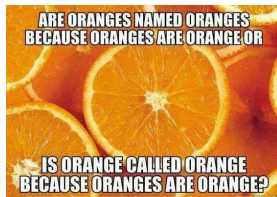


December 2024 Nutrition Nugget-

It's that time of year! ❄️ Ol' Man Winter is coming soon! Time for hot chocolate & marshmallows, cold toes & cold noses, warm & fuzzy blankets and almost total darkness at 5:00 P.M.!



Citrus, Yeah!



Featured: Citrus Fruits- Winter is the perfect time to enjoy some fresh citrus fruits like oranges, lemons, limes, grapefruit. What better way to bring a ray of sunshine into your meals? Zesty & delicious, juicy & nutritious-citrus fruits are sure to wake up your senses whether for breakfast, lunch or dinner-they are a winner! Find a new & exciting way to use citrus fruits in your recipes! Smoothies, fruit salads, pies, cakes, grilled, juices, marinades, etc can all benefit from citrus being included. Click here for tasty recipes! [50 Citrus Recipes](#) Or try this refreshing salad recipe with a citrusy twist! [My Plate Citrus Salad](#)

Did you know? Historically, rations of oranges were given to British soldiers on long ocean voyages to prevent scurvy. Scurvy is caused by vitamin C deficiency, so the high vitamin C content in oranges made them perfect for preventing the disease. Click on this link for more [Fun facts about citrus fruits](#)

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!

[What's In Season for December](#)

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🥰

Q. What do you get when you cross a snowman with a shark? . A. Frostbite!

Q. When is a polar bear not a polar bear? A. When it's in a grizzly mood!

Q. What happens when spices meet on the street? A. Season's Greetings!

Q. What do you call sheep that can sing and dance? A. Lady Baa Baa!

***Two windmills were sitting on a hill. One asks the other "Do you have a favorite song?" The other replies..."Well all my life I've been a heavy metal fan."**

Q. What do you call the security guards at Samsung? A. Guardians of the Galaxy!

Q. Why are Christmas trees bad at knitting? A. They keep dropping their needles!

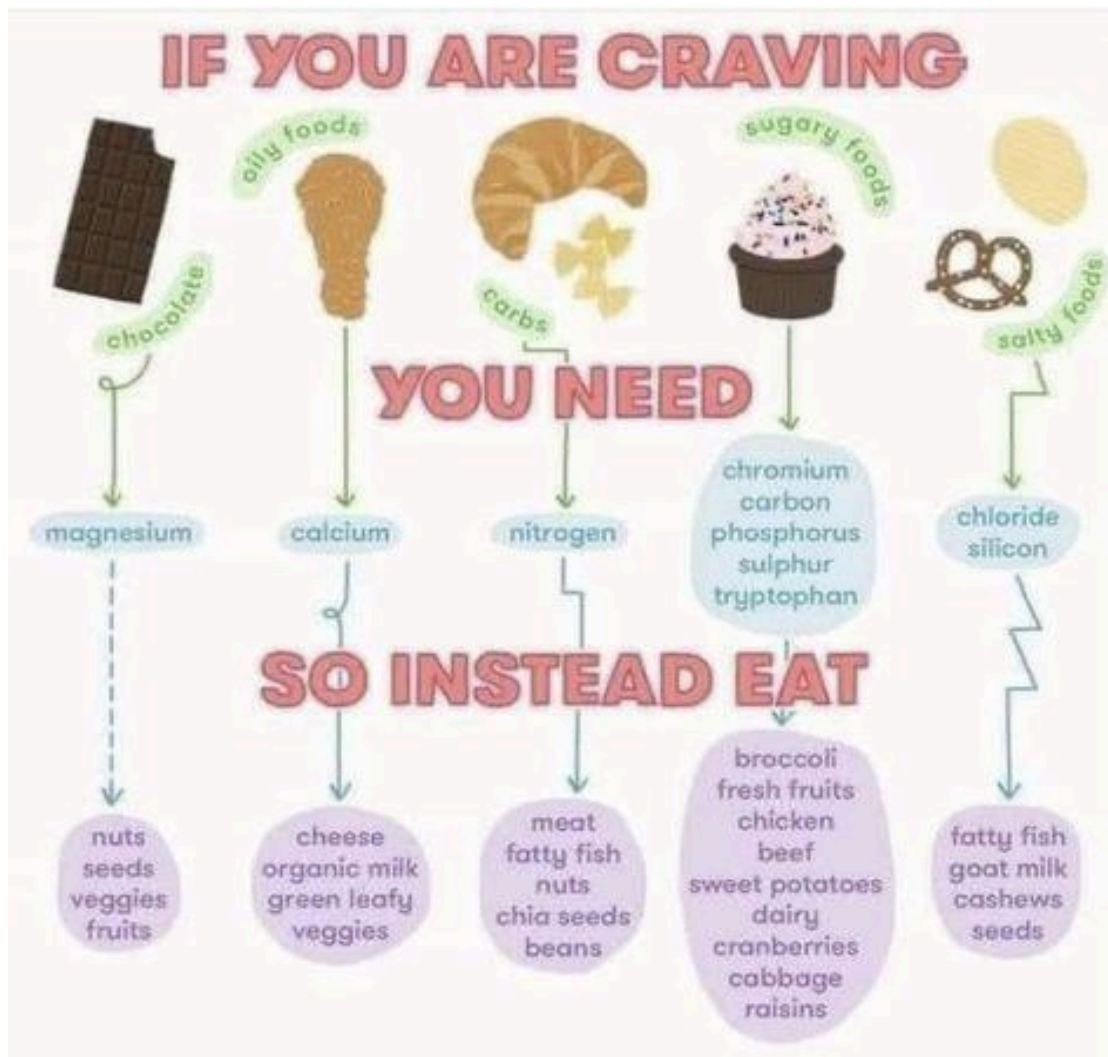
And the Knock, Knock joke: Knock, Knock! "Who's there?" "Chicken" "Chicken who?"

"Chicken my pocket but I can't find my keys!"

Find some more wholesome family friendly jokes, trivia, games, etc at this website! [Best Knock Knock Jokes for Kids](#)
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Bonus Page!

So I found this chart and felt it would be great to include at this time of the year with all of the tempting foods to eat and enjoy but with moderation-if you can! If you have the will power, y'all!



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