



Holiday Feasting

‘Twas the month before Christmas
And everywhere I see
People are eating
And feasting with glee.

So many parties,
Potlucks and such—
Potential for weight gain
If we’re eating too much.

Eat in moderation—
Just a little of each.
Enjoy the good company;
Go swim at the beach.

Go walking or shopping,
Keep moving around;
See the Christmas lights at night
With a walk through town.

For your parties and potlucks,
Keep your food safe to eat;
Keep cold foods cold,
And hot foods hot.

From the time the table is set
And before our food sours,
Get all in the refrigerator
Within two hours.

Let your guests know
That the food is still there.
Reheat any leftovers
Without bacteria to share.

Avoid the flu bug and colds.
Wash your hands often—
Use warm water **and** soap.
(If you like, with lotion to soften.)

Enjoy the holiday season,
Without too much wine or beer.
Keep food safe and be well,
And have a happy New Year.



Visit our Nutrition Education for
Wellness (NEW) website at
www.ctahr.hawaii.edu/NEW