Get Up & Move!

Community Activity                    Series 2: December

Holiday Baskets
December is a month full of holiday celebrations and is a great time to give back to those in need in your community. This month you and your club can make holiday gift baskets for those who are less fortunate in your community.

Before you begin making your baskets, contact your local social service agency for a list of families, elderly, and people with special needs who would like to receive a holiday basket. You might also want to deliver baskets to those in need in your neighborhood. Having an idea of who will receive the baskets will help you decide what to put in them.

Some ideas for things to put in holiday gift baskets are foods like holiday cookies or bread, fresh fruit, canned food, dried food, jams, and coffee. If you are going to make the holiday treats that you put in your baskets, try to use less fats and oils in your recipes. You might even want to look for recipes that use fat substitutes, like applesauce or low-fat yogurt. Items they can’t get with food stamps, such as toothpaste, soap, hand lotion, soup mix, salad dressing, tea bags, and sugar are also good items to include. If the basket is for a child it might be a good idea to include some small toys, games, coloring books, or puzzles.

Each basket should be draped with a liner or napkin before the gifts are put inside. Feel free to get creative with how you arrange the gifts inside your baskets. Attach some ribbons to the handle of your baskets to add a little decoration and don’t forget to attach a holiday note. The baskets can be delivered to the social service agency or the families and individuals before the holidays. If you choose to give the baskets to people in your neighborhood you can deliver them on foot. If delivering baskets, consider organizing team that includes one or more youth and an adult. This exercise is a good way to help you reach your goal of 60 minutes of physical activity every day.

Source: (www.fun.familyeducation.com)