

## Winter Session

# Creating New Ways to Celebrate

### *During this session you will:*

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



## REVIEW OF PROGRESS

- ◆ What progress have you made over the past three months?
- ◆ What strategies and skills are you currently using to maintain your progress?
- ◆ When you hear the word “celebrate” what is the first word that comes to your mind?

## Celebrations and Food Expectations

**T**hroughout 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.).

In addition, there are many smaller occasions where people get together to celebrate. It could be a church potluck dinner, a friend's birthday, or a special holiday such as Valentine's Day or Mother's Day.

One of the longest stretches of celebrations/holidays seems to occur between November and

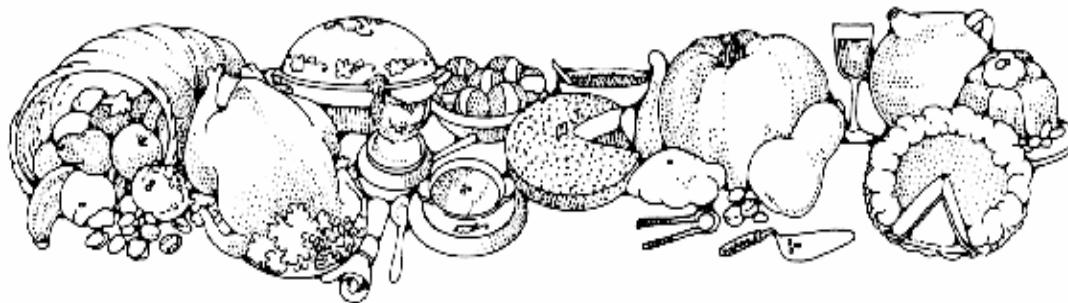
early February. This period of time encompasses celebrations that are important to many different groups of people. The celebrations may be religious, seasonal or national in nature.

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.

Cake and rich desserts are usually served as part of birthdays, weddings, and anniversaries. During the holidays all types of high-fat foods are readily available.

For example, turkey with all the trimmings tends to be the centerpiece of Thanksgiving. Potatoes are traditionally served during Hanukkah and all kinds of sweets are available throughout Christmas.

During celebrations (holidays, parties, and special occasions) many cooks commonly prepare their most tempting high-fat dishes and rich desserts. However, eating is only one part of celebrations. Other activities such as conversation, sharing memories and giving gifts are also important.



Take a look at some of your own celebrations. In particular, look at the special occasions and get-togethers that you enjoy during this time of year. Think about the traditional foods and dishes that are served during these occasions.

- ◆ **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?**

During celebrations, your otherwise normal eating patterns may change. This change may be due to:

- ◆ **A more difficult time 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 associated with celebrations.**
- ◆ **An additional level of stress created by the celebration.**

None of these challenges need to be used as an excuse to throw caution to the winds and eat everything in sight. Whatever your challenge, remember, you have the skills to handle the situation. You became part of the WHI program more than one year ago. 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.



Think about specific celebrations you will have during the next 3-6 months. Use Worksheet Winter-1 (pg. 9-11) to:

- ◆ **Identify your celebrations.**
- ◆ **Write down the foods that are the most important to you.**

Identify two or three strategies that have helped you maintain your WHI nutrition goals during celebrations or other special occasions.

- ◆ **Check off the successful strategies you have used before.**
- ◆ **Identify new strategies or skills you can use and place a star next to them.**

List any new low-fat foods or recipes that you have successfully used for parties and other celebrations. Be sure to list the recipes that you enjoyed.

Keep in mind that everyone probably has slightly different celebration challenges. However, by sharing ideas and strategies with other group members and friends, you may hear some new ideas that you'd like to try.

For a quick review of some celebration strategies, look at the ideas listed on Worksheet Winter-1. In addition, look at the following handouts in the Resource section of your Participant Manual. *Low-Fat Party Ideas* and *Tips for Low-Fat Holiday Eating*.

- ◆ **What strategies have you successfully used to handle celebration challenges?**
- ◆ **What made these strategies more successful?**
- ◆ **What new low-fat celebration/party foods or recipes have you developed?**
- ◆ **What new strategies are you going to use?**



## The Art of Low-Fat Gifts

**G**ifts are a traditional 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, one of the traditional gifts given for Valentine's Day is a box of chocolates. However, 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. Today is a good

time to start changing old traditional gift-giving patterns. Have some fun and brainstorm other gift ideas.

Think about gifts you could give to your friends or relatives that are lower in fat or not food-related.

Use your imagination. Identify ways you can change some old traditional gift-giving patterns.

- ◆ **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?**



- ◆ **If you could give yourself a specific low-fat or non-fat gift, what would you choose?**
- ◆ **What new gift traditions could you start?**

If you need some ideas to get started, look at Worksheet Winter-2 (pgs. 12-13).



## Summary

**C**elebrations are special occasions filled with people, foods and emotions. The trick to handling celebrations is to set priorities.

This means identifying the most important parts of the celebration (foods and activities) you need for your own enjoyment. Then develop a workable

plan that meets some of your expectations and also creates new low-fat traditions.

### Questions for Thought:

- ◆ **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?**

## Home Activity

### **Areas to work on during the next three months:**

- ◆ Use the Fat Scan (or other self-monitoring method) to keep track of what you eat.
- ◆ 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 special occasion or celebration.

### **Evaluation:**

- ◆ What celebration strategies did I use to maintain or minimize my drift in my WHI nutrition goals?
- ◆ What low-fat or non-food gift did I make as a gift for others or myself?

