

A Look Ahead

- Why meal plan?
- First steps
- Think through your courses
- Tips for better planning
- Ways to keep your Holiday meals nutritious
- Making healthy choices when you aren't hosting







Why Meal Plan for Your Holiday Party?

- You'll reduce last-minute stress during the Holiday season
- You'll save money if you're willing to shop around for sales
- It can help you and your guests maintain healthy habits through the Holidays







First Steps in Planning Your Holiday Meals

- It's easy to get carried away, so start simple!
- Establish how many guests you'll be feeding, and the amount of food you'll need
- Consider your guests' food preferences and any dietary restrictions while you plan

Think Through Your Courses

- Decide what you'll serve for each course: appetizers, main entrees, sides, and desserts
- You can ask guests to bring a specific dish, or let them bring a dish of their choice
- You don't have to serve something just because it's "traditional"







Tips for Better Meal Planning

- Use your calendar
- Consider all meals you're planning for
- Make a shopping list
- Keep things simple
- Make dishes a day or two ahead of time
- Ask for help from loved ones when you need it





Other Things to Consider

- Invite your guests in advance
- Check with your guests a week before if they haven't RSVP'd
- Ensure you have everything you need to serve your meal
- Set the table and decorate at least a day in advance





Ways to Keep Your Holiday Meals Nutritious



Serve fruits and veggies as appetizers



Look for opportunities to incorporate additional veggies in your menu



Include lots of herbs and spices for extra flavor



Reduce sodium when you can



Include whole grains



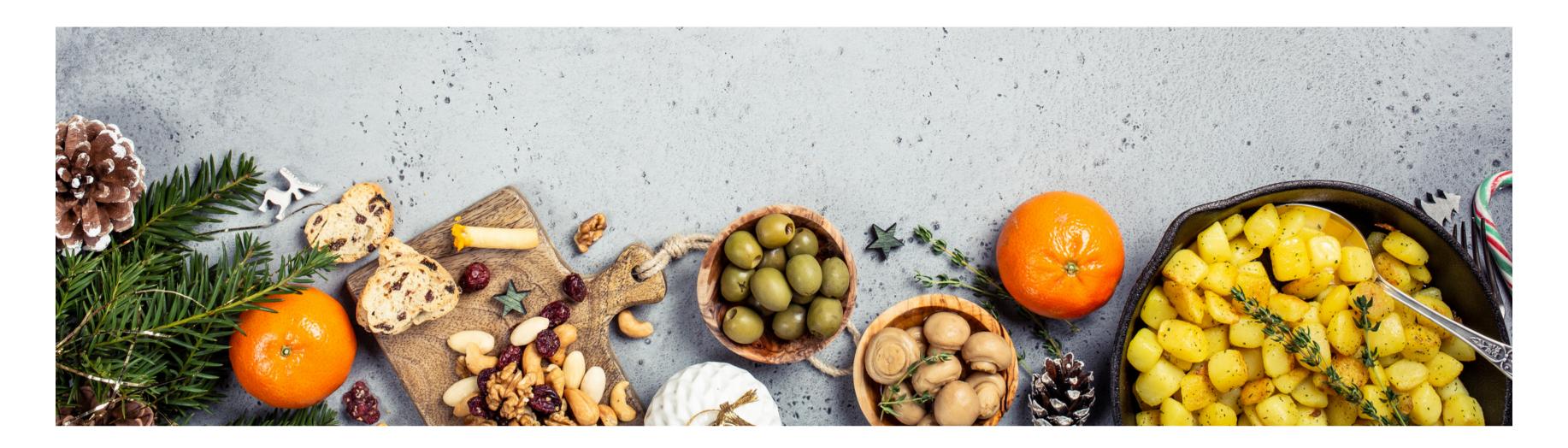
Add fruit to dessert





Making Healthy Choices When You Aren't Hosting

- Eat mindfully
- Don't skip meals
- Check out the buffet before you load up your plate
- Fill up on fiber-rich foods, fruits and veggies, and lean proteins
- Watch your portion sizes
- Don't deprive yourself of the treats you love



Resources

- https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html
- https://foodrevolution.org/blog/healthy-and-happy-holiday-gatherings/
- https://www.issaonline.com/blog/post/the-importance-of-meal-planning-for-holidays-how-to-do-it