



STOP!

**THIS AREA IS A
SWEET-FREE
ZONE**

(school or office name)

**HAS DESIGNATED THIS AREA
A SWEET-FREE ZONE.**

- We pledge to moderate our intake of sweets this holiday season.
- We realize that sweets are calorie dense and lead to weight gain—especially during the holidays—and sluggishness at work.
- We pledge to celebrate the holiday season in a healthier way!





IT IS THAT TIME OF YEAR AGAIN.

THE HOLIDAYS are fast approaching, and there will be plenty of tasty, but unhealthy, food choices. Whether it's an informal get-together or a formal holiday party, staff celebrations often revolve around high-sugar, high-fat foods with little nutritional value. This holiday season, make it your goal to maintain your weight with these simple tips.

STAFF CELEBRATION—SOME HEALTHY ALTERNATIVES

- **Make your own pizza party!** Use whole grain dough and tons of veggies. If you work in a school, use the school ovens to bake them!
- Instead of a cookie exchange, **try a soup exchange!** Enjoy a healthy lunch together and share recipes!
- **Skip the secret Santa.** Instead, put your \$10 gift limit to good use by inviting a chair massage vendor to your site to provide stress-relieving shoulder rubs!
- **Start a holiday tradition at work that is unrelated to food.** Decorate cards for a nursing home, or collect treats for the humane society.

SWEET-FREE AND OTHER HEALTHY TREATS TO SERVE

- Fruit or veggie dips, with a hummus, bean, or Greek yogurt base
- Low-fat pudding or frozen yogurt
- Dried fruit and trail mix
- Seltzer water and 100 percent fruit juices
- Cheese platter with whole-wheat crackers

SWEET-FREE GIFT IDEAS

(Also good ideas for parents!)

- Gift cards
- Plants
- Lotions or soaps
- School supplies
- Desk accessories
- Handmade crafts
- Olive oil and vinegars

