

RISE: THE HOLIDAYS ARE HERE. I'M RISE JILL MILLER.

IT'S THE SEASON FOR FAMILY, FRIENDS AND MOST OF ALL - FOOD. ARE YOU TRYING TO DECIDE WHAT TO MAKE, WHEN TO START PREPPING, HOW MUCH TO SERVE, OR HOW TO MAKE IT A BIT HEALTHIER?

SHARI STEINBACH, REGISTERED DIETICIAN AND HEALTHY LIVING ADVISOR FOR MEIJER.

SHARI: WE WANT TO MAKE ENTERTAINING AS EASY AS ONE, TWO, THREE. WHETHER YOU'RE A FIRST-TIME HOST WHO WANTS TO SERVE THE CLASSICS, A PRO WHO WANTS TO PUT A CREATIVE TWIST ON A TRADITIONAL DISH OR YOU WANT TO LIGHTEN UP YOUR HOLIDAY MEALS BUT KEEP THE FLAVOR, MEIJER IS HERE TO HELP.

RISE: ANY IDEAS FOR CHANGING OUR TRADITIONAL DISHES A BIT?

SHARI: THERE ARE SO MANY OPTIONS! IF YOU WANT A FLAVOR KICK IN THE TURKEY, ADD A NICE HERB RUB OR GO WITH A CITRUS STUFFING. INSTEAD OF PUMPKIN PIE, MAKE PUMPKIN PIE POPS, SERVED ON A STICK. OUR CORPORATE CHEF AND TEAM OF HEALTHY LIVING ADVISORS HAVE COME UP WITH GREAT OPTIONS.

RISE: VISIT MEIJER MEALBOX DOT COM FOR HELPFUL TIPS, TRICKS AND RECIPES FOR HOLIDAY MEALS. YOU CAN EVEN WATCH VIDEO HOW-TOS, GET STEP-BY-STEP RECIPES AND ENTERTAINING GUIDES.