



Each week in **November** and **December**, learn timely nutrition, physical activity, mental, and financial health tips to become your **healthiest** self this holiday season.

NOV 1
HEALTHY RECIPE SWAPS

NOV 8
SAFE HOLIDAY COOKING

NOV 15
STAYING ACTIVE WHEN TEMPS DROP

DEC 6
DEBT FREE HOLIDAY

DEC 13
HEALTHIER HOLIDAY DESSERTS

NOV 22
USING AND STORING LEFTOVERS SAFELY

NOV 29
REDUCING FOOD WASTE

DEC 20
STAYING CONNECTED THROUGH
SOCIALLY-DISTANCED HOLIDAYS

DEC 27
NEW YEAR'S RESOLUTIONS



Register here: tinyurl.com/facsholiday



Check Food Labels

Processed foods often have higher amounts of salt, sugar, and fat. Read nutrition labels on pre-packaged items and consider making items from scratch!



Mix it Up with Dairy

Try low or non-fat cheese, milk, or mayonnaise instead of higher fat options. Try substituting Greek yogurt for heavy cream to maintain texture in your mashed potatoes without the extra fat.



Treat your Bird Well

Leave skin on when cooking but remove it before eating to reduce fat content. Try basting the turkey in its own juice, defatted broth, or lemon juice and herbs to bring out the flavor and color.



Methods Matter

Steaming or roasting vegetables with herbs and spices is a healthier option than frying. Sweet potatoes and cranberries are loaded with antioxidants and so yummy, too!



Don't Overdo It

We can fall victim to mindless eating during the holidays so plan accordingly to keep your calorie intake in check. Consider using smaller plates to prevent over-serving yourself.



Treat Yourself

After all, the holidays only come around once a year. Try reducing sugar amounts in your favorite treats. Burn some calories by taking a walk before indulging in dessert.

HEALTHIER HOLIDAYS

BASIC RECIPE SWAPS FOR A MORE HEALTHFUL HOLIDAY



GEORGIA HARVEST CALENDAR

What's available and when!

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples							■	■	■	■	■	
Beans					■	■	■	■	■	■	■	
Blackberries					■	■	■					
Blueberries					■	■	■	■				
Broccoli					■	■				■	■	■
Brussel Sprouts	■	■									■	■
Cabbage	■	■	■	■	■					■	■	■
Cantaloupes						■	■	■				
Carrots	■	■	■	■	■					■	■	■
Christmas Trees											■	■
Citrus	■	■	■						■	■	■	■
Collards	■	■	■	■	■	■				■	■	■
Corn - Sweet						■	■					
Cucumbers						■	■	■	■	■	■	
Eggplant						■	■	■	■	■	■	
Grapes - Muscadine							■	■	■	■	■	■
Kale & other greens	■	■	■	■	■	■	■	■	■	■	■	■
Lettuce	■	■	■	■	■	■	■	■	■	■	■	■
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Okra					■	■	■	■	■	■	■	
Onions - Vidalia				■	■	■	■	■	■	■	■	
Peaches					■	■	■	■	■	■	■	
Pecans									■	■	■	■
Peppers							■	■	■	■	■	
Peppers - Bell							■	■	■	■	■	■
Potatoes - Irish					■	■	■	■	■	■	■	
Potatoes - Sweet	■	■	■					■	■	■	■	■
Pumpkins									■	■	■	■
Raspberries						■	■					
Spinach	■	■	■	■	■	■	■	■	■	■	■	■
Squash - Summer					■	■	■	■	■	■	■	■
Squash - Winter								■	■	■	■	■
Strawberries			■	■	■	■	■	■	■	■	■	
Tomatoes					■	■	■	■	■	■	■	■
Turnips	■	■	■	■	■	■	■	■	■	■	■	■
Watermelon						■	■	■	■	■	■	
Zucchini					■	■	■	■	■	■	■	■

Dates may vary due to location and weather conditions.

Peak Season ■ Extended Season ■