

# The 12 days of *Holiday Safety*

1

Check lights for broken bulbs, cracked sockets, or loose connections and check wires for frayed or cut insulation before using.



2

Never leave cooking or baking unattended.



3

Don't leave holiday lights, decorations or portable space heaters on while you're sleeping or away from home. Keep decorations at least 3 feet away from heat sources.



4

Keep holiday plants away from pets and children. Poinsettias and mistletoe, along with others, are poisonous.



5

Check your smoke detector batteries throughout your home before decorating. Don't run extension cords under rugs or carpet.



6

Don't use nails, tacks or staples to hang lights. Use insulated clip hangers instead.



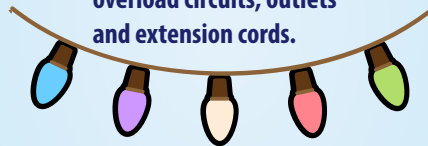
7

Water live trees every day to avoid the risk of fire. Artificial trees should be flame resistant. If you have a metal tree, be sure you illuminate it with a spotlight. Never use regular tree lights on a metal tree!



8

Follow the manufacturer's guidelines on how many strings of lights can be safely connected together. Similarly, be careful not to overload circuits, outlets and extension cords.



9

Travelling? Be sure to get your car maintained prior to a holiday trip. Keep emergency items in your car in case you have an unplanned need while on the road.



10

Leave lights on at your home and use a timer to turn on and off lights if you are away. Also, be very careful what you post on social media; if you're out of town, save your posting until you return.



11

Use lights as they are intended. Don't use outdoor lights indoors—they burn hotter than indoor lights. Don't use indoor lights outdoors—they are not waterproof.



12

Never throw wrapping paper in the fire.



**Santa's BONUS Tip for How to Protect Your Most Treasured Gifts:** Break down boxes and dispose of them creatively; don't leave that 60" TV box outside on trash day!

Get cozy with this  
easy, dairy-free recipe for

# HOT COCOA!

## TREAT YOURSELF (SINGLE SERVING)

### INGREDIENTS

- 1 cup almond milk or other milk of choice
- 2 tablespoons non-dairy creamer or coconut milk
- 1 tablespoon unsweetened cocoa or cacao powder
- 1-2 tablespoons sweetener of choice
- handful of marshmallows

### INSTRUCTIONS

Heat almond milk in a small saucepan over medium-high heat for 3-4 minutes or until hot. You can also heat the milk in the microwave for 2 minutes. Meanwhile, mix together the creamer, cocoa powder, and chocolate chips in a large mug. Pour the hot milk into the large mug and stir to combine. Add sugar to taste and top with marshmallows. Makes 1 serving.

## TREAT YOUR FAMILY OR FRIENDS (4 SERVINGS)

### INGREDIENTS

- 4 cups almond milk or other milk of choice
- 1/3 cup non-dairy creamer or full-fat coconut milk
- 1/4 cup unsweetened cocoa or cacao powder
- 1/3 cup sugar, maple syrup, or other sweetener of choice
- pinch of salt
- dash of cinnamon, optional

### INSTRUCTIONS

In a medium saucepan, stir together cocoa powder, sugar, salt, and cinnamon. Whisk in about 1/2 cup milk and mix until well blended. Cook over medium heat until cocoa and sugar begin to dissolve, stirring continuously, then pour in remaining milk and creamer. Continue to cook of medium heat until hot.

Pour into mugs, top with marshmallows or whipped (coconut) cream, and serve.



*Nothing says comfort and holidays like a great hot cocoa on a cold winter day. This month we've found a great dairy-free option by Joscelyn Abreu, on her blog Wife Mama Foodie (wifemamafoodie.com). Check out her blog for more great recipes, many of which are also free of dairy, gluten, and refined sugar.*



Source: <https://www.wifemamafoodie.com/easy-delicious-dairy-free-hot-chocolate>