



## MAKE A HOLIDAY GIFT-GIVING PLAN

If you are going to give holiday gifts, now is a good time to start planning out the presents. Here's how.

- 1. Talk to others.** If you have siblings or cousins you'd like to exchange gifts with, ask an adult if you can start a gifting tradition. You could draw names out of a hat so everyone gives and gets one gift. Or maybe your friends want to make presents for one another.
- 2. Try a special exchange.** Ask an adult to help you look online for the rules for a gift exchange, such as a Yankee Swap. In this exchange, each person brings a gift that anyone would enjoy to a gathering, and they draw numbers to start trading gifts.
- 3. Make a list.** If you're planning to give individual gifts, make a list of everyone you'll be gifting to and brainstorm ideas. Ask an adult to help you budget and plan when to buy the presents. Your gift could also be homemade, such as baked goods or a craft. A handmade card is always special to receive as well.



**DID YOU KNOW?**  
California is known as the broccoli capital of the US because it produces about 90% of the country's broccoli.



**WARNING!**  
Ask an adult's permission before using the stove.

## Cook broccoli cheddar soup

### Ingredients

- 4 tablespoons butter
- 1 medium onion, diced
- 2 tablespoons flour
- 2 cups vegetable stock
- 3 cups chopped broccoli florets (about 1 head of broccoli)
- 1 cup shredded carrots (about 2 medium carrots)
- 2 cups half-and-half milk
- Pinch of nutmeg, optional
- 10 ounces shredded sharp cheddar cheese, plus more for garnish
- Salt and pepper, to taste
- Baguette slices, toasted, for serving

### Instructions

1. Melt the butter in a large saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until it starts to soften, about 5 minutes.
2. Stir in the flour until incorporated with the butter and golden brown, about 1 minute. Slowly pour in the vegetable stock, stirring constantly, until the liquid begins to boil. Reduce the heat to a simmer and add the broccoli and carrots. Cover and cook, stirring occasionally, until the vegetables are tender, about 12 minutes.
3. Stir in the half-and-half and nutmeg and bring to a slight simmer. Add the cheese and stir until melted. Season to taste with salt and pepper.
4. Serve with sliced baguette for dipping and extra cheese sprinkled on top. This recipe makes about 6 servings.



## ECO TIP OF THE WEEK GREEN YOUR LAUNDRY ROUTINE

The average family does about 300 loads of laundry a year, which uses electricity and about 6,000 gallons of water. One way to save resources to help the environment is to do less laundry. For instance, if an article of clothing doesn't have any stains or odors on it, ask a parent if you can wear it again before washing it. This is especially true if you wore something for only a few hours before changing. Many jean manufacturers even suggest that the pants not be washed after every wear to preserve the material. When it's time to dry your laundry, you can also save on electricity by hanging some clothes on a drying rack instead of using the dryer.

