



Healthy Holidays & New Year

These Tweet ideas coordinate well with resources we've featured in this ONE Toolkit. Once you've posted the corresponding resource on your website, you can include a link, with your own URL, in your Tweet.

Hashtag: #healthyholidays

Link to Maple Walnut Cranberry Granola recipe

Great for breakfast or mid-day treat – and perfect for gift giving, too.

A delicious and healthy gift: Maple Walnut Cranberry Granola.

An easy gift from your kitchen: Maple Walnut Cranberry Granola.

Share the health this holiday season: Maple Walnut Cranberry Granola.

Link to Spiced Sorghum Molasses Cookies Recipe

Spices, molasses & sorghum add up to one scrumptious whole grain cookie.

Sorghum never had it so sweet; spiced sorghum molasses cookies are a divine treat.

Dressed up or dressed down, these sorghum cookies are perfect any time of the year.

Link to Tips for a Happy and Healthy Holiday

Healthy Holiday Tip: Before heading off to a party, eat something light & hydrating.

Healthy Holiday Tip: Don't skip meals.

Healthy Holiday Tip: Be mindful when you eat; you'll eat less and feel fuller longer.

Link to Festive and Healthy – Winter Produce Rocks

Mash it up: parsnips, sweet potatoes and carrots are great alternatives to the spud.

Root for winter produce! It rocks!

Roasted, mashed, baked or raw, winter produce is fab no matter how you serve it.

Holidays are healthier when you enjoy winter produce.

Link to: A Trio of Holiday Heroes

Vegetables, beans and fruit – three ingredients that help stretch your holiday meals.

Stretch your food budget (and holiday meals) with vegetables, beans and fruit.

A trinity of ingredients, tons of ideas to stretch your meal budget.

Ding dong, guests are here! No need to panic with these meal-stretching ideas.



Link to Spread it Thin!

Spread it on ... thinly!

Cottage cheese, Greek yogurt, avocado...just a few ways to lighten up your spreads.

For easy switches for lighter spreads, try these ideas!

Make your holidays brighter, and lighter, with these subs for mayo & sour cream.

Link to Snack on This, Not That.

Switch out potato chips with popcorn for a healthier and just as crunchy snack.

Save up your sugar for your sweetie pie – drink seltzer water instead of cola.

Did you know a 20-ounce cola contains a whopping 16 tablespoons of sugar?!

A yogurt parfait is perfect! Enjoy it instead of an ice cream sundae to save on fat & calories.

Link to New Year, New Strategies for Veggie-Loving Kids

Yes, kids *can* love their veggies. These strategies can help.

Let kids play with their veggies. Research shows they'll eat more.

Serve veggies with a dip – kids will eat more of them (even broccoli!)

Involve kids in selecting and cooking their food; they're apt to eat healthier.

Link to New Year's Resolution: Eat Med-Style at Home

These 8 tips show how to eat Med-style at home.

Mediterranean style: the “no-diet” way of eating healthier.

RD-recommended: Eat Med-Style at Home!

Add Med-style spices to enliven your meals.