

Fresh Off The Press



December 2019



Cooking With Your Kids Over the Holidays

Holidays are the perfect time to get your children involved in the kitchen. They can learn new cooking skills while learning how to prepare healthy meals at the same time. Here are a few tips and tricks to get your kids cooking:

- ◇ **Safety first:** Make sure you cover safety rules before anything else. Good handwashing and personal hygiene are a must when working in the kitchen.
- ◇ **Start with simple tasks:** Simple tasks allow your children to gradually get comfortable with kitchen equipment, cooking, and prep work. Allowing them to work at their own pace when completing tasks will allow them to feel more independent when it's time to let them cook for themselves.
- ◇ **Be realistic:** Assign your children tasks appropriate for their age group.
 - A) **Five & six-year-olds:** Can pour liquids into batter, use stencils to cut out cookies, sort out ingredients into piles, count out the number of ingredients, and stir bowls of batter or pudding.
 - B) **Seven & eight-year-olds:** Can handle more intermediate tasks. They can measure ingredients, blend ingredients together, rinse off produce and gather ingredients together after reading the recipe.
 - C) **Nine & ten-year-olds:** Can chop small ingredients, blend batters with a mixer, and put items in the oven.
 - D) **Ten-year-olds & up:** Can chop bigger ingredients, use the oven or microwave, boil vegetables, and decorate and ice cookies or cakes.



Check out some of the National Food Days in December!

December 4 - National Cookie Day	December 13 - National Popcorn String Day	
December 7 - National Cotton Candy Day	December 23 - National Bake Day	
December 8 - National Brownie Day	December 26 - National Candy Cane Day	

Fresh Food Factor was created by Volunteers of America Greater New Orleans in May 2013. Our vision is to provide each and every child with access to healthy and nutrient based meals each day. We provide a variety of local, healthy, and affordable meal services and we are proud to serve your child this upcoming school year!

Enjoy a Healthy Holiday



Trying to stay fit around the holiday season can seem like a daunting task to achieve. However, there are many strategies that you can try this holiday season to avoid that pesky weight gain.

- 1) **Never skip a meal.** If you skip a meal the day of your holiday party, it will only make you want to overindulge when you arrive.
- 2) **Use smaller plates.** Most holiday parties are buffet style. When making your way to the table, using a smaller plate will help you with following correct portion sizes.
- 3) **Eat slowly.** Many times our eyes are bigger than our stomachs. A good rule of thumb is after you finish eating, wait 10 minutes before getting a second serving to see if you're really still hungry.
- 4) **Balance with physical activity.** Try to balance your extra holiday calories with extra physical activity. There are many small changes you can make to your everyday routine to help you balance out those extra calories. You can take the stairs at the office or walk around throughout the day or on your lunch break. You can also go for a walk or play a sport outside with your kids or pets. Lastly, you could try to catch up on some household cleaning to try and stay active.



Ginger Angel Food Cake

Serving size: 8 to 10 servings

Ingredients

For the cake:

- 1 cup minus 1 tablespoon cake flour
- 1 1/2 cups confectioners' sugar, plus more for topping
- 1/4 teaspoon salt
- 11 large egg whites, at room temperature
- 1 1/2 teaspoons cream of tartar
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon finely grated lime zest
- 3 tablespoons finely grated peeled ginger

For the sauce:

- 3 half pints raspberries
- 1/3 cup granulated sugar
- 1/2 teaspoon finely grated lime zest
- 1 teaspoon fresh lime juice

Directions

- 1) Make the cake: Preheat the oven to 350 degrees F. Sift the flour, confectioners' sugar and salt onto a sheet of parchment paper. Sift again, then set aside.
- 2) Beat the egg whites in a large bowl with a mixer on medium speed until frothy. Add the cream of tartar and beat until soft peaks form, about 5 minutes. Gradually beat in the granulated sugar, about 1 tablespoon at a time, then increase the speed to medium high and continue beating until stiff, shiny peaks form, 12 to 15 minutes. Add the vanilla, lime zest and ginger and beat a few seconds to combine.
- 3) Sprinkle one-quarter of the flour mixture over the egg mixture and gently fold with a rubber spatula. Fold in the remaining flour mixture in 3 additions. Transfer the batter to an un-greased 10-inch tube pan. Bake until the cake feels springy for 40 to 50 minutes.
- 4) Make the sauce: Puree 2 half pints raspberries in a blender with 2 tablespoons water, the granulated sugar, lime zest and lime juice. Strain to remove the seeds. Top the cake with confectioners' sugar, the sauce and the remaining raspberries.



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