INTRODUCTION
Healthy for Life® is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association to:

- Empower people to make healthy food and lifestyle choices.
- Help change attitudes and behaviors related to food and cooking.
- Equip people with new skills and habits for healthy living.

PURPOSE OF THE TOOLKIT
The December Healthy for Life Messaging Toolkit is part of a 12-month playbook for organizations with materials to promote for each month of the year. The Toolkit reinforces the wellbeing, cooking, grocery shopping and gardening messages from the Healthy for Life program. Many of the infographics and articles can also be found in the Healthy for Life educational experiences.

The December Toolkit breaks the month down by theme and provides you with turn-key content:

- Infographics
- Articles
- Social media graphics
- Facebook and Twitter messages
- Recipes

HOW TO USE THE TOOLKIT MATERIALS
- Promote through your organization website.
- Post on your social networking sites (such as Facebook, Instagram and Twitter).
- Email to organization members.
- Display in high traffic areas of your organization.
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<th>HOLIDAY STRESS</th>
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<td><strong>Holiday Stress? Try Our Top 5 Tips for a Healthy Holiday Season</strong></td>
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<td>Facebook Text</td>
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INFOGRAPHIC: Fight Stress with Healthy Habits

FIGHT STRESS
WITH HEALTHY HABITS

1. Slow down.
   Plan ahead and allow enough time to get the most important things done without having to rush.

2. Snooze more.
   Try to get six to eight hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. Let worry go.
   The world won’t end if a few things fall off of your plate. Give yourself a break and just breathe.

4. Laugh it up.
   Laughter makes us feel good. Don’t be afraid to laugh out loud, even when you’re alone.

5. Get connected.
   A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

   Use “to do” lists to help you focus on your most important tasks, and take big projects one step at a time.

7. Practice giving back.
   Volunteer your time or spend time helping out a friend. Helping others helps you.

8. Be active every day.
   Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. Give up the bad habits.
   Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Learn into things you can change.
    Make time to learn a new skill, work toward a goal, or to love and help others.

LEARN MORE AT HEART.ORG/BEWELL
ARTICLE: **Holiday Healthy Eating Guide**

These easy tips and recipes will help you stay healthy and mindful as you celebrate the holidays with friends and family. You can eat well and be well this holiday season, with these tasty treats, party tricks and simple strategies.

**ENJOY IN MODERATION.**

Is it even possible to eat healthy during the holidays? Yes! And you can do it without FOMO or a lot of effort.

Grandma’s fudge is a family tradition, and your coworker’s cookies are calling you from the breakroom. Indulging a little won’t hurt — so lighten up! No, we mean that literally. Enjoy holiday treats in smaller portions, make healthy substitutions where you can, and plan ahead for merry meals that are healthy, too.

**INCLUDE LOTS OF SEASONAL, COLORFUL FRUITS AND VEGETABLES.**

Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

**SLASH UNWANTED CALORIES WITH EASY SWAPS AND SUBSTITUTIONS.**

Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them. Our guide will show you how.

**NAVIGATE HOLIDAY PARTIES LIKE A BOSS.**

From the obligatory workplace parties to family get-togethers, your calendar may be bursting with opportunities to eat and drink outside of your regular routine. Make a plan that will help you resist plowing through the buffet table, like having a healthy snack beforehand.

**SPRINKLE IN OPPORTUNITIES TO BE ACTIVE.**

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.
If the holidays sometimes leave you feeling overwhelmed and out of control, you’re not alone! Here are some key things you can do to stay happy and healthy throughout the busy holiday season.

He’s a mean one, alright. If the Grinch has stolen your holiday spirit and good intentions, try some of these tips to reclaim your ho-ho-ho.

1. KEEP UP HEALTHY HABITS.
Make a pact with yourself during the holidays. For example: “For the next three weeks I will move more and do something active every day, have a healthy breakfast and limit the sweets, and get at least seven hours of sleep each night.” If you don’t completely give up your healthy habits, you won’t feel like you have to start over once the holidays are in the rear-view.

2. BEWARE OF PARTY PERILS.
Special holiday events often serve up extra helpings of less-than-healthy foods. If you’re a guest, eat a healthy snack before you go to avoid overdoing it at the event. If you’re the host, challenge yourself to offer some delicious and healthier options using our recipes and cooking tips. Your guests will thank you.

3. STAY ACTIVE — EVEN IN THE HUSTLE AND BUSTLE OF THE SEASON.
A full holiday social calendar might lead to some missed workouts. Instead of beating yourself up about it, sprinkle some healthy activities into your daily routine. For example, if the weather isn’t too frightful, ride your bike to work or school. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

4. BUT NOT TOO ACTIVE.
Give yourself the gift of peace. When the invitations pile up, don’t be afraid to say no to some of them. If you need some down time to recharge for the next big party, declare a me-treat and do something that relaxes you. Try yoga, meditation, or spending time in nature.

5. MAKE A PLAN FOR THE NEW YEAR.
Your poinsettia’s pooped and the gifts are all gone. Now what? It’s a great time to reset for the new year — but don’t go dashing through your to-do list too fast or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine and sign up for your local Heart Walk before you set your sights on that marathon!
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#EatSmart over the holidays by focusing on real flavor and eating less salt!
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**RECIPE: Slow Cooker Turkey and Black Bean Chili or Vegetarian 3-Bean Chili**

Per serving:
- 406 Calories
- 0.6 g Sat. Fat
- 123 mg Sodium

Makes 6 servings

Trade in the usual ground beef chili for this ground turkey version. You can skip the turkey all together and go vegetarian—an excellent option for Meatless Mondays.

**INGREDIENTS**
- 2 lb ground, skinless turkey breast
- 2 cans no-salt-added black beans (rinsed, drained)
- ½ tsp crushed red pepper flakes
- 1 can no-salt-added, diced tomato (undrained)
- 2 cans no-salt-added tomato sauce
- 1 cup frozen whole kernel corn
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 2 tsp dried oregano (crumbled)
- 2 tsp ground coriander
- 4 medium garlic cloves (minced)

**DIRECTIONS**
In a large bowl, stir together all the ingredients. Divide the chili between two 1-gallon resealable plastic freezer bags. Place the bags flat in the freezer and freeze.

**DIRECTIONS FOR COOKING**
Thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Cook, covered, on low for 6 to 8 hours, or until the turkey is no longer pink and the beans are tender.
**RECIPE: Guacamole Deviled Eggs**

**INGREDIENTS**
- 9 large eggs
- 1 medium avocado (halved, pitted)
- 2 Tbsp fat-free sour cream
- 1 ½ teaspoons lime juice
- ½ cup seeded and finely chopped Roma tomato (1 to 2 Roma tomatoes)
- ¼ cup finely chopped scallions
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 to 2 teaspoons finely chopped jalapeño
- Dried or fresh cilantro, to garnish (optional)

**DIRECTIONS**
1. Make the hard-boiled eggs: Fill a large pot with water, add all the eggs, and bring mixture to a boil over high heat. As soon as the water begins to boil, cover with a lid, remove pot from the heat, and let eggs sit for 10 minutes. Drain water and transfer eggs to a bowl of cold water to cool.
2. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks, adding just 2 whole egg yolks into a medium bowl and discarding the remaining 7 egg yolks. Place the egg white halves onto a platter.
3. Slice the avocado in half and remove the pit. Use a spoon to scoop the avocado’s flesh into a bowl. Use a fork to mash the egg yolks and the avocado together. Stir in the sour cream and lime juice.
4. Remove the seeds from the tomatoes with a spoon and discard; finely chop the tomato, along with finely chopping the scallions. Add both to the mashed avocado, along with salt, pepper, and optional jalapeño. Stir together to combine.
5. Spoon the guacamole into each egg white half, dividing the mixture between all 18. Garnish with a sprinkle of dried or fresh chopped cilantro, if desired. Serve.

**Per serving:**
- 71 Calories
- 0.8 g Sat. Fat
- 129 mg Sodium

Makes 9 servings

**KEEP IT HEALTHY:**
Using just a couple of egg yolks versus them all, whether in this recipe or one for scrambled eggs, is a good way to get a hint of the yolk without all the saturated fat.

**COOKING TIP:**
The seeds of the tomato are removed and discarded; otherwise, the liquid makes the guacamole too runny.

**TIP:**
For a pro look, scoop the guacamole into a Ziploc bag. Use scissors to carefully snip a side corner and squeeze guac through the corner into swirls for a more decorated deviled egg.

Deviled eggs always bring a crowd-pleasing touch to start a meal or small party. Using guacamole as the base is a heart-healthy way to indulge in deviled eggs, as avocado subs for the majority of egg yolk in this recipe.