

“How to Survive the Holidays Healthfully” was an event put on by the Clay County Wellness Committee. We sent out an invitation to the open house a few weekdays prior to the event and then again the day of the event.

Invite:

Hello all!

The Clay County Wellness Committee would like to invite all Clay County employees to Visit our “How to survive to stay Healthy throughout the Holidays” Open House.

11:30 a.m. - 1:00 p.m.
Family Service Center
Conference Room #4
Monday, December 16th

The open house will provide tips on how to stay healthy throughout the holiday season by:

- ❄ Eating well
- ❄ Reducing stress
- ❄ Incorporating physical activity
- ❄ Getting enough sleep
- ❄ Recipe modification
- ❄ Etc.

We will also have nutritious holiday treats for you to try! Yes, healthier sugar cookies!

Anyone who attends will get their name in a drawing to get a

Red Cross Winter Survival Kit



Happy Holidays!

From your Clay County Wellness Committee
Working to make the healthy choice the easy choice!

We were unsure how many attendees to prepare for. We prepared enough snacks for approximately 40-50 people and made ten copies of each handout. Throughout the event we ended up having to print off additional handouts for guests having a total of 30-40 guests attend.

We prepared Lime 'n' Honey Black Bean Dip and healthfully modified Sugar Cookies for the snacks.

Lime 'n' Honey Black Bean Dip

15-ounce can black beans, drained and rinsed

1/3 cup salsa

¼ cup light sour cream

2 tablespoon lime juice (juice of 1 lime)

1 teaspoon honey

½ teaspoon ground cumin

¼ teaspoon chili powder

¼ teaspoon garlic powder

Directions

1. In a food-processor bowl, add beans, salsa, sour cream, lime juice, honey, cumin, chili powder, and garlic powder.

Blend until smooth and creamy.

2. Serve with baked tortilla chips or sliced vegetables.

Sugar Cookies

2 ¾ cups all-purpose flour

1 teaspoon baking soda

½ teaspoon baking powder

½ cup butter, softened

¼ cup nonfat plain yogurt

1 ½ cups white sugar

1 egg

1 teaspoon vanilla extract

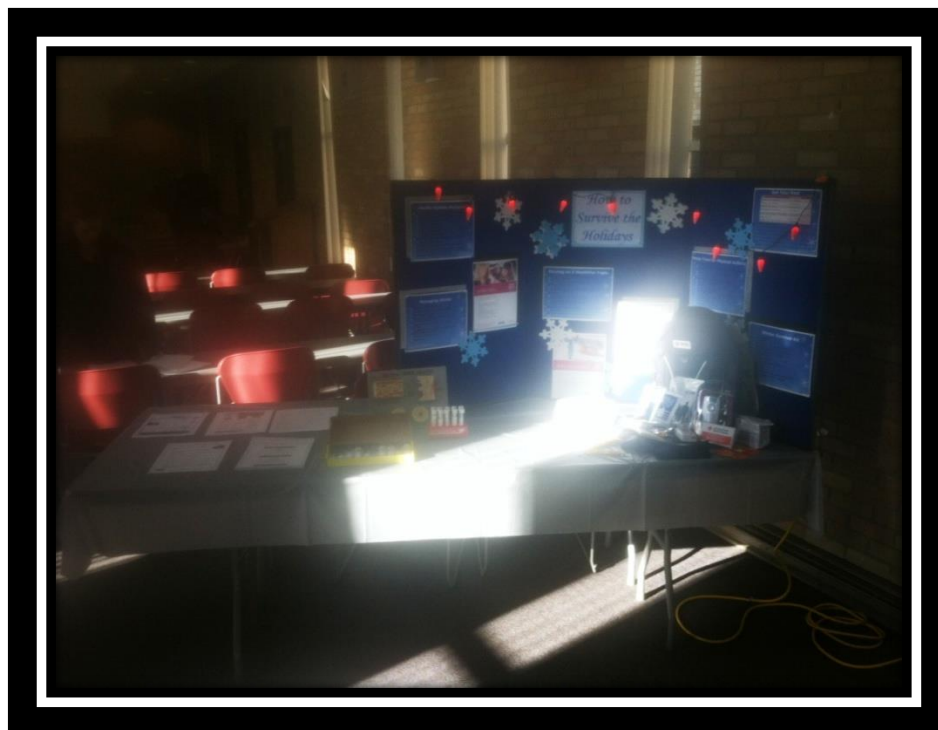
Directions

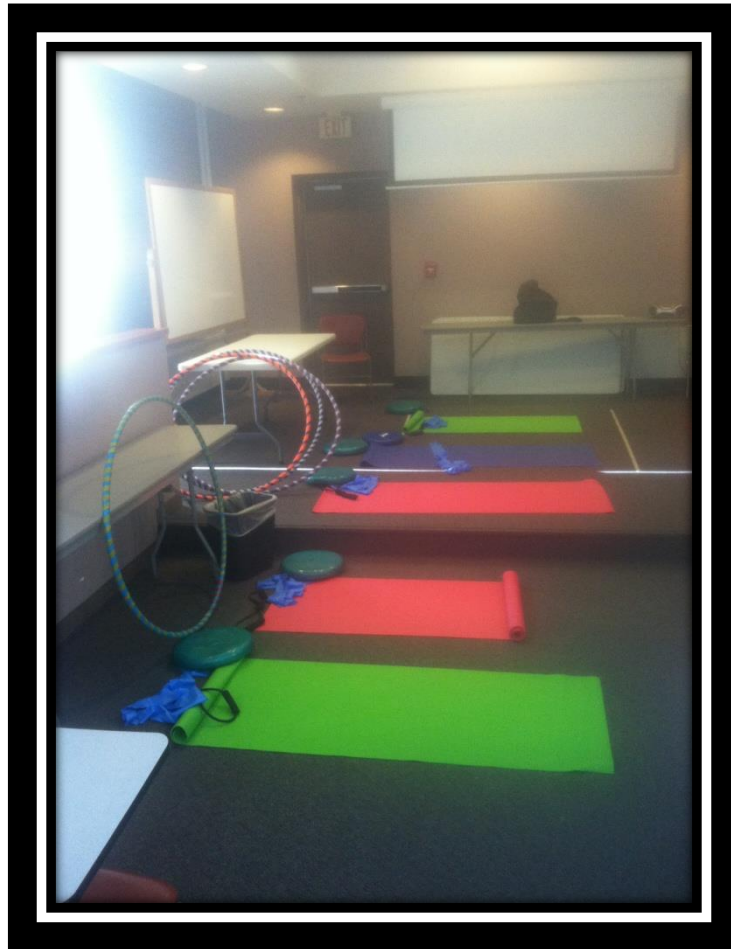
1. Preheat oven to 375 degrees F (190 degrees C). Stir flour, baking soda, and baking powder in a small bowl.

2. Beat butter, yogurt, and sugar with an electric mixer in a large bowl until smooth. Add egg allowing it to blend into butter mixture. Beat in vanilla extract. Mix in flour mixture until just incorporated. Roll dough into walnut-sized balls and place 2-inches apart onto ungreased baking sheets.

3. Bake in preheated oven until golden, 8 to 10 minutes. Let stand on baking sheet two minutes before removing to cool on wire racks.

Along with holiday snacks we provided a variety of information on how to healthfully make it through the holidays. The information provided covered topics including how to reduce stress, how to stay physically active, importance of vitamin D, recipe modification, contents of a winter survival kit, how to build a nutritious smoothie, and importance of getting your rest. We also provided this information in handouts for guests to take with them.





Overall, the open house was a success and we were able to reach out and provide a variety of education to a large group of employees.