

Christmas Shopping Guide

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Santa Bass shares 10 Christmas gift ideas for those who love fishing

Has your favorite angler been naughty or nice this past year? Santa Bass knows all, so you better be good! For the coming holiday season, Santa Bass offers 10 incredible gift ideas and stocking stuffers that will surely bring a smile to your favorite angler.

1. Clean a mess of fish fast - Every now and then, some anglers like to keep their catch for a nice shore lunch or dinner. It sounds fun, until you face the messy job of cleaning fish. Not anymore! High-quality, heavy-duty lithium electric fillet knives make fast work of fish cleaning, and they're great for other meats, too.

2. Protection from the sun - If your favorite angler spends a lot of time in the sun - on a boat, in a kayak, or fishing from a pier or shore, they need to be covered up to protect their skin from the harmful effects of UV rays. Hooded shirts designed for anglers of all ages are great looking, provide moisture-wicking performance, and offer UPF 50+ UV sun protection along with moisture-wicking performance.

3. Warm and dry - If you put your time in on the water fishing, eventually, you're going to get wet. It's not a matter of if, it's just a matter of when. Having a reliable rain jacket and bibs designed for extreme conditions by the nation's top anglers is essential if you're going to spend time on the water.

4. Fish like a pro bass angler - For anglers who want to fish what the pros fish, consider a fishing



lure actually created by one of the top bass fishing pros in the nation, Bassmaster Classic champion Ott DeFoe. Designed in DeFoe's garage, the Rapala OG Rocco is a buoyant, round balsa bait with a square circuit board lip that has been proven in the nation's top bass tournaments.

5. No more fish "tales" - No doubt, you've heard the stories about "the big one." And each year, the big one gets a little bigger. Keep your favorite angler honest with a 50 lb. Touch Screen Fish Scale designed for anglers.

6. Keep your angler warm - A lot of anglers like to get up early to start fishing. Keep your angler warm and cozy with a thick, soft hoodie that's perfect for those crisp, cool mornings.

7. Get organized - Is your angler kind of disorganized? Lures and tools all over the boat, in the garage, or in the ice fishing house? The SmartHub system by Rapala helps anglers get more organized, which means more time fishing.



8. Tools to get the job done right - Pliers, scissors, forceps, knife sharpener, clippers, hook sharpener. For anglers to stay on top of their game, they need some essential, high-quality tools to keep their gear in tip-top shape, as well as tools that can stand up to the elements, in freshwater or saltwater.

9. Stocking stuffers - Looking for some less expensive (under \$25) gift ideas to stuff into your favorite angler's stocking? How about a speaker to listen to some tunes? A fish counter? A deck of cards or a stocking cap? Or, the world's all-time best-sell-

ing fishing lure?

10. Ice trolling - And lastly, if you live in the Ice Belt of the country and enjoy ice fishing, here's a seriously good gift idea that will save you lots of time and is good for the environment. Serious ice anglers drill lots of holes, and to accomplish that, they need a proven, electric ice auger and drill that gets the job done fast. It's called ice trolling. Santa Bass recommends the StrikeMaster Lithium 40V auger and Lite-Flite Lazer™ Drill Unit to get to walleye, crappie, bluegill, and pike during hardwater season. (BPT)

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Four tips for sending beautiful Christmas greetings on a budget

If you have less time and less money to dedicate to the holidays, it doesn't mean you have to give up your favorite traditions, such as sending a yearly holiday card. In a survey conducted by AmericanGreetings.com, 60% of Americans sent cards last year and 90% of people said they bring them joy. Here are a few tips to make this year's family greeting more special than ever before, even while on a budget and time crunch.

Write a Personal Message

Holiday greetings don't have to be the same for every recipient. In fact, 71% of people surveyed said personalization, such as adding a custom note, is their favorite part of cards. Make each message thoughtful and unique by sharing memories from throughout the year that showcase favorite moments with specific family and friends.

Go Digital

Between coordinating family photo shoots, building mailing lists, stuffing, addressing and stamping envelopes, sending holiday cards can be a time-consuming task—but it doesn't have to be. Go the digital route with Pics & Wishes, a line of multimedia greetings from AmericanGreetings.com, where you can send specially designed ecards to loved ones. The app makes creating and sending heartfelt greetings extremely easy, personalized and affordable. With Pics & Wishes, people of all ages

and skill levels can unleash their creativity. American Greetings' easy-to-use card-builder lets you select from seasonal templates featuring a variety of animated graphics. Since your phone is likely already full of photos and videos, Pics & Wishes offers an easy, inexpensive way to personalize greetings straight from your mobile device. You'll never need to worry about your long list of recipients or how it will add up in cost. Since the app is subscription-based, the unlimited number of sends makes it incredibly convenient to send ecards to your whole mailing list at once.

Create a Family Newsletter

Outdo last year's traditional greetings while keeping loved ones up to date by creating a family newsletter. With Pics & Wishes, you have the option to write a simple, personalized note or take your card-sending game to a whole new level. One way is by sharing the latest and greatest in your family members' lives in a fun, entertaining year-in-review letter. Plus, the easy-to-use app offers special accents for recipients to enjoy, such as decorative letterhead and cheerful holiday music.

Don't Forget Pets

People love their pets and often treat them like family. In fact, nearly half of Americans say they have signed their pet's name in a card. The annual holiday card is the perfect opportunity to include your furry



friend in photos as an honored part of the family. Plus, recipients will also enjoy their inclusion, as 58% of Americans surveyed said they gravitate toward greeting cards that feature animals. Whether it's a cute, posed photo of your puppy or a candid of your

cat, it's sure to bring a smile to your loved ones' faces. With a little twist on the classic tradition, you can save time and money while creating unique and personalized holiday greetings that everyone on the recipient list is sure to enjoy. (StatePoint)

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Make merry memories! 4 tips for a successful homemade Christmas

The holiday season is here, which means it's time to start planning gifts, dinners and more. If you're looking for a way to add more personal touches to your celebrations, embrace the spirit of homemade holidays. Making personal dishes, gifts and mementos offers a unique opportunity to connect with friends and family. Mopria wants to help you win at homemade holidays this season by offering the following four tips.

1. Get organized

Stress less and enjoy the holidays more by planning ahead. Stay organized by making lists so you can see everything you need to do and buy as the holiday celebrations approach. With your phone in hand and your printer nearby, you can easily make lists and print them off to keep a hard copy wherever you go. For example, if you're preparing a large meal or hosting many guests, print off the recipes you need - or scan them from books and family recipe cards - and make a master shopping list. This way, you can keep track of all the necessary ingredients, even if you have to go to multiple stores along the way. The same idea applies to keeping track of all the gifts you intend to buy for friends and family!

2. Preserve special memories

Honor and preserve cherished moments by creating scrapbooks. The great thing about scrapbooks is that they're infinitely customizable. Start by choosing a theme. For example, you can create a scrapbook of

someone's wedding and include photos, handwritten notes and quotes to mark the occasion. Or, if you have a traveler in your family, you can create a scrapbook of maps of the places they've visited to add more context to their trip photos. There are plenty of scrapbook designs online and cutouts that you can print, cut and shape to decorate the borders of these special memories. Whether a beginner or a pro, there's no better way than a scrapbook to honor your memories and let your creativity flow. You don't even have to go to your local print shop to get started. Simply download the Mopria Print Service app in Google Play for your Android Device, and don't forget Mopria Scan on Google Play so you can upload and print non-digitized photos.

3. Create holiday gift tags

Do you like to make homemade jams, bath salts, body scrubs, candles and cookies for friends and family? Personalize and elevate your homemade gifts by creating holiday gift tags. Gift tags can take a plain Mason jar and turn it into a specialty jam gift someone may find in a boutique shop. Not only will they make your gifts look more professional, but they also add a touch of personality. Create tags and labels with seasonal or meaningful designs. You can even include a special note with well wishes and suggestions on how to use your homemade food or beauty care product. Add the recipient's name, date and even the ingredients, so you can track who the gift is for, when



it was made and what it contains so you don't have to guess when handing out presents.

4. Greeting cards

Whether it's your first year sending one out or an established holiday tradition, sending out holiday greeting cards is a great way to mark the season. Instead of using a printing service, you can design and print your own holiday greeting cards in the comfort of your own home. By printing your own cards, you'll have more options for personalization. You can easily find free or affordable greeting card designs and templates online that you can customize

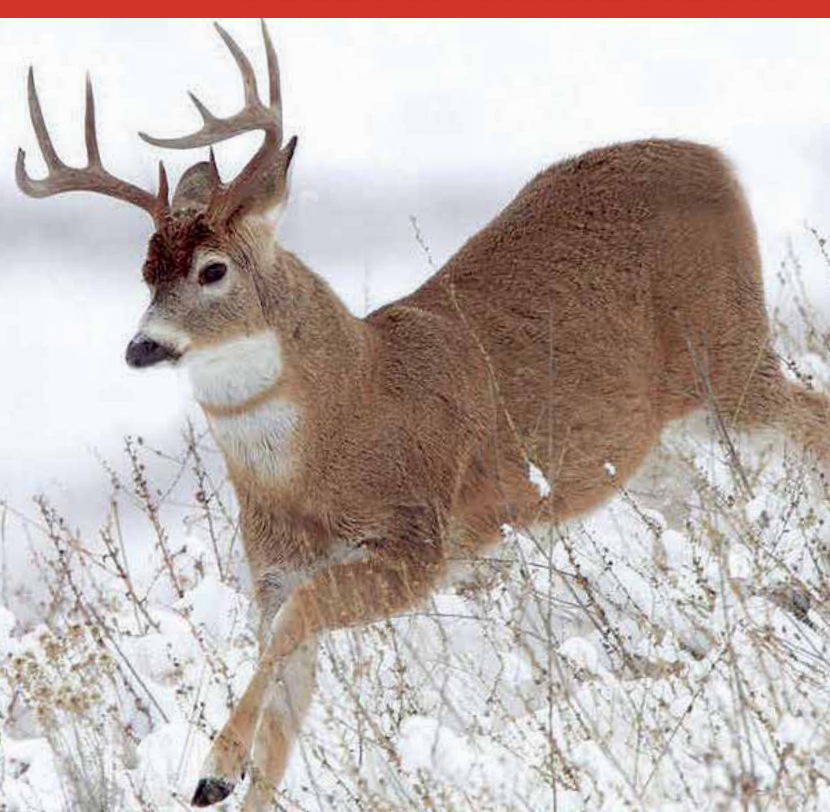
to fit your style and message. Print and send the perfect card to your loved ones near and far to let them know you're thinking about them this holiday season. Homemade holidays have never been easier. Using these four tips, your holiday shopping, gift-making and gift-giving will be a breeze, so you can spend more time with your loved ones this season. The Mopria app allows you to print directly to any Mopria certified printer from your Android device. Check to see if your printer is Mopria certified at Mopria.org/Certified-Products. Happy crafting! (BPT)

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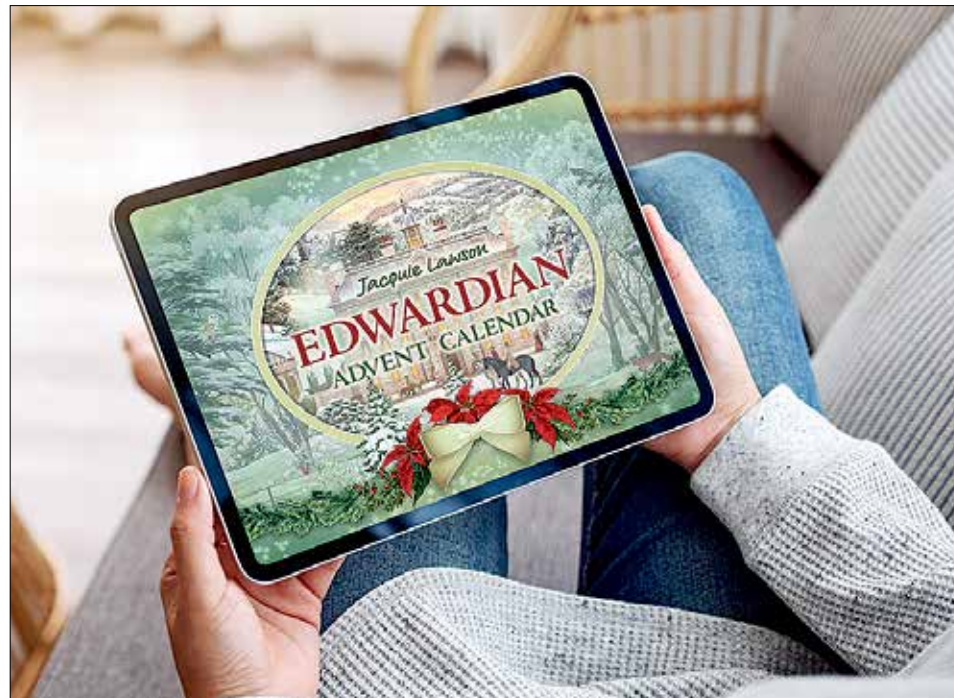


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Tips for getting kids involved in Christmas Traditions

The holiday season is a magical time of year filled with cherished traditions that bring families together. And while gift-giving is one of the most beloved customs (especially for children), it can sometimes overshadow the true spirit of the season. Here are a few festive winter activities that focus on quality time together and spreading joy.

1. Spread Joy with Kid-Created Cards.

According to a recent survey from American-Greetings.com, nearly 90% of Americans say that season's greetings bring them joy; and 92% say they specifically enjoy kids' homemade cards. This year, eliminate the stress of planning holiday cards—and teach kids about spreading cheer—with the Creatacard app for iPad.

The easy-to-use app from American Greetings allows kids to create, color and customize cards using virtual tools, including markers, photo frames, stamps and stickers. Once complete, the greeting can be sent via email, text, or on social media. It's a simple, cost-effective and personalized way to teach them about bringing joy to others.

2. Quality Time in the Kitchen.

Kids love sweet treats, so start involving them with baking and decorating traditional holiday goodies. In addition to being an excellent way to spend time together as a family, the tradition teaches them cooking basics, like reading recipes and measuring ingredients. Be sure to make it fun with plenty of frosting and sprinkles, or even add some competition with a decorating contest. You can also pair this activity with a cozy movie night or deliver treats to neighbors and family members to teach the importance of kindness and giving.

3. Deck the Halls.

A perfect holiday tradition for the whole family to get involved in is the Christmas tree. Whether it's a trip to pick out a real tree, or setting up an artificial one, you can make it an adventure from set-up to decoration. Plus, crafting homemade ornaments each year is the perfect kid contribution. Not only will they take pride in their creations, but each year will spark a bit of holiday nostalgia.

4. Interactive Christmas Countdown.

According to a recent survey, what do 94% of Americans say increases the excitement of the holiday season? Advent calendars. But this year, skip the paper versions and get the whole family engaged with the interactive Jacquie Lawson Advent Calendar. The unique virtual calendar offers breathtaking illustrations of a fictional English country estate with exciting features unlocked daily in December. From a scavenger hunt to music, daily gifts, animated stories, books, games, creative activities, puzzles, and so much more, there, there's something for everyone to enjoy and look forward to each day of the season.

5. Teach the Spirit of Giving.

While it can sometimes be easier to do the holiday shopping yourself, involving kids in gift-giving can teach them the thoughtfulness behind selecting meaningful gifts. If you have a large family, consider a Secret Santa where everyone shops for one specific family member. This is also a good opportunity to help kids make homemade gifts with more sentimental value. For an added lesson, explain how to follow a budget and count money when at the store.

By incorporating these tips into your holiday traditions, you will create lasting memories, instill valuable lessons and celebrate the joy of giving with your family. (StatePoint)

Brightening the Christmas Season for the Military Community

As we enter the holiday season and Americans across the country look forward to spending time with family, thousands of service members deployed overseas – many to the Middle East in response to the Israel-Hamas war – will not have that luxury and will be spending the holidays far away from loved ones. Here is how USO Holidays programming delivers a piece of home to them, along with ideas for how you can get involved:

1. Care packages:

A care package might seem small in light of the challenges of deployment, but for many service members, they're a reminder that they're not forgotten by Americans back home. Aside from standard USO Care Packages, which contain snacks or toiletries, USO Holidays Care Packages have festive treats and goodies, such as holiday candies, cozy socks and a warm beanie, that help bridge the gap between home and the frontlines. This year, the USO will deliver 50,000 holiday packages to over 250 locations globally.

2. Holiday traditions:

Giving up treasured family traditions can be difficult. That's why USO Centers and USO Mobile teams host holiday meals for service members and their families, complete with special treats ranging from pumpkin and sweet potato pie to hot cocoa bars. Each December, USO Holidays Cookie Week

celebrates the time-honored tradition of baking and decorating cookies, putting service members and military families in the holiday spirit wherever they are located. Other seasonal programming can include tree decorating, arts and crafts, holiday-themed movie nights and ugly sweater competitions. Through these activities, service members stationed far from home can still make holiday memories.

3. Connections to home:

Staying connected to family during the holidays can be difficult for service members stationed overseas, particularly for those in or near regions in conflict such as Eastern Europe or the Middle East. The USO Reading Program enables deployed service members to record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member's family.

4. Happy travels:

As most people know, holiday travel can be especially taxing. Thousands of service members and trainees from military installations across the country participate in the Holiday Block Leave period, many traveling through some of the busiest airports in the United States to be with their families during the holidays. USO airport centers can alleviate some of that stress for service members and trainees by providing a place to relax and unwind before the next leg of their journey, along with all the comfort items



they need.

To learn more about these programs and how to support them, and for ideas on how to reach out to the military community to express your thanks during the holidays and throughout the year, visit uso.org/campaign/holidays. The holiday season can

look very different for service members and military families who must celebrate while separated from loved ones and home in all corners of the world. Bringing everyone together on special days fosters camaraderie and positivity, and provides a welcome break from the demands of military life. (StatePoint)

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Holiday hosting made easy: five fun tips for a festive celebration

You may love hosting your friends and family over the holidays, but the cleaning, food prep and post-party cleanup? Not so much. You can have a blast hosting family and friends - and even enjoy the prep and cleanup - by following a few easy principles. Here are ideas for keeping your next holiday party merry and bright from start to finish.

1. Create the kind of party you'd want to attend

There's no need to make this year's party identical to those you've held in the past or that your family has always had. Start by asking yourself what makes a party a success. Love getting dressed up and sitting down at a fancy table for a formal dinner? If so, that's the kind of holiday party you should host. If not, think about what you've enjoyed at memorable celebrations from your past. What made it a hit? Was it a low-key, dress-as-you-are party with cheerful music, kids' crafts and informal games? Was the food simple but still tasty and comforting? Maybe there were party favors and gifts that were low-cost but silly and fun. Make a quick list of the high points from different shindigs you've attended and see if you can include some of them in your party plan. The preparation will go much smoother and will be a whole lot more enjoyable when you're entertaining in a way that you love.

2. Keep it simple - and delicious

You can reduce the stress and time it takes to prepare tasty food and handle post-party cleanup by getting some help from Bob Evans® dinner sides, like their beloved mashed potatoes and macaroni & cheese. Their high-quality, farm-fresh, quick to table sides provide a delicious way to "hack" holiday spreads with ready-to-heat refrigerated options that act as stand-alone dishes or as a convenient ingredient to level up any recipe. Hosting family over the holidays? Make breakfast time easy and special by stocking up on Bob Evans breakfast products, including their signature sausage, bacon and liquid egg whites.

3. Make it a family affair

Get the whole family involved in party preparations by assigning tasks to kids that are appropriate according to their age level, such as making and putting up decorations, helping to create the perfect holiday playlist or decorating cookies. If you have friends who feel just like family, see if they're willing to come early to help with the setup - and make sure to get them an extra-special holiday goody bag to thank them!

4. Designate specific party rooms

Since it may not be possible to make every room in your home 100% clean for the party, make sure the central rooms are in good shape, then mark some rooms "off limits" for partygo-



ers, using festive garlands or funny signs, asking people not to enter.

If your front closet has no room for extra coats and bags, designate a guest room or office as a coat room so guests will know where to put their things when they arrive.

5. Add festive decorations

Create an immersive holiday atmosphere by decorating your entertaining space. Cover the

room in festive décor, such as a decorated fireplace mantel, a special wall decked out in holiday lights, children's artwork or a doorway framed in holiday greenery. The goal is to create a cheerful ambiance that delights your guests at every turn.

Hosting during the holidays doesn't have to be stressful or overwhelming. Use these tips to help you relax and enjoy the cheer and fun of the season. (BPT)

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Make your Christmas shopping game plan with these insider insights

(StatePoint) The busiest shopping days of the 2023 holiday season are on the horizon. Industry experts point out that knowing these dates in advance can help you score great deals -- or beat the crowds -- depending on your shopping priorities.

"Amid inflation, the return of student loan repayments and other factors that could impact holiday spending, many consumers will be bargain hunting this year.

Since retailers are likely to plan promotions and experiences around the busiest shopping days of the year, if you're on a budget, you should take note of when these days occur and adjust your plans accordingly," says Brian Field, global leader of retail consulting and analytics at Sensormatic Solutions, a retail solutions provider of Johnson Controls. "And of course, it's helpful to know these dates if you simply wish to avoid bumper-to-bumper parking lots and crowded store aisles."

On average, the top 10 busiest shopping days in the United States account for approximately 40% of all holiday retail traffic, according to Sensormatic Solutions, which based on historical data, predicts those days will be:

1. Friday, Nov. 24 – Black Friday
2. Saturday, Dec. 23 – Super Saturday
3. Saturday, Dec. 16 – Third Saturday in December
4. Friday, Dec. 22 – Friday before Christmas

5. Saturday, Nov. 25 – Saturday after Black Friday
6. Tuesday, Dec. 26 – Boxing Day
7. Saturday, Dec. 9 – Second Saturday in December
8. Saturday, Dec. 2 – First Saturday in December
9. Saturday, Dec. 30 – Saturday after Christmas
10. Sunday, Dec. 17 – Sunday before Christmas Eve

In addition to planning your spending around the top 10 shopping days, Field advises taking your own personality into consideration for the best shopper experience.

For example, if you want to get a jump on the holiday season, Veterans' Day, which falls on the second Saturday in November right before the start of the formal holiday shopping season, may be ideal, as retailers are likely to capitalize on the timing and go all-in on early promotions. However, if you are someone who prefers the excitement of finding last-minute deals, you should be aware that Super Saturday, the second predicted busiest shopping day of the season, falls very late this year on Dec. 23, and could be the last opportunity to wrap up shopping.

For more holiday shopping insights, visit sensormatic.com.

"Finding meaningful, fun and trendy gifts for friends and family is one of the best parts of the holiday season, especially when you have insights that will help you stretch your budget and shop with minimal stress," says Field.



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Best new tech Christmas gifts for the person who has everything

Most of us have at least one loved one who's hard to shop for. Maybe it's because they insist that they have everything they need already or perhaps they simply have discerning taste. To get a jumpstart on your holiday shopping, consider these five, functional and fun gift ideas that promise to impress even the most challenging gift recipients:

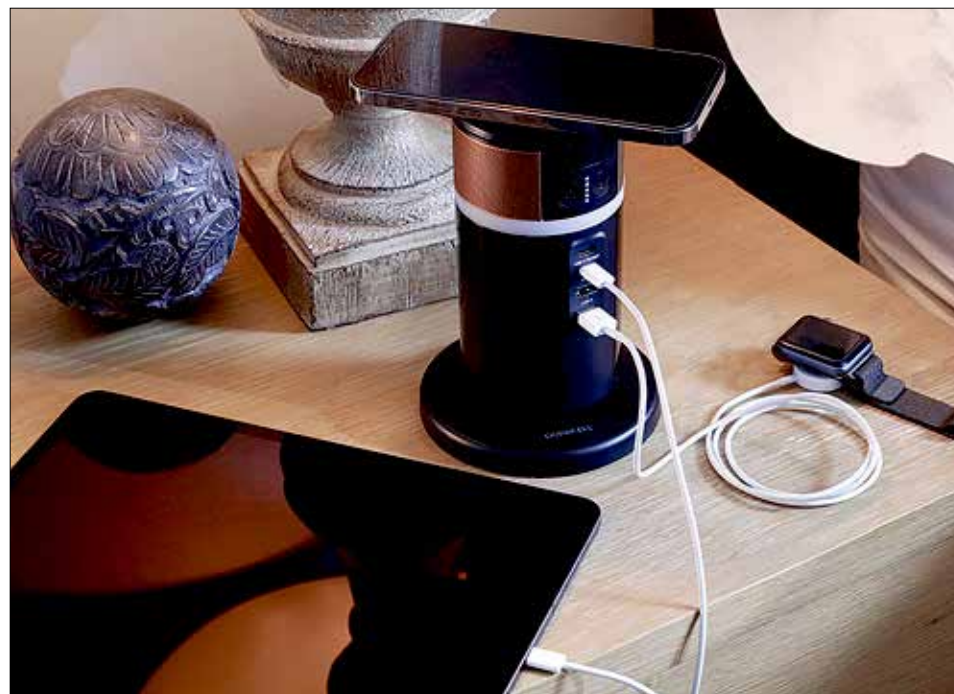
1. Portable power: Whether your loved one is a world traveler, tailgater, beach bum, remote worker or hot desker, the new M150 Portable Power Station from Duracell will be a game changer. Unlocking portable power so they can work and have fun from anywhere, it offers 150 watts of power and multiple USB ports for laptops, phones, tablets or other small electronics. Its chic, sleek design features a dimmable ring light and tiltable device holder with wireless charging capabilities. With the tiltable lid, users can position their phones at an ideal and flattering angle for taking video conference calls and watching or recording videos.

It also features an integrated compartment that can safely store accessories like earbuds, adaptors and dongles, and its ultramodern charging dock has a low enough profile to stylishly live on a bedside table or kitchen counter. Best of all, it weighs under 2 pounds, making it a convenient essential to toss into an everyday bag, pack into a carry-on, take in the car, or use in and around the house.

2. Intelligence, on one's finger: Tracking biometrics doesn't need to be clunky or come at the cost of fashion. Consider gifting your wellness-seeking loved one a smart ring. Worn just like any regular decorative ring, these compact devices provide valuable insights into the user's health, tracking measures like temperature, heart rate, daily activity and recovery, sleep quality, menstrual cycles and even stress. Look for a water-resistant, durable option that's built to withstand the elements, especially if your gift recipient runs, bikes or hikes. If they're a fashionista, that's no problem, as many of these models are designed to be as sleek as wedding bands.

3. A better read: While not technically tech, blue light-blocking glasses are a tech-adjacent gift that will help your recipient enjoy their devices without experiencing disrupted sleep cycles and damage to the eyes. And fortunately, hip brands have horned in on the market, creating options that are as stylish as they are functional. The best models have scratch-resistant and shatter-proof lenses, and offer both UV and blue light protection.

4. A brighter smile: Some of today's electric toothbrushes connect to apps to provide real-time feedback for optimal brushing time and pressure, and have the ability to be customized based on a user's specific dental care needs. To make your gift truly stand out, consider a model that features LED



whitening technology for a two-in-one gift that promotes great dental health and a brighter smile at the same time.

5. A gift that keeps on giving: Undecided? A tech gadget subscription service will deliver a box of fun new gifts monthly or quarterly for as long

as you choose and might include anything from a drone to a digital photo frame.

For a person who seemingly has everything, gift shopping can be a puzzle. Fortunately, great tech now on store shelves can help you crack the code. (StatePoint)

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Home safety measures to keep your seasonal celebrations joyful

The holiday season brings a sense of excitement and togetherness, but preparing for lively gatherings or traveling can present distinctive safety challenges. “Anyone preparing for guests should be mindful of how they organize their celebrations and understand the coverage provided by their insurance policies,” said Bonnie Lee, Vice President of Property Claims for Mercury Insurance. “Homeowners need to identify and address any areas needing extra attention for a safe and inviting environment.” To guarantee an enjoyable and festive get-together for you and your guests, take time to review some of the more commonly overlooked items in the home.

Keep holiday lights bright and safe

The magic of the holidays often finds its sparkle in glimmering lights. Preserve their charm without risking safety and property. While most lights, ornaments and other decorations are insured for damage from fire, vandalism or theft, they aren’t insured against the wear and tear of normal use.

Before stringing any lights, check lighting cords to make sure there aren’t any tears or deformations. Looking for signs of excess wear on all indoor and outdoor lights, including fading, frayed wiring, or twisted and kinked cords. Replace any damaged bulbs and test each strand of lights by plugging them in before decorating to confirm they are operational and safe. Make sure any cords or lights you are using

for outdoor displays are made for outdoor use and never overload extension cords or outlets.

Install and update security systems for peace of mind

Holiday excitement can interfere with awareness of potential risks. Break-ins and thefts increase this time of year since thieves know many families might be distracted with the busyness of the season, or traveling and leaving their homes unattended. Homeowners can significantly reduce their risk by installing surveillance cameras, video doorbells, alarms, deadbolts and other types of home security. Some insurers may offer policies with a theft protective device discount. “It’s also important to note that if you recently received or purchased an expensive gift, make sure that your insurance policy extends to cover such presents,” said Lee. “Homeowners policies often cover theft, so you’ll be able to file a claim with your insurance company should something happen, but it’s always a good idea to check your insurance policy to see how your personal property is covered, including high-end gifts.”

Share with care

One of the enticing factors thieves consider when scouting for homes to target is whether a home is currently unoccupied. By sharing holiday plans and locations in real time on social media, homeowners unwittingly publicize that their house is vacant. Even



with privacy settings on, sharing extensively online still poses a risk due to extended friend networks and other potential breaches. Consider waiting to share pictures, status updates and check-ins until you return home,” said Lee. “By postponing these posts, homeowners reduce the risk of attracting unwanted attention to their empty property.”

Kitchen safety

Increased cooking times, a higher number of dishes being prepared and a flurry of guests can lead to forgotten stovetops and ovens, or grease fires due

to spillover from pots and pans. “Fire insurance is typically included in your policy and protects the contents and the surrounding property, helping with the cost of replacing or repairing your home in case of such an event,” said Lee. “However, it’s best to stay attentive. Avoid leaving cooking areas unattended when the stove or oven is in use and make sure cooking areas are free of combustible materials like wooden utensils or dish towels. It’s also a good idea to keep a working fire extinguisher that is easily accessible in your kitchen.” (BPT)

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Five helpful tips for a healthier Christmas season

The holiday season is notorious for indulgent, heavy dishes that trade nutrition for taste. This year, however, we're flipping the script by showcasing how to revamp classic recipes into healthier, yet equally scrumptious, options. By incorporating nutrient-dense ingredients, such as cauliflower, whole-grain bread, sweet potatoes and chopped vegetables, you can easily increase fiber and vitamins in your diet. Try these five swaps and enjoy your favorite holiday dishes with a healthier twist.

1. Swap out the spuds! One simple swap is trading starchy mashed potatoes for low-carb, vitamin-packed mashed cauliflower. Not only is cauliflower significantly lower in carbohydrates than potatoes, but it is also a great source of vitamin C, vitamin K and folate. The result is a creamy, delicious alternative to traditional mashed potatoes that will leave you feeling satisfied and nourished. It's the perfect clean, healthy, grain-free and low-carb replacement for mashed potatoes. Our favorite mashed cauliflower to swap out for mashed potatoes is Kevin's Natural Foods Mashed Cauliflower. It's delicious, easy to prepare and only contains 8g of carbs per serving.

2. Upgrade your green bean casserole: Green bean casserole is a classic dish loved by many. However, the traditional recipe may not be the healthiest option since it usually involves canned soup and fried onions. Luckily, there are ways to make a

healthier version of this beloved dish. One option is to use fresh green beans instead of canned ones. Fresh green beans are packed with nutrients and have a better texture than canned ones. Another way to make this dish healthier is to use homemade cream of mushroom soup. Homemade soup will have fewer preservatives and can be made with healthier ingredients. Additionally, you can swap the fried onions for crunchy almond slivers. By making these simple changes, you can transform the classic green bean casserole into a healthier and more nutritious dish that you can enjoy guilt-free.

3. Save time with ready-to-heat turkey gravy: Preparing a Thanksgiving feast can be a challenging task, especially when you have a long list of dishes to prepare. But with Kevin's Natural Foods Turkey Gravy, you can save valuable time in the kitchen without compromising on taste or nutrition. Kevin's ready-to-heat gravy is Certified Gluten-Free and made from only the finest, all-natural ingredients, eliminating the hassle of preparing a gravy from scratch. It's the perfect complement to your turkey, mashed potatoes and stuffing, making it a must-have for any holiday dinner. This delicious gravy is only available during the holiday season, so if you're a true gravy enthusiast, we recommend buying a few extra and popping them in the freezer. That way, you can savor this delight all year round!



4. A healthier twist on sweet potatoes: Ditch the traditional marshmallow-filled sweet potatoes this year and try something new. If you don't have much time to spare, pick up Kevin's Natural Foods ready-to-heat Mashed Sweet Potatoes at your local grocery store. They are paleo-friendly, gluten-free and contain just five natural ingredients. This dish is a guaranteed hit with its creamy texture and natural sweetness, sure to keep the crowd coming back for seconds.

5. Stuffed with nutrients: One of the most

popular holiday dishes is stuffing and it's a great opportunity to include more fiber and nutrients into our meal. Instead of using white bread, try using whole-grain bread or even quinoa for a gluten-free option. Add in some chopped vegetables like carrots, celery, and onion for an extra boost of vitamins. To add some protein, mix in some cooked sausage or chopped nuts. And for a burst of flavor, add some dried cranberries or apricots. With these healthy swaps, we can enjoy a guilt-free and flavorful stuffing that will have everyone asking for seconds. (BPT)



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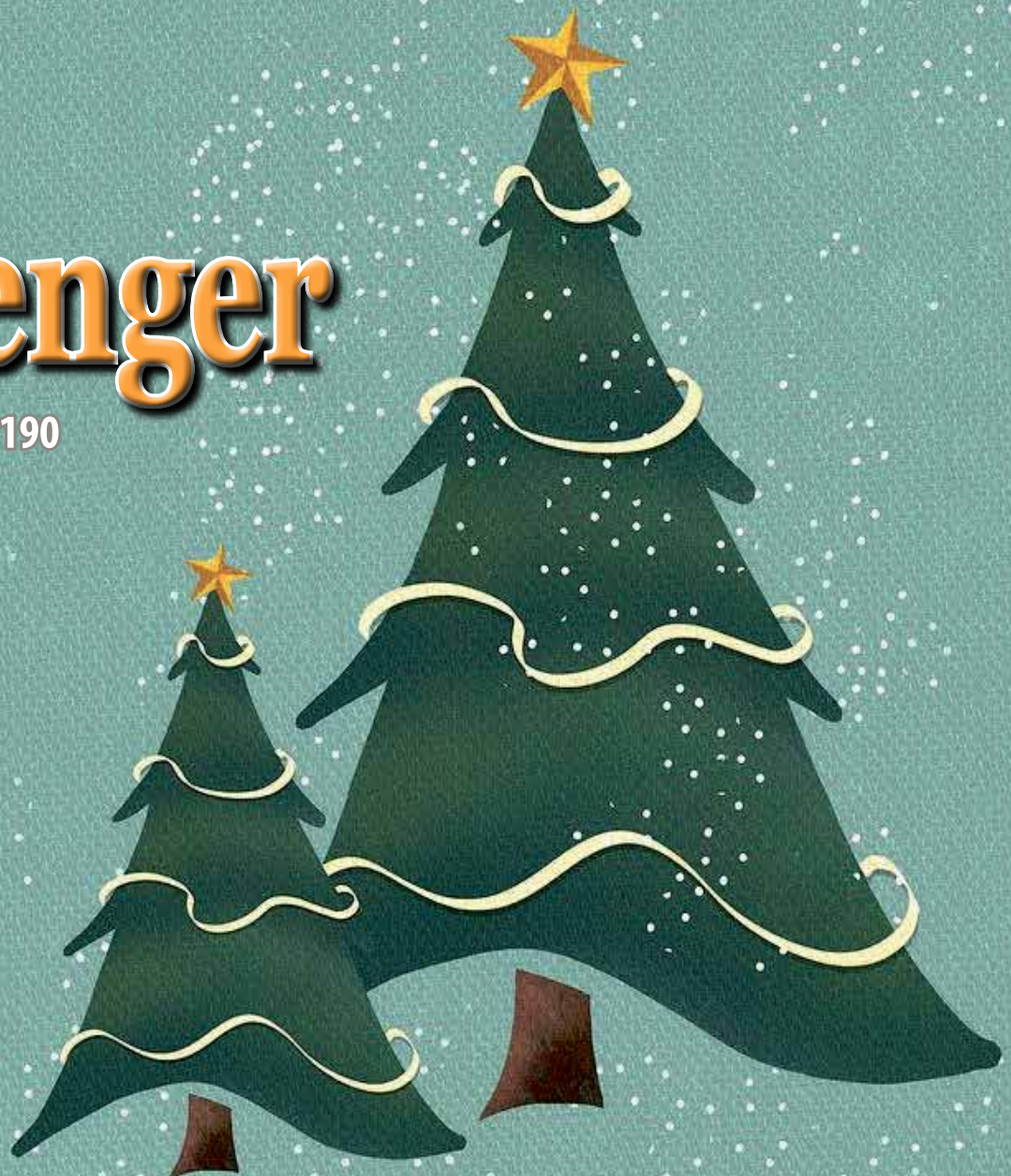
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