

# NUTRITION BITS AND BITES

## Food and Celebrations



### Food gives us more than nutrients

- Food is an important part of celebrations, holidays and events.
- Eating with others is a vital part of our social wellbeing.
- Celebrations involving food help us share culture and food traditions.
- Children learn food skills through others in their lives.
- Most importantly, food brings us together!

### Tips for Healthy Language at Celebrations

- Discuss with your child that some foods give them the nutrition they need to grow and learn, and some foods exist just for enjoyment.
- Avoid labelling foods as “bad” and “good”, as this can lead to feelings of guilt, and also make nutritious foods seem like a chore. Instead, simply refer to the food by its name, and focus on its taste, appearance, and aroma.
- As much as possible, sit down and eat together as a family. Consider taking a moment to practice gratitude together before the meal.
- Avoid talking about New Year’s resolutions involving weight loss or dieting in front of children, and do not talk about “burning off” the holiday meal. Even when not directed at children, these kinds of remarks can affect their relationship with food and their bodies for the rest of their lives.
- In every day life, expose your child to a variety of different foods – some nutritious and some just for enjoyment. This helps to prevent your child from feeling restricted from certain foods, and helps them feel more relaxed when those foods are available at celebrations and events.

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

## Slow Cooker Spiced Nuts

Prep time: 5 minutes

Cook time: 2 hours 30 minutes

Yields: 16 servings

### Ingredients:

- 4 cups raw mixed nuts (almonds, cashews, pecans, walnuts, etc.)
- ¼ cup maple syrup
- 2 tbsp. honey (or additional maple syrup for vegan-friendly)
- 1 tsp. vanilla extract
- 2 tbsp. coconut oil, melted
- Zest of 1 orange
- 1 tsp. ground cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground allspice
- ¼ tsp. ground nutmeg
- ⅛ tsp. ground cardamom
- ¼ tsp. salt



### Instructions:

- Line a slow cooker with parchment paper, pressing the excess paper against the sides and creasing as needed so it lays flat against the side of the slow cooker insert.
- Place nuts in the slow cooker. Add remaining ingredients to the slow cooker and stir until nuts are evenly coated.
- Place lid on the slow cooker and set to LOW heat. After 30 minutes, remove the lid and stir nuts. Replace the lid.
- Continue cooking, stirring every 30 minutes, until nuts are sticky and fragrant (about 2 – 3 hours depending on your slow cooker).
- Use parchment paper to carefully lift the nuts out of the slow cooker. Place them, on the parchment paper, on a large baking sheet, stirring occasionally until completely cool.

These spiced nuts are a great snack to share at celebrations or as a gift. It can be a fun and safe recipe to prepare with children. Younger children could help pour the measured ingredients into the slow cooker. Older children could help measure out all the ingredients, stir the nuts, and keep track of the time.

Recipe from: <https://therealfoodrds.com/slow-cooker-spiced-nuts/>

**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.

