

# SENIOR NUTRITION NEWS



*Eat Smart Idaho*

*December 2025*

## Stress Free Holiday Meals

**Cooking during the holiday season doesn't have to be stressful or expensive. Here are some suggestions to help ease the stress that can come with preparing your best holiday meals.**

- ♦ Choose recipes that you can make ahead of time and refrigerate or freeze for later use.
- Leading up to the holidays watch the advertised sales at your grocery store. If you discover there's a good deal on a particular product, you might want to incorporate that food into your upcoming holiday meals.
- ♦ Prepare something in a crockpot. This will allow you to make it in the morning and not require any additional prep until it is time to serve.
- ♦ If you are making one time-consuming menu item, plan for other easy-to-prepare items to round out the meal.
- ♦ To make preparation easier:
  - => Use pre-cut frozen or no salt added canned vegetables.
  - => Prepare foods while sitting at a table.
  - => To fill pots for boiling, set the pot on the stove and use smaller containers to fill it.
  - => Use an electric can opener.
- Consider turning one or more of your meals with family or friends into a potluck. Each person (or family) can bring a dish they enjoy. This will save you time (and money) in the kitchen and everyone is happy in the end.
- Plan to offer a fruit salad or roasted broccoli as part of your holiday meal. This will ensure that there is a healthy option to eat.



## Grinch Green Smoothie

1 cup 100% fruit juice  
1 cup soy or almond milk, or 8 oz. low-fat yogurt  
Frozen blueberries  
2 cups fresh spinach  
½ banana



Mix juice and milk or yogurt. Throw in a handful of frozen blueberries. Add 2 cups of fresh spinach leaves and 1/2 banana. Puree until smooth. You'll be pleasantly surprised that you don't taste the spinach. Substitute orange juice, pineapple or other fruit but always add the spinach. You will get fiber, beta carotene and other phytonutrients.

## Rudolph Red Smoothie

¾ cup cranberry juice  
1 ½ cups frozen strawberries  
1 cup frozen raspberries  
8 ounces strawberry low-fat yogurt



In a blender, mix together all ingredients. Blend until smooth.

**For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties 208-883-2267



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**Sources:** <https://food.unl.edu/winter-healthy-eating-tips/>; <https://extension.oregonstate.edu/catalog/pub/pnw-767-nutrition-older-adults>; <https://extension.umn.edu/save-money-food/holiday-food-budget> retrieved 12/01/25

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