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Sugar plums bring to mind memories of "The Nutcracker" and "Twas the Night Before Christmas." While they are pretty labor-intensive to make, they easily can become a family tradition in your home year after year. By Sara Elliott One of the most highly anticipated holiday traditions in many households is the making and baking of Christmas cookies. From holiday-themed sugar cookies, to other goodies like seven-layer bars, these decadent treats are consumed gleefully. By Emilie Sennebogen The man in the moon has nothing on the gingerbread man, that jolly brown fellow who still manages to delight children of all ages. Whether he's taking up residence in a cookie tin or on the Christmas tree, gingerbread men are a holiday favorite. By Sara Elliott Ginger, cinnamon, cloves and molasses are what give gingerbread its unique flavor. And the fact that it hardens to the consistency of a graham cracker makes it ideal for crafty projects for the family, like building a gingerbread house. By Emilie Sennebogen From sugar-laden cookies to beverages that can carry half a day's worth of fat and cholesterol in one glass, the holidays are full of opportunities to make poor nutritional choices. So, how can you avoid them? By Sara Elliott Love 'em or hate 'em, fruitcakes are an enduring tradition. And right now, we're smack-dab in the middle of fruit-filled log season. These holiday treats have the same density as mahogany, which has prompted some resourceful ideas. By Julie Douglas Kids are more likely to eat food they've helped to prepare. And they love pizza and pasta. With that in mind, we've come up with five Italian-inspired dishes that even the littlest ones can have a hand in making. By Laurie L. Dove Here is a delightful dish for a Fall harvest dinner party: Jim Deliman's carrot saffron soup recipe. Learn how to make Jim Deliman's carrot saffron soup. Thanksgiving is just as much about the sides as it is about the turkey, but many of the traditional holiday favorites are less than popular. Save yourself from ample amounts of unwanted leftovers by mixing these sides from your Turkey Day table. By Jill Jaracz Thanksgiving is normally a holiday filled with numerous guests, ample amounts of food and more than a little family drama. But when there's just two of you on Turkey Day, you have to plan things a little differently. By Chris Obenschain From trick or treat candy bar cupcakes to Greek stuffing, the Holiday Hostesses have you covered with their delicious holiday recipes. By TLC Some recipes are easy to improvise, while others require an exact set of ingredients to turn out. But sometimes you don't have the funds to include that one ridiculously overpriced additive. Don't worry; we have the alternatives you're looking for. By Jill Jaracz If you think beans are just a side dish, you don't know beans! Try some of these ideas for incorporating nutritious, quick-fixing canned beans into everything from party dips to desserts. By Heather Kolich Whether you serve it on the cob or as part of a larger dish, corn is both cheap and delicious. It's no wonder that the tasty vegetable is so popular with budget-minded eaters who don't want to sacrifice flavor for cost! By Alia Hoyt If gourmet meals seem out of reach because of your budget, it's time to change the way you think about high-end food. Savvy chefs know that frugal gourmet cuisine lies in fresh ingredients and a sense of creativity in the kitchen. By Bambi Turner Startup Costs: \$2,000 - \$10,000Home Based: Can be operated from home.Part Time: Can be operated part-time.Franchises Available? YesOnline Operation? NoHow do you provide business owners in your community with highly effective low-cost advertising options, while also providing restaurant owners with high quality menus printed free of charge every month and make a profit for yourself? Easy, start a restaurant menu advertising program in your community. The business concept is very basic. Secure agreements with busy restaurants in your local community that would be prepared to allow advertising to be printed on the front and back covers of their menus in exchange for receiving new and updated menus free of charge each month. Once this has been accomplished, you can set out to market the advertising spaces on the menu covers to local merchants and service providers. The business will take patience to establish, but a terrific annual income could be eventually realized. Media Platforms Design Team "Excuse me, waiter, I'll have the low-calorie steak," said no guy ever. Turns out, restaurant menu items labeled as low-calorie are less likely to be selected, according to a new study in the Journal of Consumer Research. Researchers presented the same menu items in three different ways. One menu listed food type—i.e. pasta, sandwiches, and salads. Another included calorie information next to each dish, and the third organized food by calorie information with a section labeled as "low calorie." The result: When dishes were grouped as low-calorie, fewer people chose them. "Most of us have negative associations with low-calorie dishes, so they tend to get eliminated from our decision-making process very early on," says study author Jeffrey Parker, Ph.D. You likely consider them less satisfying, not as tasty, or not filling enough. However, it was also found that if the menu includes calorie information but does not group them as low-calorie, you're more likely to choose a lighter option compared to a huge dish. "Menus often contain so many choices that we need to use tools to simplify our options and help us make a decision," says Parker. In other words, reading "low calorie" makes your eyes shift to other parts of the menu. This doesn't just apply to the "low-calorie" label, but other popular menu tags, too: light, low-fat, low-carb, and diet can have the same adverse effect on your healthy eating choices. "Instead of passing off a plate based on its label, examine the ingredients themselves," says Parker. You'll likely find you'll be just as full on lighter restaurant fare. R.J. Hottovy: In many ways, restaurants find themselves in a similar position that retailers did a decade ago with Amazon's integration of Whole Foods and other retail initiatives likely triggering a ripple effect across the grocery store industry; mobile technology's evolving consumer views on convenience and experience; and delivery and other off-premise solutions gaining widespread consumer adoption. Like the retail industry, we don't expect all industry participants to survive. We'd like to highlight five predictions for the restaurant industry over the next several years. One, the ripple effect from online grocery will become more pronounced for restaurants. Amazon grabbed a lot of headlines when it announced that it was acquiring Whole Foods in 2017. However, to this point, we really haven't seen a meaningful impact on restaurants due to online grocery. Industry traffic was already weak before the announcement and has only modestly improved since then. However, with Amazon finding ways to bring Prime memberships into the physical stores through discounts at Whole Foods locations and other tactics that grocery stores and mass merchants will likely deploy as countermeasures, we expect that restaurant guest traffic across all tiers will remain uneven into 2019. Number two, expect additional restaurant closures and decelerating industry growth. With restaurant operators already dealing with stagnant guest traffic trends and likely to face labor, rent, and food cost inflation in the years to come, Starbucks and Chipotle won't be the last operators to announce restaurant closures in 2018. Number three, there is room to grow for concepts that have adapted evolving consumer preferences. While we expect slowing industry growth trends in the next five years, we don't see an outright restaurant recession and see growth opportunities for those chains that continue to adjust to evolving consumer preferences. Number four, the recent pullback in restaurant industry valuations has created buying opportunities. After peaking in 2017, restaurant industry valuations have contracted the past two years as franchising activity has subsided and restaurants reinvent themselves amid rapidly changing consumer preferences. While the industry strikes us as fairly valued at current levels, there are a handful of restaurant concepts that screen well using a number of new benchmarks that haven't received enough credit from public or private market investors. Number five, Starbucks' recovery will be volatile, but there still is a long-term investment case to be made. Of any restaurant name in our coverage list, we believe that Starbucks will likely garner the most investor scrutiny over the near future with still sluggish U.S. sales trends, new sources of competition in China, its recent consumer packaged goods partnership with Nestle, questions about the current executive team, the involvement of activist investor Bill Ackman, and the potential headline risk associated with Howard Schultz's political aspirations. While each of these risks brings its own set of executional challenges and the possibility of management changes in the near future, we think the company is positioned for a comeback through restaurant layout changes and new menu innovations focusing on health and wellness and authenticity. Even though we see turbulent times ahead for restaurant operators and slowing industry growth rates, we believe there still is a place for investors' portfolios for wide-moat restaurant companies like McDonald's and Starbucks that understand where technology is heading and making necessary changes to address evolving consumer expectations regarding restaurants.



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