



# HEALTHIER HOLIDAYS



Check out the content each day. Scan QR code for details:

**1**

Welcome Video  
about the  
Challenge

**2**

Get in the habit of  
making a daily  
task list to  
stay organized  
and reduce stress

**3**

In the holiday  
bustle, be sure to  
keep up with  
routines! (gym,  
meal prep, etc.)

**4**

Article on health  
benefits of  
spending time  
with loved ones  
over the holidays

**5**

Three tips to  
reduce food waste  
this holiday  
season

**6**

Aim to go for a  
walk in the  
morning or  
evening to enjoy  
the brisk air

**7**

Kiwi Mint Water  
recipe to help with  
hydration over the  
holidays

**8**

Five ways to use  
pumpkins this  
time of year

**9**

Tips to get  
through Halloween  
and all season  
long

**10**

Snack bite recipe  
to make ahead for  
all of the busy  
days ahead

**11**

A gift guide with  
sustainability top  
of mind

**12**

Food safety info  
for preparing  
those holiday  
meals

**13**

Five ways to use  
cinnamon to make  
some delicious  
dishes

**14**

Portion guide to  
help avoid  
overdoing it at  
holidays events

**15**

Select the last  
parking spot when  
running errands to  
get in more steps

**16**

Beet Hummus  
Recipe for an easy  
appetizer dish

**17**

Learn about the  
benefits of  
chocolate and add  
it to your dessert  
menus

**18**

Find a place for a  
walk or hike to view  
the beauty of the  
changing leaves

**19**

Add this Sparkling  
Spiced Apple  
Cider Mocktail to  
your next event

**20**

Learn about the  
benefits of winter  
squash and tasty  
ways to use it

**21**

Learn a few more  
ways to reduce  
food waste this  
holiday season

**22**

Five ways to use  
fresh sage that are  
so fitting for the  
changing seasons

**23**

Pomegranate  
Maple Dressing  
Recipe to spice up  
your holiday  
salads

**24**

Tips to use up  
leftovers and  
enjoy every bite

**25**

Red Velvet Quinoa  
Cupcakes to add a  
sweet treat to  
your events

**26**

When planning  
gatherings, add in  
time for activities  
like a walk,  
kickball or bocce

**27**

A list of great gifts  
that also give back

**28**

Pumpkin Hummus  
Recipe that will  
sure to be a hit  
this season

**29**

A list of Chef  
selected holiday  
recipes

**30**

May your walls know  
joy, may every room  
hold laughter, and  
every window open  
to great possibility."  
-M. Radmacher