



Easy Cocoa Mix

- 4 cups of nonfat dry powdered milk
- 1 1/2 cup presweetened cocoa powder
- 1/3 cup non-dairy creamer

In large mixing bowl stir all ingredients together. Store in covered container.

To serve, put 1/3 cup mix in a mug and add 2/3 cups boiling water or warm milk.

Makes 19 servings.

Makes a great gift in a decorative container.

Tips For Holiday Eating



When eating foods from your holiday meals make sure you are eating from all groups of the food guide pyramid.

With the holidays approaching you might wonder how you can maintain your healthy eating habits. A chef once said, "The holiday parties are not veggies and dip but eggnog and indulgence."

Holiday Tips

Try these few tips to help with your holiday feasts:

- Set the food in buffet style, not at the table.
- Take small portions of food, you can always go back for more.
- Try waiting 15-20 minutes before going back for seconds.

Holiday Tips

- Use a medium plate instead of a large plate.
- Eat foods that are special for the holidays.
- Clear and wash dishes before serving dessert.



Enjoy your holiday meal. You only gather with your family and friends a select few time each year.

Remember

- To eat all foods from the food guide pyramid
- Portion control
- Enjoy!

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