This holiday season do what’s best for you and your loved ones

Being away from family and friends during the holidays can be hard.

Hard choices to be apart this year may mean that you can spend many more years with your loved ones.

When you talk with your friends and family about plans, it’s ok if you decide to stay home and remain apart from others.

Doing what’s best for you includes eating healthy foods and getting enough sleep.

Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.

Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.

Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

cdc.gov/coronavirus
Banana Oatmeal Breakfast Cookies

Budget-friendly recipe
Serves: 16
Ready in: 35 mins.

Ingredients
2 Bananas
4 tablespoons Pumpkin puréed, canned
1 teaspoon Vanilla Extract
1 teaspoon Cinnamon
½ teaspoon Salt
½ teaspoon Ground ginger
½ teaspoon Cloves
1 cup Oats
½ cup coconut flakes dry, unsweetened

What You'll Need
Mixing Bowls
Mixing Spoon
Measuring spoons
Measuring cups
Spatula
baking trays
Oven
Oven mitt

Directions
1. Preheat oven to 375 degrees.
2. Mash bananas in a bowl with fork.
3. Mix in pumpkin puree, vanilla, and spices.
4. Add oats and combine until dough forms.
5. Fold in coconut.
7. Bake for about 20 minutes, take out of oven and let cook for 10 minutes.

Nutrition Info and more
Total calories: 68 Total fat: 2 g Saturated fat: 1 g Carbohydrates: 12 g Protein: 2 g Fiber: 2 g Sodium: 41 mg Added Sugar: <1g