



≥ Foodie Friday ≤

December is **National Eggnog Month!**

Let's talk about it.



About 135 million pounds of eggnog are consumed every year.



It is believed that eggnog has been around since the medieval times.



National Eggnog Day is on Christmas Eve.

Did You Know?



In the 1800's, eggnog was used as a treatment for malaria.



Eggnog is believed to be derived from the word "noggin", which was the wooden cup that the beverage was served from.



George Washington had his own famous recipe for eggnog.

**Checkout the
most recent
newsletter for tips
on healthy eating
during the
holidays!**

Happy
holidays

