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to all our Customers*

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MONTH END SUPPLEMENT



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5 EASY WAYS TO KEEP HEALTHY DURING THE FESTIVE SEASON.

- 1. Balance it up the party table** - Bring some balance to the usual heavy festive feast by providing some nutritious party food. Our delicious Christmas tree pizzas will bring some fun to the table. Or try get the kids to make a reindeer, Santa or snowman out of our easy banana pikelet recipe. Finally, a party table is not complete without a platter of bright and colourful fruits such as delicious watermelon slices and fresh seasonal berries.
- 2. Go easy on the booze.** Luckily there are lots of alternative non-alcoholic drinks out on the market these days. Try to schedule in alcohol-free days each week, alternate alcoholic drinks with water and make sure you eat some healthy options to slow your drinking pace.
- 3. Make sure you are getting enough veggies and fruit in your diet.** Veggies and fruit are important for health and should form a major part of your diet – especially during the party season. They are a great source of fibre, vitamins and minerals. They also contain antioxidants and phytochemicals that help protect cells against damage and support your immune system.
- 4. Set aside time each day to keep active** Keeping active throughout festive season is important not only for your physical health but for your mental health too. The key to keeping active is to set some time aside each day to go for a walk, kick a ball around or whatever activity you find fun!. Slow down and chew!. Add more veggies and fruit to your day
- 5. Practice good hygiene.**

Don't speed or drink and drive.



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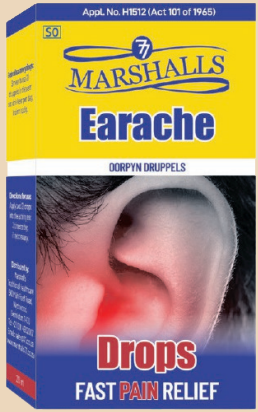
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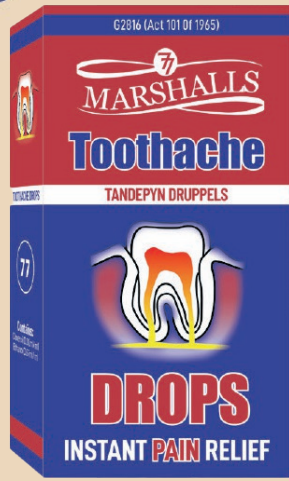




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