DECEMBER 2020

Sunday

- Take a moment to be quiet. Listen to the sounds around you. How do those sounds make you feel?
- Underhand Toss Target Practice. Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.

Monday

- Give yourself grace and be flexible. Read and Move. Pick a book to read and participate in a toy drive to deliver them to a shelter with children.
- Make or plan a homemade gift, such as the gift of time or experience.

Tuesday

- Put a new twist on an old tradition if the pandemic has altered your plan. Think positive, and think outside the box.
- Go “plogging,” a Swedish craze that means picking up litter while jogging. Get out and jog (or walk) with a friend.

Wednesday

- Use your imagination. Make up a game using a football, a hula hoop, jumping jacks, squats, and running.
- Make a memorable meal using a new recipe. Kentucky Proud recipe featuring local winter fruits and veggies.

Thursday

- Snowball fight! No snow? Be creative and use waffled white tissue paper. Divide into teams and equal piles of snowballs, create a playing field with teams on each side and a line that can’t be crossed, set a timer for one minute and throw!
- Go ice-skating – indoors or out.

Friday

- Make yourself a homemade gift, such as the gift of time or experience.
- Shuffle snow for someone in need.

Saturday

- Schedule a holiday movie night with friends or family. Use video conferencing if you cannot be together to watch.
- Build a snowman outside someone’s window who needs cheering up. No snow? Get creative! Use round stumps, old tires, cardboard, re-dress a scarecrow, etc.

**HAPPY HOLIDAYS FROM OUR FACS FAMILY TO YOURS!**

**HEALTHY AT HOME**

Sunday

- Learn about different cultures and religions and the various traditions associated with them. Consider celebrating a tradition different from your own with various activities, decorations, and/or foods.
- Gather a group and walk around a nursing home singing holiday carols outside the windows.

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**PUTTING THE PIECES TOGETHER: BUILDING YOUR FAMILY HEALTH PORTRAIT**

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- Take a brisk walk and observe nature—the sights, sounds, and smells.

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- Make paper snowflakes and send them to someone in the mail who does not get snow. Bundle up! Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!

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### Country Ham and Broccoli Grits

<table>
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<tr>
<th>1 tablespoon olive oil</th>
<th>2 cloves minced garlic</th>
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<tbody>
<tr>
<td>1 pound fresh broccoli florets</td>
<td>4 cups 1% milk</td>
</tr>
<tr>
<td>½ cup minced onion</td>
<td>1 cup uncooked quick grits</td>
</tr>
<tr>
<td>¼ teaspoon crushed red pepper flakes</td>
<td>1 cup 2%, shredded cheddar cheese</td>
</tr>
<tr>
<td>6 ounces country ham, cut into ½ inch pieces</td>
<td>1 large egg, beaten</td>
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Mix until well blended. Pour into prepared baking dish. Sprinkle with reserved cheese. Bake, uncovered for 30 minutes, or until top is set and lightly puffed.

**Yield:** 16, ½ cup servings.

**Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

**Preheat oven** to 375°F. Coat 13x9x2 inch baking dish with cooking spray. Heat olive oil in a frying pan. Sauté broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. Reserve 2 tablespoons of the cheese. **Remove** from heat, stir in ham, broccoli mixture, cheese, egg, salt and pepper.

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[LINK: https://fcs-hes.ca.uky.edu/recipe/country-ham-and-broccoli-grits]