

Winter Session - Year 2: Creating New Ways to Celebrate

In this session, the participant will:

1. Discuss reasons why celebrations are special.
2. Share strategies to make celebrations enjoyable while maintaining WHI nutrition goals.
3. Identify low-fat and non-food gift ideas for celebrations.

	Checklist of Materials Needed	
Supporting Materials	<input type="checkbox"/> Fat Scans <input type="checkbox"/> List of low-fat food and non-food gift recipes and ideas, pg. 15. <input type="checkbox"/> Nutritionist Resource: Brief description of major winter holidays, pages 16-18. <input type="checkbox"/> Joy of Cooking, optional (additional recipes for flavored vinegars and chutneys, pgs. 526-528 and 846-847).	
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic spoons or forks <input type="checkbox"/> Cheesecloth, optional (for spice/herb bags) <input type="checkbox"/> <u>Activity/Food Tasting</u> : Non-food gift ideas and/or low-fat party foods used for celebrations -- for ideas see recipes in the Participant Winter session, or use your own ideas. (Note: If you use your own ideas, please send a copy to the CCC for distribution to other clinics). <i>Note:</i> Emphasize low-fat or non-food gift ideas and versions of traditional foods used during celebrations (birthdays, anniversaries, weddings, holidays and other social gatherings) by participants in your region.	
	Participant Manual	
Worksheets	Worksheet	Page(s) #
	Winter-1	9-11
	Winter-2	12-13

Resource
Section

Additional materials available in Participant Manual

Resource**Page(s) #**

Fun Non-Food Activities

39

Low-Fat Party Ideas

60-61

Tips for Low-Fat Holiday Eating



43 (if appropriate)



Group Nutritionist Note: The purpose of this session is to have participants share successful strategies for handling celebrations and to focus on the tradition of “gift giving”. This tradition occurs during most celebrations and usually involves food. This session provides a chance for participants to brainstorm and share new gift ideas. Participants can use special celebrations (anniversary, birthday, etc.) or common holidays for sharing ideas and planning.

Sharing traditions and plans about the holidays/celebrations allows participants to bond (learn more about each other’s traditions), share ideas, solve problems, and maintain WHI nutrition goals.



Winter Session Outline--Key Activities

Activity Type (Time)	Activity
<p>Pair or Small Group Discussion and “Word Association Whip” (25 minutes)</p> <p> Notes</p>	<p style="text-align: center;">Review of Progress</p> <p>◆ Discuss how participants feel about their progress since the last session (focus on serving size of foods eaten and hidden fats in preparation).</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What progress have you made over the past three months? - What strategies and skills are you currently using to maintain your progress? <p>(Groups with peer-led group activities):</p> <ul style="list-style-type: none"> - What peer-led activities did you have and how did they help you maintain your WHI nutrition goals? <p>Whip (“Go round” to introduce the topic of handling “celebrations”):</p> <ul style="list-style-type: none"> - When you hear the word “celebrate” what is the first word that comes to your mind?
<p>Individual, Pair, or Small Group Activity and Discussion (20 minutes)</p> <p></p>	<ul style="list-style-type: none"> ◆ Participants identify and discuss the common foods used for celebrations. ◆ Participants use Worksheet Winter-1. <ul style="list-style-type: none"> • Identify foods that are commonly used when they celebrate. • Identify strategies that have helped them deal with challenges that occur around celebrations (birthdays, weddings, holidays, etc.). • Share ideas for new strategies. ◆ Key point--participants identify important celebration strategies they are currently using or can use to maintain their WHI nutrition goals.


Small Group
Activity
(15 minutes)




- ◆ Participants identify common food gifts given or received during celebrations.
- ◆ Participants identify low-fat and/or non-food gift ideas they can substitute. Use **Worksheet Winter-2** for ideas (Option: Make a low-fat and/or non-food gift).
- ◆ Key point--participants share and identify new forms of gifts that would help them maintain their WHI nutrition goals.

<p>Large Group Discussion (15 minutes)</p> 	<p style="text-align: center;">Summary</p> <p>Discuss issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on ways to maintain WHI nutrition goals and make celebrations more enjoyable. Ask participants to identify a new (or old) strategy they plan to use to handle their next celebration. <p>Q/A:</p> <ul style="list-style-type: none"> - Think about the ideas we discussed today. What new (or old) strategy do you think will be the most helpful in handling your next major celebration? - What low-fat or non-food gift ideas would you like to receive from friends or family?
<p>Lecture (5 minutes)</p> 	<p style="text-align: center;">Home Activity</p> <ul style="list-style-type: none"> ◆ Assign 3 Fat Scans (or other self-monitoring method). Answer questions.
<p>Large Group Discussion/ Optional Group Activity (20 minutes)</p>	<p style="text-align: center;">Food Tasting</p> <ul style="list-style-type: none"> ◆ Emphasize low-fat and/or non-food gift ideas, or lower-fat versions of traditional foods used at celebrations by participants in your region. <u>Optional Group Activity:</u> Make a low-fat and/or non-food -- ideas available on pg. 15).
<p>Total Time: 100 minutes</p>	

Winter Session: Creating New Ways to Celebrate

Activity Type (Time)	Activity
Pair or Small Group Discussion and “Word Association Whip” (25 minutes) 	REVIEW OF PROGRESS
	<p>♦ Discuss how participants feel about their progress since the last session (focus on serving size of foods eaten and hidden fats in preparation).</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What progress have you made over the past three months? - What strategies and skills are you currently using to maintain your progress? <p>(Groups with peer-led group activities):</p> <ul style="list-style-type: none"> - What peer-led activities did you have and how did they help you maintain your WHI nutrition goals? <p>Whip (“Go round” to introduce the topic of handling “celebrations”):</p> <ul style="list-style-type: none"> - When you hear the word “celebrate” what is the first word that comes to your mind?
	<p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> • There are numerous celebrations throughout the year. Today, you’ll have a chance to identify some of the foods that make “celebrations” more enjoyable for you. We’ll discuss the challenges you face during celebrations and share successful ideas and strategies that you’ve used before. Finally, we’ll brainstorm gift ideas that can be used for many celebrations and identify some new low-fat and non-food gift alternatives.

	NEW MATERIAL
<p>Individual, Pair, or Small Group Activity and Discussion (20 minutes)</p> 	<p>Celebrations and Food Expectations PURPOSE: Participants identify ways to maintain their WHI nutrition goals and enjoy their holidays.</p>
	<ul style="list-style-type: none"> ◆ Participants identify and discuss the common foods used for celebrations. ◆ Participants use Worksheet Winter-1. <ul style="list-style-type: none"> • Identify foods that are commonly used when they celebrate. • Identify strategies that have helped them deal with challenges that occur around celebrations (birthdays, weddings, holidays, etc.). • Share ideas for new strategies. ◆ Key point--participants identify important celebration strategies they are currently using or can use to maintain their WHI nutrition goals.
	<p><i>Group Nutritionist Note:</i> Have group members, share the typical events they celebrate during this specific time of the year (December-February). Some examples might be: birthdays, anniversaries, weddings, reunions, social group gatherings (bingo parties, bridge parties, group potlucks, etc.), Christmas, Hanukkah, winter festivals, New Year's Eve, Kwanzaa, Super Bowl (football) parties, Chinese New Year, Valentine's Day, Mother's Day, etc.</p> <p>There is a brief description of the major winter holidays on pages 16-18. This is an optional resource for the Group Nutritionist, if the group has questions about specific holiday traditions.</p>
	<ul style="list-style-type: none"> • Throughout the year, there are many different types of special occasions and reasons to celebrate. There are major events such as weddings, anniversaries, and holidays (e.g., Christmas, Hanukkah, etc.). And, there are also many smaller occasions where people get together to celebrate. It could be a friend's birthday, or a single day such as Valentine's Day, Mother's Day, or the 4th of July. • No matter what the occasion, food is usually an important part of most celebrations. In fact, there is usually far more food and drink than you would normally eat. Cakes and rich desserts are usually served as part of birthdays, weddings, and anniversaries. And, during the holidays all kinds of high-fat snacks and sweets are readily available. Many cooks commonly prepare their most tempting high-fat dishes and rich desserts during celebrations.

- However, eating is only one part of celebrating. Other activities such as conversation, sharing memories and giving gifts are also important.
- Let's take a look at some of the celebrations that you participate in during this time of year and the foods that are commonly served during these celebrations.



Group Nutritionist Note: Have participants select a celebration (social occasion, holiday, etc.) that they usually participate in during this time of year. Ask them to:

- Identify the type of celebration, and
- Foods usually served.

Use the questions below to encourage group discussion.



Q/A:

- What are examples of some of the celebrations you participate in during this time of year?
- What are some of the foods or dishes usually served?
- What factors influence the food choices you make during celebrations?
- During celebrations, your otherwise normal eating patterns may change. This change may be due to:
 - Making food choices from a menu prepared by someone else.
 - A willingness to 'excuse' overeating because celebrations are special times that happen infrequently.
 - A desire to create a specific feeling you associate with celebrations.
 - The additional stress created by the celebration.
- As you can see, celebrations create many different challenges. However, these challenges shouldn't be used as an excuse to throw caution to the winds and eat everything in sight.
- You became part of the WHI program more than one year ago. And, since joining, you have made significant changes. Most of you have tried many different strategies and found the ones that are very successful. You have also developed new and creative ways to handle the various challenges that arise during celebrations.



Group Nutritionist Note: Depending on your group, have participants work in pairs or small groups. Ask them to use **Worksheet Winter-1** to identify and discuss:

- important celebration foods for them
- 2- 3 of their most successful strategies for handling celebrations,
- new low-fat food traditions or recipes they have tried and liked, and
- new strategies to try.

Regroup after 5-8 minutes and ask the pairs to share their best ideas/strategies with the larger group.

- Today is a great opportunity for you to share and compare your success stories and strategies for handling celebrations. I'd like you to form a small group with one or two people around you.
- Think about specific celebrations you will have during the next 3-6 months. Use **Worksheet Winter- 1** to:
 - Identify your celebrations,
 - Write down the foods that are the most important to you,
 - Think about successful strategies you have used before, and
 - Identify new strategies you can use.
- Talk about your upcoming celebrations and the foods that are the most important to you. Identify two or three strategies that have helped you maintain your WHI nutrition goals during special occasions/celebrations. Share some of the creative strategies you have used. Trade new ideas with other members within your small group.
- List any new low-fat foods or recipes that you have enjoyed and used during other celebrations and parties. You'll have about 5-8 minutes to help each other think of ideas, then we'll regroup and share ideas with the larger group.



Group Nutritionist Note: Acknowledge different challenges the group may have and use the questions on page 11 to encourage group discussion.

- Keep in mind that each of you probably has slightly different things that are challenging during celebrations. However, as you shared stories and strategies, you probably had some common strategies that everyone has tried. And, you may have also heard some new ideas that you would like to try. Let's take a little time to share the results of your small groups.

Ask the following questions and encourage group discussion.

Q/A:

- What strategies have you successfully used to handle celebration challenges?
 - What made these strategies more successful?
 - What new low-fat party/celebration foods or recipes have you developed?
 - What new strategies or ideas are other group members using to handle celebrations that you would like to use?
- Take a minute and use **Winter Worksheet-1** to write down the recipe ideas and strategies you want to remember. Be sure to place a star next to any new ideas that you would like to use to help maintain your WHI nutrition goals during celebrations.

Group Nutritionist Note: For a review of other tips, refer participants to the following handouts in the Resource section of their Participant Manual--*Fun Non-Food Activities*, page 39, *Low-Fat Party Ideas*, pages 60-61 and *Tips for Low-Fat Holiday Eating*, page 43.

- For additional low-fat party ideas and tips for low-fat holiday eating, look at the following handouts in the Resource section of your Participant Manual: *Fun Non-Food Activities*, page 39, *Tips for Low-Fat Holiday Eating*, page 43 and *Low-Fat Party Ideas*, pages 60-61.

**Small Group
Activity
(15 minutes)**

The Art of Low-Fat Gifts

PURPOSE: Share ideas for low-fat and/or non-food presents/gifts.

- ◆ **Participants identify common food gifts given or received during celebrations.**
- ◆ **Participants identify low-fat and/or non-food gift ideas they can substitute. Use Worksheet Winter-2 for ideas. (Option: Make a low-fat and/or non-food gift).**
- ◆ **Key point--participants share and identify new forms of gifts that would help them maintain their WHI nutrition goals.**

- Gifts are a common part of many celebrations and food is frequently used. Cookies, fruitcakes, candy, chocolates and other foods are common choices and most of these gifts are high in fat.
- Sometimes you are the one receiving the high-fat gifts. For example, the cheese log for the holidays, or box of chocolates on Valentine's Day. But at other times, you may be the one making or buying the food as a gift for someone else.
- Whatever the situation, gifts do not have to be high in fat, or even food-related. Let's start by sharing examples of food-related gifts you currently give and receive. Then we can have some fun "brainstorming or dreaming-up" other gift ideas. Use your imagination. Let's see how all of us can learn how to change some old traditional patterns of gift-giving.



Group Nutritionist Note: Have participants think of gifts they could give (or receive) that are lower in fat and/or not food-related. Encourage participants to have fun and be creative with their ideas. List their ideas on a flip chart or blackboard. To get the group started, refer them to the ideas listed on **Worksheet Winter-2**. Use the questions below to help encourage discussion.




Q/A:

- What are some common gifts you currently receive?
- What are some of your favorite low-fat food gifts?
- What non-food gifts have you sent or received?
- What new gift traditions could you start?



Group Nutritionist Note: Optional activity: Use the Food Tasting portion to make a low-fat gift or a low-fat party/celebration dish. Page 15 contains ideas for low-fat gifts from the kitchen. Other non-food gift ideas can be found on **Worksheet Winter-2** in the Participant materials.

Another (non-food) activity would be to have participants make up their own personal list of low-fat or non-food gifts that they would like to receive. This would provide them with a quick list of gift suggestions that they could use when asked the question: "What do you want for your [specific celebration]?"

	<p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> • Celebrations are special occasions filled with people, foods and emotions. The trick to handling celebrations is to set priorities. Identify the most important parts of the celebration (foods and activities) that you need for your own enjoyment. Then develop a workable plan that meets some of your expectations and also creates new low-fat traditions. (Use the questions in the box below to encourage discussion.).
<p>Large Group Discussion (15 minutes)</p> 	<p>Discuss issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on ways to maintain WHI nutrition goals and make celebrations more enjoyable. Ask participants to identify a new (or old) strategy they plan to use to handle their next celebration. <p>Q/A:</p> <ul style="list-style-type: none"> - Think about the ideas we discussed today. What new (or old) strategy do you think will be the most helpful in handling your next celebration? - What low-fat or non-food gift ideas would you like to receive from friends or family?
<p>Large Group Discussion (5 minutes)</p>	<p style="text-align: center;">HOME ACTIVITY</p> <ul style="list-style-type: none"> ◆ Assign three Fat Scans (or other self-monitoring method). Answer questions. <ul style="list-style-type: none"> • During the next three months, use your Fat Scan (or other self-monitoring method) to monitor your intake of fat, fruits/vegetables and grains. Please keep at least one Fat Scan (or other tool) each month. • Use at least one of the ideas or gifts you identified on Worksheets Winter-1 and Winter-2. Evaluate how well they help you maintain your WHI nutrition goals during your celebration or special occasion.

	FOOD TASTING
Large Group Discussion/ Optional Group Activity (20 minutes)	♦ Emphasize low-fat and/or non-food gift ideas, or lower-fat versions of traditional foods used at celebrations by participants in your region. <u>Optional Group Activity:</u> Make a low-fat and/or non-food -- ideas available on pg. 15.

Low-Fat Gifts from the Kitchen

Below is a list of 7 different low-fat gift suggestions. The Group Nutritionist may use these suggestions, or others of her choice for an optional gift-making activity. For specific recipes, ingredients and gift-wrapping ideas refer to the Year 2 Winter Session Participant materials.

- **Herb Bouquets:** (Winter Session - Participant Manual, page 15).
Recipe makes 16 herb bags with 1 TB of mix per bag.
- **Spice Bags:** (Winter Session - Participant Manual, page 16).
Recipe makes 8 spice bags.
- **Spiced Tea Mix:** (Winter Session - Participant Manual, page 17).
Recipe makes 1-1/4 cups mix.
- **Acapulco Café Olé:** (Winter Session - Participant Manual, page 18).
Recipe makes about 1 cup mix.
- **Herb and Spice Blends:** (Winter Session - Participant Manual, page 19).
Recipes for 7 different blends (approximately 5-10 teaspoons per blend).
- **Fruit Chutney:** (Winter Session - Participant Manual, page 20).
Recipe makes 12-14 pints.
- **Flavored Vinegar:** (Winter Session - Participant Manual, page 21).
Recipe makes 1 quart.

Group Nutritionist Resource: Brief Description of Major Winter Holidays

Thanksgiving

Thanksgiving is basically a harvest festival. In the United States, Thanksgiving is more of a “feast day” than any other holiday on the calendar. To most people in the colonial United States, Thanksgiving dinner marked the last big meal of the season. Everyone knew that winter was fast approaching and food would not be too plentiful and lacking in variety.

Thanksgiving is, almost without exception, the family’s day. Christmas and New Year’s Day may be spent with friends, but Thanksgiving dinners are family affairs and celebrated almost entirely within the home.

Hanukkah--8 nights

Hanukkah, which means “Feast of Lights,” is celebrated in November-December just about the same time as Christmas. Hanukkah is a holiday that typically brings Jewish families together for at least one of the eight nights. Many families exchange gifts, while others have a small gift for the children each night of the festival.

The centerpiece of the celebration is the menorah, an eight-branched candelabra. It symbolizes the 2,000-year-old miracle that occurred when one night’s supply of oil burned in the temple for eight days and nights. Today, in Jewish homes around the world, one candle is lit each day during the season. Jewish cuisine, especially holiday dishes, reflect the significance of age-old rituals. The holiday is basically a home festival and one that weaves a special magic for children. There are the gifts (one each night), and the Hanukkah “gelt” (money, mostly gold candy coins); the spinning of the “dredil” (a square-sided top inscribed with the Hebrew translation for “A great miracle happened here”), and “latkes” (potato pancakes fried in symbolic oil).

Christmas

In all the year, there is no day that fills the heart of the world with so much joy as Christmas. The United States has a wide variety of cultures scattered across a vast territory and Christmas comes to each of them with different traditions. There are many legends concerning the origin of the Christmas tree. The first **Christmas tree** is associated with Germany. It is related that Martin Luther wandered through the woods one starry Christmas Eve and became enamored of the wonders of the night, for the sky was filled with stars. He cut a small snow-laden fir tree, set it up for his children and illuminated it with numerous candles to represent the stars. For many Southwestern communities, a **piñata** is used during holidays and other celebrations. It is a fragile earthen jar, or paper container, holding toys and favors. Piñatas are gaily decorated and suspended from the ceiling or hung in the doorway of a room. The children form a circle around the piñata, one of them is blindfolded and given a stick to try and break the piñata in three tries. If the first child does not succeed, another child tries. When the piñata is broken, a shower of gifts pours down onto the floor.

Kwanzaa--7 days

Kwanzaa was originally celebrated throughout Africa as a thanksgiving for the harvest. Now, Kwanzaa is America's fastest growing holiday. Each year between December 27 to January 1, 18 million Africans, the majority of them African-American, participate in this family-centered celebration of the five R's: Remembering, Reassessment, Recommitment, Rewarding, and Rejoicing. At one time, this celebration was marked primarily by family gatherings, but Kwanzaa is now celebrated in public schools and museums, in television programs, and in advertising.

The holiday was introduced into the United States 28 years ago by the black-nationalist scholar Dr. Maulana Karenga, professor and chair of the Black Studies Department, California State University, Long Beach. It was a way to help African-Americans develop a sense of community following the 1965 Watts riots. Kwanzaa is an observation of cultural unity, it is not a religious holiday. During the holiday week, African people worldwide reflect on their ancestry, family and community. In Africa, where the tradition began, each tribe or community gets together to sing, dance, eat, and celebrate the harvest of the first fruits, which are called *kwanza* in Swahili.

New Years

On New Year's Day, one can almost hear the rustle of new leaves being turned over--ones with New Year resolutions. In the United States, the biggest and gayest party of the year is usually planned for New Year's Eve. The next day is spent resting, calling on friends, watching parades and football games and enjoying a family dinner. Almost every culture has it lucky New Year's food. For example:

Try legumes for wealth. It's said that eating a Southern dish called "hopping John" (black-eyed peas and rice) will give you as much money as the peas you eat. Often cooks prepare the rice with a piece of money in it. Whoever gets the coin in his or her serving will be rich. Italians serve pasta smothering with coin-shaped lentils, or lentils stuffed with pig legs. On New Year's Eve, some Italians share the first square of lasagna for luck.

It is also said that eating pork brings luck. That's because a hog roots forward, unlike a chicken, which scratches backward. And forward is obviously where you want to go in life. For that reason, Germans, Austrians, and Scandinavians trade marzipan pigs.

In Spanish-speaking countries, 12 grapes--one each for each stroke of the clock at midnight--are considered lucky. In Peru it's 13 grapes, 12 for the chimes and the 13th for luck. The Japanese associate red fish with luck, so red snapper is a popular New Year's dish. The Chinese serve broccoli on their New Year's because it's the color of jade; the valued gemstone signifying youth and rebirth.

Chinese New Year--14 days:

Chinese New Year begins the first day of the first moon, which means anytime between January 21 and February 19. This 14-day festival is celebrated in all Chinese cities, and on each day a special theme is carried out. For instance, the first day is "Family Day"--all members of the families and their households gather together and feast on a meatless diet. On another day, everyone wears their best clothes. In the United States, we are more familiar with the dragon that goes up and down the street demanding alms or being destroyed.

According to the legend, Buddha sent invitations to all the animals to come to celebrate the New Year. The 'years' honor the animals that responded to his invitation, and the traits of the individual animals characterize people born in each animal's designated years. The first animal to arrive at Buddha's celebration was the gregarious, hard-working Rat. Then came the patient but stubborn Ox. Next were the compassionate, courageous Tiger and the Rabbit, a lucky soul. Fifth came the Dragon, who has as many eccentricities as scales, followed by the outwardly cool, but passionately intense Snake. Next came the Horse, the optimist of the Chinese Animal Zodiac, and then Ram, with his gentle wisdom. Ninth was the ingenious, skillful Monkey, followed by the Rooster, a loner who's usually right. The eleventh animal was the Dog, an outspoken leader. Last to arrive was the well-informed Boar, who is always a true friend.

Carnival (Mardi Gras):

The most important festival in the South is Carnival, which begins with Twelfth Night Revels (12 days after Christmas) and ends with Mardi Gras on Shrove Tuesday (the day before the beginning of Lent). Carnival time is a Christian's last fling before the austere season of Lent begins on Ash Wednesday, heralding 40 days of fasting and penitence in preparation for Easter. When the sun rises on Shrove Tuesday, New Orleans--a normal Southern City any other time of the year--becomes a community devoted exclusively to revelry, noise, and general madness. This is Mardi Gras, filled with torchlight parades, floats, bands and pageantry unmatched in the nation. All the streets and public buildings are decorated in the official carnival colors of purple, gold and blue, and business is at a standstill.

St. Valentine's Day

Valentine's Day is set aside for the Patron Saint of Love, although not nearly as ardently as in the past. Many signs and symbols connected with Valentine's Day are ancient indeed. The red heart and red rose often crop up on valentine cards and signify love and emotion.