



## Peanut Butter & Celery Reindeer Treats



The finished product!

Need a fun and healthy treat for holiday parties? Look no farther! To make these adorable snacks you'll need celery, peanut butter (or peanut butter alternative), pretzels, raspberries, and chocolate chips.

- 1) Cut celery stalks and add peanut butter to insides
- 2) Add one raspberry to each end. Break pretzels in half and add on other side of celery for 'antler's'.
- 3) Add chocolate chips in the center for eyes. Enjoy!

## Happy December!

It is officially the holiday season. With parties and family gatherings happening every weekend, the holidays can easily turn into a huge binge. Cookies, cakes, mashed potatoes, eggnog, and more! It may feel overwhelming to keep up socially while trying to maintain your health and wellness.

### Tips to enjoy the holidays and maintain your wellness..

- Listen to your body:** Although all of the holiday food is delicious, over-eating it will make you feel overfull and sick. Listen to your fullness cues as you're eating so you know when to stop.
- Eat Slow:** Eating slow will allow you time to feel your fullness cues so you do not over-eat!
- Plan ahead:** If you know you're going to be at a gathering with no healthy snacks, bring your own! Or eat ahead of time so while you're there you are not bingeing.
- Drink water:** Although there are many other fun drinks around the holidays, they're normally high in sugar and calories. Water will also keep you hydrated. Being dehydrated can make you feel hungrier than you actually are, causing you to over-eat.
- Enjoy food guilt-free:** At the end of the day, the holidays are a time to enjoy! Staying healthy is important, but if you slip up, don't worry about it! Restricting yourself can cause even bigger binges down the road.



Getting outside when it snows is a great way to keep the family active!

### What's in season for December?

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|---------------|------------|
| -Celery       | -Carrots   |
| -Potatoes     | -Mushrooms |
| -Pomegranates | -Mangos    |