



Santa's Little Bakers

Holiday baking is about so much more than the finished cookie – it offers the family a chance to spend time together, practice old family recipes, and help kids build valuable kitchen skills. Let your child take ownership of [age-appropriate jobs](#), make a little mess, and enjoy the satisfaction of creating something for the family to share. The flour on the counter and uniquely decorated cookies are part of the fun; the memories your family creates together may be the sweetest part of all!

Let your Little Bakers Help:

- Measure ingredients → practice math and fractions
- Read the recipe → build reading and following-directions skills
- Mix, stir & knead → strengthen fine-motor skills
- Decorate cookies → encourage creativity
- Taste and describe ingredients → explore new flavors, textures, and smells
- Choose a family recipe → learn about family traditions and food memories
- Package treats for others → practice generosity and sharing

Hot Cocoa Hydration

Staying hydrated in these winter months can be difficult, but adding some of your kids' favorite warm beverages like tea, cider, and cocoa makes it much easier and more enjoyable. If you find yourself wanting a sweet cup of hot cocoa, but with no mix in the pantry – try [this easy recipe](#) with four ingredients that you likely have on hand. The milk offers great hydration, which is essential during the cold months to keep your immune system functioning, prevent dry skin, and maintain your energy. But if you want to give it an extra boost, try adding bone broth with [this revised recipe](#). Not only does it add protein to make it a balanced choice, but bone broth also has good electrolytes to stay better hydrated.





Read it, Make it, Eat it!

Food shows up everywhere in the world of kids – from favorite storybooks and movies to cooking shows and family-friendly TV. We've all tried Dr. Seuss's Green Eggs & Ham, but [Food.com has created many fun recipes](#) to make with your kids inspired by their favorite books. Turn reading time into a hands-on memory that the whole family can enjoy!

Is Organic Better?

Organic produce has become increasingly popular, but is it actually *better* for your kids? The short answer is: both organic and conventionally grown fruits and vegetables are nutritious choices! Research has not found meaningful differences in overall nutritional value, although choosing organic can reduce exposure to pesticide residues. Organic produce can be much more expensive, so don't feel like you need to buy everything organic to provide a healthy diet – [eating more fruits and vegetables is far more important than whether they're organic or conventional](#). Whether you shop at the farmers market, grocery store, or reach for frozen or canned produce, choose the options that work best for your family's preferences and budget!



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About the author



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Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

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