

## Celebrations and Appetite

This month your child learned about the difference between hunger and appetite and the importance of paying attention to which is driving them to eat. Food is used for gatherings to honor traditions and celebrate special events and at times can lead to overeating. We may have an appetite or desire to eat these special foods and drinks even if we don't experience the physical sensation of hunger.



We talked about several strategies for avoiding the discomfort brought on by overeating during celebrations.

- **Focus on friends and family and eat slowly.** This gives your body time to recognize it is getting full.
- **Use MyPlate as a guide when selecting foods** and fill half your plate with fruits and vegetables.
- **Choose your favorite GO Foods.** SLOW Foods like dessert are an important part of many celebrations. Just watch portion sizes and take a small piece of one or two of your favorites.
- **Plan, cook and prepare for the celebration as a family!** Working together is a great way of build anticipation and enjoyment for the celebration!



Not all foods we eat at special times are GO Foods. It is okay to eat them every once in a while, because we are celebrating a special event! If we eat these foods a lot, they wouldn't be as special.



**Here's a fun GO dessert your child can make for your next special event!**

### Sunbutter Balls

- ½ cup sunflower butter or peanut butter
- ½ cup honey
- ¾ cup non-fat dry milk
- ½ cup rice cereal
- Raisins optional

**Directions:** Stir ingredients together and roll into balls.

