apples  
1 tsp. ground cinnamon  
1/2 cup of water

## Directions

1. Preheat the oven to 350 degrees F (175 degrees c). Grease an 8-inch square baking dish.
2. Cream sugar and butter together in a bowl with an electric mixer. Blend in flour.
3. Place apples into the prepared baking dish and sprinkle with cinnamon. Pour in water, then sprinkle sugar-butter mixture evenly over top.
4. Bake in the preheated oven until apples are tender and the crust is golden, 30-40 minutes.

<https://www.allrecipes.com/recipe/23081/apple-crisp-iii/>