

# Holiday Trends

## Tips For Organic Holiday Living

(NAPSA)—During the bustling holiday season, it can be challenging to balance an organic lifestyle with holiday parties, decorating decadence and comfort food. This year, make sure your family is living organically—even during the sweetest season of the year!

Here are five simple tips for living organically this holiday season:

**1)Decorate Organically—**Skip plastic holiday decor and go with “do-it-yourself” handmade decorations. You can get the whole family involved in making your own decor with organic flowers, boughs, wreaths and fabric. Repurpose last year’s seasonal greeting cards into a festive banner by clipping them to a colorful ribbon, or recycle old papers into classic fold-and-cut snowflakes.

**2)Give Organic Host/Hostess Gifts—**Holiday parties can become a major undertaking. Thank the host or hostess for his or her hospitality with a breakfast basket. Include seasonal fruit, a pound of fresh-roasted coffee beans, fresh bread and an assortment of **Santa Cruz Organic®** Fruit Spreads.

**3)Eat a Snack Before Holiday Parties—**Eating a small, nourishing snack before you go out can help you avoid making questionable decisions at the buffet table. Try a few apple slices with **Santa Cruz Organic** Dark or Light Roasted Peanut Butter or your favorite crackers spread with **Santa Cruz Organic** Apricot Fruit Spread.

**4)Help Educate Other Partygoers—**Make a decorative recipe card and label to accompany your organic dish on the buffet table or potluck line. You’ll be able to share the recipe and ingredients of your organic dish in a subtle way, providing friends and family with a recipe for all to enjoy at future gatherings.



**You can help your family live organically during the holidays and into the New Year.**

**5)Serve an Organic Holiday Meal—**A delicious meal with family and friends is central to most holiday celebrations. Start with organic appetizers like a festive cheese plate. Adorn an elegant cheese plate with **Santa Cruz Organic** Mango Fruit Spread. Include spiced nuts, dried fruits and antipasti to offer unique flavor pairings.

**Santa Cruz Organic** offers a variety of fruit spread flavors including Apricot, Blackberry Pomegranate, Concord Grape, Mango, Seedless Red Raspberry and Strawberry. For more ideas on living organically during the holidays, visit [www.santacruzorganic.com](http://www.santacruzorganic.com) or [www.facebook.com/santacruzorganic](http://www.facebook.com/santacruzorganic).

As a pioneer organic brand, **Santa Cruz Organic** was the first to have a wide range of organic, 100 percent juices and blends and the first juice processor to use all organic fruit sourced from growers certified by an independent, third-party certification organization. With a history of developing innovative products, **Santa Cruz Organic** currently offers more than 60 organic items ranging from organic fruit juices and sparkling beverages to organic fruit sauces, chocolate-flavored syrups, peanut butters and fruit spreads.