

MAINTAIN, DON'T GAIN

HOLIDAY CHALLENGE

Willpower Tip #5

When You Are Hosting



If you enjoy having family and friends to your home for the holidays, you can end up on the wrong end of the scale! Here are some simple ways to help everyone focus on fellowship and enjoy the food as well.

[Click here for our featured recipe:](#)
[Cranberry Pumpkin Muffins](#)

Tips for hosting

1. Limit 'Tastes' While Cooking. Limit yourself to two small bites of each item pre- and post-seasoning. For tried-and-true recipes, dare yourself not to taste the dish at all until it is served.
2. Serve meals restaurant-style. Leave food in the kitchen rather than displaying the hot rolls, multiple casseroles, and the turkey on the table. When folks are ready for more, they can decide if they really want seconds. Changing up the environment—in this case, by leaving food near the stove—can help reduce overall food intake.
3. Use smaller plates. Do we really need to eat off of platters?
4. Invest in some toss-away containers. Load up containers for friends and family to hand out as they leave. Bonus points for getting containers that are holiday-themed or for adding a festive bow to your parting gift.
5. Freeze it. If you end up with loads of leftovers on your kitchen counter, pack up the extras and store them in the freezer for a later date. Studies show that when food is out of sight, you'll be less likely to reach for a second helping.

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