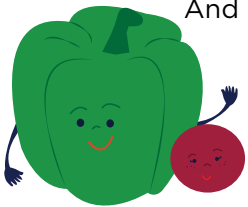




The jolly season has arrived.  
And joy is in the air.  
So we dropped off these healthy treats  
for you to eat and share.

Take a break from cookies, fudge,  
eggnog and pumpkin pie...  
Snack on fruits and veggies, friend.  
They'll have you feeling spry.

If you love giving secret gifts,  
now you have your chance.  
Pay it forward with some treats...  
And do your happy dance!



#### INSTRUCTIONS

1. Place the "We've Been Holly'd" sign in your front door or window.
2. Savor these delicious snacks. Give your body some healthy nutrition during the holidays.
3. Pay it forward. Deliver nutritious snacks to friends and neighbors. Fruits, veggies and nuts are recommended.
4. Make a copy of this flyer to leave with your gift. You can make a copy at home or download and print it at [SYFOK.com/Hollyd](http://SYFOK.com/Hollyd).
5. Don't get caught!

