

A Newsletter for Tūtū and Me Traveling Preschool Happy Holidays Tūtū and Me 'Ohana!

Aloha e Tūtū and Me 'Ohana,

As the holidays approach, it is a perfect opportunity to teach your keiki the importance to give and not always receive. It could be giving back to your community by volunteering as an 'ohana for a community service project. When a community is doing well as a whole, its residents are better off too. By volunteering you are teaching your keiki the important Hawaiian value of kuleana (responsibility), as we are all responsible for the well-being of each other and our community. Helping others connects you and your 'ohana to your community. It also helps keiki to build their self-esteem and to develop empathy. Studies have shown that helping others can improve your health and happiness! Start today and have your keiki volunteer with you to begin learning the true gift of giving this holiday season. For ways you can get involved visit www.createthegood.com to search for local ideas in your neighborhood.

Mahalo for being part of our 'ohana at Tūtū and Me!

Hau'oli Lanui,

The Staff of Tūtū and Me Traveling Preschool / Partners in Development Foundation

Ho'omaika'i (Gratitude) Wall

Supplies: Index cards, color pens or markers, and tape

Directions: For the month of November, each night at dinner discuss with your 'ohana the things that they are thankful for. Help your keiki to create and write his/her own ho'omaika'i card. Decorate it using color pens or markers. Designate a wall space to create your ho'omaika'i wall. After dinner help your keiki to put up his/her card on the wall. It is a nice visual reminder of all the things big and small that we can be thankful for.



Apple Pie Cinnamon Rolls



Ingredients:

- 1 12.4 oz. tube refrigerated cinnamon rolls.
- 1 apple (Granny Smith or Golden Delicious)
- 1 tsp. cinnamon
- 1 tbsp. brown sugar
- 1 tsp. vanilla extract
- 1/2 tsp. lime (or lemon juice)
- Icing from cinnamon rolls

Directions:

- Preheat oven to 375 degrees.
- Dice apple & mix with cinnamon, brown sugar, vanilla and lime or lemon juice until evenly coated.
- Open cinnamon rolls & flatten each one into a circle.
- Press a flattened cinnamon roll into each cup.
- Add a spoonful of the apple mixture to each cup.
- Bake for 10 minutes, top with icing & enjoy!

Self-Care during the Holidays

1. **Start with gratitude.** Did you know that gratitude protects your brain from stress & depression? Each day note one thing that you are thankful for.
2. **Just say "No!"** It is okay to say "no" sometimes. It's about being mindful of your own needs.
3. **Get restful exercise.** Aim for exercise that is not shopping or cleaning.
4. **Protect your sleep.** Getting consistent quality sleep will boost your overall emotional & physical health.
5. **Reduce exposure to stimulation.** Try driving with the radio turned off or detox from technology for a period of time.

Remember self-care happens all year long not just during the holidays!

A Self-Care gift for you: Essential Oil Bath Bombs

Ingredients:

- 1 cup of baking soda
- 1/4 cup of cream of tartar
- 1/2 cup of cornstarch
- 1/2 cup of salt (Epsom salts, sea salt, or non-iodized table salt)
- 2 tsp. of essential oil (peppermint or lavender)
- 1 tbsp. coconut oil

Directions:

- Whisk the dry ingredients together in a glass bowl.
- In a separate glass bowl mix essential oil & coconut oil. Stir everything together.
- Slowly add the oil mixture to the dry mixture.
- Whisk together until mixture forms a crumbly texture. It should be wet enough to hold its shape when molded together.
- Fill one half of a plastic egg with mixture, patting down tightly to ensure that it sticks together.
- Gently squeeze the eggshell to remove the bath bomb from the mold on to a towel.
- Allow the bath bomb to sit and dry overnight on the towel.
- Use your essential oil bath bomb for a relaxing soak.



Making Your Holiday Traditions Healthier

Try these small changes & smart substitutions:

- Use a healthier oil such as avocado oil, or use unsweetened apple sauce when baking.
- Use spices, fresh herbs & citrus juice to flavor foods & drinks.
- Use plain Greek yogurt in place of sour cream.
- Bake, grill or steam vegetables.

<https://www.heart.org>



Temporary Emergency Food Assistance Program (TEFAP)

TEFAP is a U.S. Department of Agriculture, Food and Nutrition Service program that helps to supplement the diets of low-income individuals or households, including elderly people, by providing them with emergency food and nutrition assistance at no cost. Eligibility is based on total gross income no greater than 185% of the amount specified in the Federal Poverty Eligibility Guidelines. Visit <https://aspe.hhs.gov/poverty-guidelines> to see the 2019 poverty guidelines for Hawai'i.

For information on TEFAP locations in your area please call:

City and County of Honolulu: Hawaii Foodbank Telephone: (808) 836-3600

Maui County: Maui Food Bank, Inc. Telephone: (808) 243-9500

Kaua'i County: Hawaii Foodbank Telephone: (808) 246-3809

Hawai'i County: The Food Basket, Inc. Telephone: (808) 933-6030



Call your local TEFAP location to see how you and your 'ohana can get involved in the next monthly distribution.

