



EVERY DAY BEGINS WITH A SIP.  
*Sip Smarter.*



## Have a Happy and Healthy Holiday Season! Introduce 100% Juice into Your Family's Diet

The holidays will be different this year as we continue on through the COVID-19 pandemic. While time with family and in large groups may be less likely, you and your immediate family should continue to build healthy practices into your routine through the final month of the year. One way to do this is by introducing 100% juice into you and your family's diet. Keeping your immune system strong while maintaining good health is essential for combatting illness. Be sure to take a look at the Sip Smarter immunity fact sheet from registered dietitian Diane Welland to learn more about how nutrients found in 100% juice can support the immune system and promote health and wellness.

[View the Fact Sheet](#)



## Healthy Recipes to Make the Season Bright

A large part of remaining healthy throughout the holidays has to do with what you eat and drink and the kind of calories you consume. By incorporating 100% juice into recipes or swapping it for less healthy ingredients, you can be well on your way to a happy and healthy holiday season.

[Read More](#)



### 5-Ingredient Party Punch

It may not be the year to have a party, but it doesn't mean you can't still make this delicious, kid-friendly holiday punch! Plus, it's made with 100% cranberry juice to add in extra vitamins and health benefits. Enjoy!

[Read More](#)

### The Vitamins and Minerals found in 100% Fruit Juice

From Vitamin C to Vitamin A, folate to potassium, 100% fruit juice is packed with vitamins and minerals. So if you are feeling down this holiday season, look for 100% juice that has these health benefits - they are known for helping the immune system get you back on your feet and feeling better.

[Read More](#)



[Juice Products Association](#) | [Privacy Policy](#)  
© Copyright Juice Products Association

[Manage](#) your preferences | [Opt out](#) using TrueRemove®  
Got this as a forward? [Sign up](#) to receive our future emails.  
View this email [online](#).

National Press Building 529 14th Street, NW, Suite 750  
Washington, DC | 20045 United States

This email was sent to .  
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.