

December 2021

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Have a Happy, Healthy Holiday

Incorporating healthy habits into your holiday season is a gift you can give your whole family. December is a time for family and friends, fun and food... But by being intentional, you can also build mindful habits into the holidays. As the December calendar starts to fill up with plans and parties, try making these pro-tips a priority:¹

- Swap vegetables for starches and fruits for desserts where you can. Fruits and vegetables provide fiber, an important, yet under consumed nutrient.
- Movement matters! Take a walk or hike, sign-up for a festive 5K, or start a yoga challenge.
- Try cooking a holiday meal together. Children are much more likely to try a new healthy dish when they helped make it happen.



National Giving Month

Did you know that December is National Giving Month? In fact, nearly 1/3 of annual giving happens this month! We think of December as a time to give presents, but it's also a time to give to those in need. This month, try scheduling a family meeting and ask everyone to come prepared with a cause they feel passionately about. Then, spend some time together planning a way to support each cause as a family, whether it's through volunteerism or a monetary gift.²

Have a hard to shop for friend or family member on your list? Consider donating in their name instead!



Family COOKIE Day

Planning to bake cookies together this holiday season? We've put together a list of healthy nutritious swaps you can make to create equally delicious cookies with less fat and all the flavor.³

- 1 Unsweetened applesauce for sugar
- 2 Pumpkin puree for oil
- 3 Wheat flour for white flour
- 4 Evaporated skim milk for heavy cream
- 5 Rehydrated peanut powder for peanut butter
- 6 Chia seeds for eggs
- 7 Berries for chocolate chips
- 8 Avocado for butter
- 9 Skim milk for whole milk
- 10 Banana for eggs



Happy Holidays

Wishing you a Happy Holiday and a Joyful New Year

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