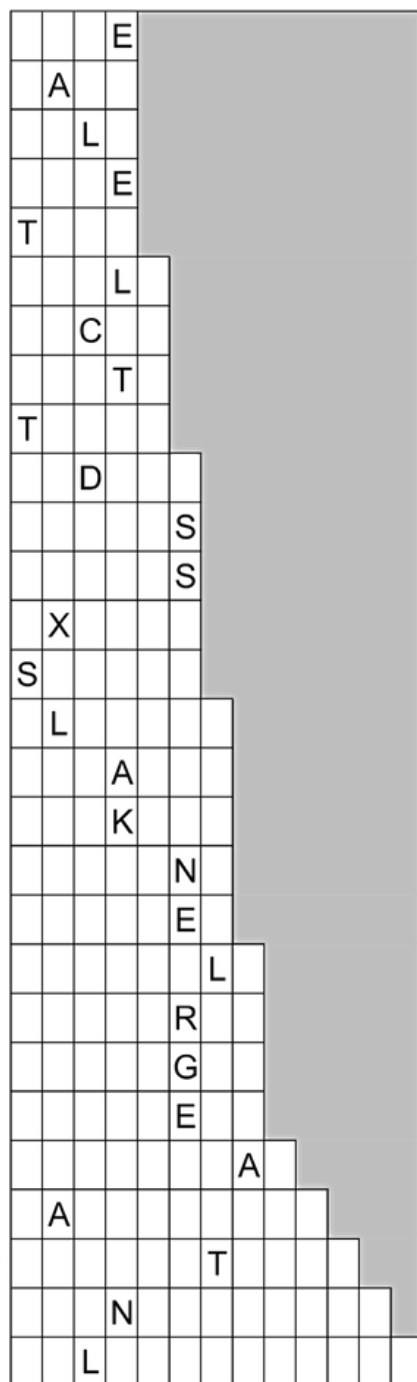


Healthy-ish Through the Holidays: Hidden message Challenge!

Do you know the hidden message? Click the link below or visit www.bettermelmc.com to submit your answer

It's best to ___ unwrapped presents so that kids won't find them
 A ___ has lots of different department and specialty stores
 Many stores have an after-Christmas ___ with big discounts
 Make sure you have plenty of ___ before you start wrapping presents
 Children like to make lists of the ___ they want
 The sound of ringing ___ is a sure sign that Christmas is coming
 Warm drinks like cider and hot ___ are especially nice in cold weather
 At the mall you can sit on his lap and tell him what you want
 How you feel after a long day of Christmas shopping
 It's best to ___ your money so you don't spend too much
 It's fun to sing Christmas ___
 The closer it is to Christmas, the bigger the ___ in the stores
 Retail stores usually ___ their hours during the holiday season
 Some ___ open at 5am the day after Thanksgiving and Christmas
 ___ can be a good gift although kids don't prefer them
 If you don't want to use a credit card you can put something on ___
 It is never easy to find a ___ spot when you go shopping in December
 ___ and bows make presents look pretty
 The ___ is often cold and snowy during the Christmas season
 Some larger toys have some ___ required - hope you're not up all night
 In some stores volunteers will ___ your presents for a donation
 Postage gets expensive if you have a lot of ___ to send
 Stocking ___ are usually small gifts and candy
 Some people start shopping for next ___ at the January sales
 Hook-shaped and striped Christmas treats
 Christmas ___ seem to appear earlier every year, some even in October!
 The day after ___ is one of the biggest shopping days of the year
 ___ volunteers ring bells outside stores for donations for the needy



T	O	Y	S	M	S	E	S	Y	B	E	L	L	S	P
S	D	W	O	R	C	A	L	T	I	R	E	D	S	A
D	G	E	Y	E	N	B	B	D	E	D	O	A	R	C
N	U	E	D	T	M	U	S	S	E	S	L	G	I	K
E	G	I	A	E	D	T	A	C	E	V	S	N	B	A
T	H	A	S	G	O	M	O	N	A	S	T	I	B	G
X	T	S	E	R	T	R	A	T	C	L	U	K	O	E
E	A	T	E	S	A	C	I	E	O	O	F	R	N	S
T	G	S	I	T	Y	O	L	H	C	R	F	A	S	M
E	F	R	I	D	N	A	R	E	O	A	E	P	V	A
S	H	O	N	A	S	G	I	S	A	C	R	U	T	L
C	N	A	R	Y	A	W	A	Y	A	L	S	E	I	L
S	C	M	G	N	I	V	I	G	S	K	N	A	H	T
R	Y	T	A	P	E	G	I	F	T	W	R	A	P	E
W	E	A	T	H	E	R	S	E	H	T	O	L	C	S

Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

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