

Comfort Foods for the Holidays

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Cooking and eating together are among the simple things that can bring comfort and joy to our lives. Nourishment, health, communication and human connections can be as close as our kitchens and our dining rooms. Here are a few reassuring ways to make food and nutrition a central ingredient of your holiday season.

Cook together.

Preparing food is a soothing way to share time and to bring generations together. Talking while you measure, mix, stir, and chop can be a comforting time to discuss important issues and concerns. Kneading bread together can be a downright therapeutic experience.

Eat together.

Make sit-down meals a real priority as often as you can. If you live alone, reach out to family, friends or co-workers – and break bread together. Take time to relax and to eat together at home, at restaurants, or at work. The place is not important, the together is.

Take a break from television.

Even in normal times, television makes it hard to enjoy food. Repetitive images of the violence and destruction around the world can literally make us sick to our stomachs. Take a break from the news – and focus on the tastes, smells and textures of food.

Return to rituals.

Families have many rituals for meals – prayers, a moment of silence, joining of hands, candles or festive touches, like flowers, favorite dishes, or special linens. Making family rituals part of everyday meals ties us to memories of the past – and to hope for the future.

Take time to share.

Slow down and share – food, fellowship, conversation, tears, laughter, and the simple joy of time together. Even small children can learn to be a part of mealtime memories. Give everyone the gift of attention and the time to share what is important to him or her.

Invite others to join you for a meal.

A sense of community is one of the strongest ways to celebrate the special meaning of the holidays in our lives. By joining with others around a table, you can take comfort from the blessings of nourishing food and loving companionship.

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