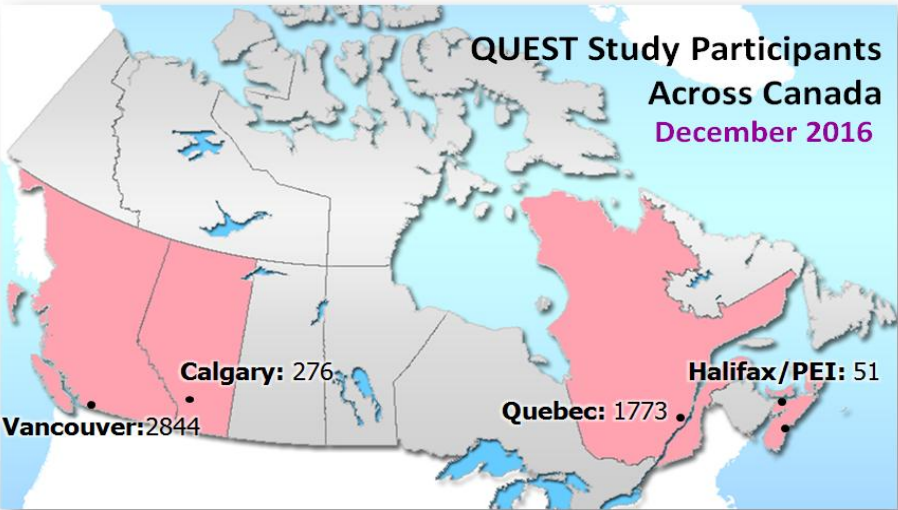




DECEMBER NEWSLETTER

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Refer A Friend to our [website](#)! When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

Contest of the Month

What are you doing over the winter break?

[Email us](#) your answers for your chance to win a gift certificate!

Healthy Holiday Eating!

By Claire Pitcher, Registered Nurse

For a lot of people, December can be an exciting time of year! With a number of different holidays and celebrations happening around this time of year, there can be many reasons to gather with friends and family or just the chance to relax on your own. It can be very common for celebrations and traditions to involve all sorts of different foods and snacks. Do you have a favourite food that only comes around in December? This month, we're going to share some simple ideas for how you can eat healthy AND celebrate at a time of year when chocolate, candy canes and indulging in tasty treats can start to seem like the norm!

Sometimes snacks can be tasty AND healthy. A great and easy way to help decide how healthy a snack may be is to think of the Canada's Food Guide and how many (if any) categories a food fits into. For example, fresh veggies with a yogurt dip fits into two categories (fruits/veggies and dairy/alternatives.) Or carrots/hummous is another example of a great snack (veggies/meat and alternatives.)

Congratulations Jasmine!

She was our November Contest Winner!!

We sent her a Starbucks Gift card!

Another way to help make snacks healthier is to use lots of fresh foods – especially fruits and veggies of different colours! Did you know that different coloured fruits and veggies often have a unique mix of nutrients inside? For example, dark leafy green vegetables like kale tend to be high in Vitamin A. And oranges are super high in Vitamin C.

For a list of possible snack ideas that you might play around with a bit to make them into a December treat, you can visit this great website:
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/snacks-collations-eng.php>



Currently enrolled:
4944 GIRLS

Our target:
8666 GIRLS



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