



Hi SNAP4CT Family!

Happy Holidays! There is so much to celebrate this time of year - Christmas, Kwanzaa, Hanukkah, and the coming new year! Whatever holiday traditions you follow, we hope to make this season a little easier with tips and tricks that will help you *eat well and spend less*.

*From all of us at [SNAP4CT \(Husky Nutrition\)](#) - we wish you and your loved ones peace, happiness, and good health now and into 2020!*

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## **Casseroles for the Win!**



You're super busy. There's the office party, the family get-together, and then there's just dinner on a Monday night. What to do?! A casserole is the perfect solution. We'll show you how to make a healthy casserole in just 4 easy steps.

BUILD A BETTER CASSEROLE

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## Practical Gifts for a Healthy New Year



Holiday gifts can be expensive, and it is hard to find the best gift for everyone on your list! Save money and get practical with gifts that also help you spread good health:

- **Kitchen Goodies** – Potholders, kitchen towels, a colorful pancake flipper, or

a cheery mug are functional and bring smiles all year long. See “[A Kitchen for Less Money](#)” for some kitchen basics that every home needs.

- **Treats** – Whip up a batch of healthier treats like [Trail Mix](#), [Chocolate Chip Yogurt Cookies](#) or [Black Bean Brownies](#), put on a Christmas plate, wrap in plastic wrap, and top with a bow. Instant joy!
- **Popcorn** – Popcorn is fun, versatile, and cheap. See why we think it is [The Easiest Holiday Gift](#).
- **A FREE Cookbook** – go ahead and print out our *Fan Favorites Cookbook* (see below) for a friend. They’ll love all the easy recipe ideas.

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## SNAP4CT / Husky Nutrition in the Community

Have you met our dietitians? They are always out in the community answering your nutrition questions - for FREE! Find out where they will be next by following our [Facebook page](#).

Hint: You'll find them at ShopRite of East Hartford on 12/16 from 10 am - 12 pm 😊



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## Your Holiday Gift - Our Fan Favorite Recipes

Download your copy today by clicking either the English or Spanish version below:



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**Have a nutrition question? Just ask. It's free!**



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*Thanks for reading and being part of our family!  
Please don't forget to follow us on social media through the links below.*

**FOLLOW US HERE:**



