



Simple, science-backed guidance for a healthier workforce









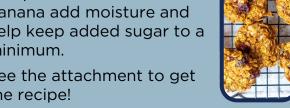
WeightWatchers

WeightWatchers can help you reach your health goals. Benefits-eligible Commonwealth of Virginia employees, spouses, and adult dependents (18+) are eligible for the discounted WeightWatchers membership. Visit **WW.com/commonhealth** for more info.

Pumpkin-Oat Cookies with Cranberries

Eniov this holiday cookie recipe that is like a miniature chewy granola bar. Canned pumpkin and mashed banana add moisture and help keep added sugar to a minimum.

See the attachment to get the recipe!



Enjoy time together with friends and family, making laughter and memories the focus instead of food.



www.commonhealth.virginia.gov

Eating Healthy for the Holidays

- Eat Mindfully. Enjoy the season without overindulging by paying attention to hunger cues and feeling full. Eat slowly and savor each bite.
- **Don't Skip Meals.** Skipping meals earlier in the day leads to low blood sugar, feeling famished and overeating at dinner through late night.
- **Keep Portions in Check.** Enjoy holiday foods without feeling deprived. Using a smaller plate with less room for food can help with portion control.
- Take 10 before taking seconds. After finishing your first helping, take a 10-minute break for your stomach to signal "I'm getting full" to your brain.
- **Fill up on high fiber foods.** Satisfy hunger by enjoying veggies, fruits and small amounts of seeds and nuts along with small portions of your favorite holiday treats.
- Drink Wisely. Stay hydrated with water and lowcalorie beverages. Try to limit alcohol and highly sugary drinks.

Food Safety and Holiday Leftovers

- Use separate cutting boards, plates, and utensils for raw and cooked foods.
- Cook poultry and meats to an internal temperature of 165°F.
- Refrigerate perishable foods within two hours.





<u>Pumpkin-Oat Cookies</u> <u>with Cranberries</u>

Point Value 0 pts Total Time 40 min Prep 15 min Cook 25 min Serves 24 Difficulty Easy

Ingredients

Uncooked old fashioned rolled oats, 2 cups

Pumpkin pie spice, 2 tsp

Table salt, ½ tsp

Pumpkin puree, 1 cup

Vanilla extract, 1 ½ tsp

Banana,

2 medium, ripe, mashed

Egg,

1 large egg, lightly beaten

Reduced sugar dried cranberries, ½ cup

Instructions

- Preheat the oven to 350°F with one oven rack in the upper third of the oven and another rack in the lower third. Line 2 sheet pans with parchment paper.
- Heat a medium skillet over medium-high. Add the
 oats to the pan; cook, shaking the pan frequently,
 until the oats are lightly browned and toastyfragrant, 2 to 3 minutes. Pour the oats into a
 medium bowl; stir in the pumpkin pie spice and salt.
- In another medium bowl, whisk together the pumpkin, vanilla, bananas, and egg. Add the oats mixture and cranberries; stir until well combined.
- Drop the dough onto the prepared pans, about 1 ½
 tablespoons per cookie. Bake the cookies at 350°F
 until lightly browned and set, about 20 minutes,
 rotating the pans halfway through.

Serving size: 1 cookie

Learn more about WeightWatchers or sign up at WW.com/commonhealth

