



Learn More About All We Have to Offer:

Office Door Signs



Taking a
**WELLNESS
BREAK**
Be back soon

Website with
Education &
Resources:
plymouth.edu/healthy-psu

Healthy Recipes

Grocery Pads

Coming Soon as a
result of employee
feedback:

- Yoga Classes
- Healthy Cooking Classes
- Walking Programs

Questions or Comments?
healthy-psu@plymouth.edu



Almond Cranberry
Squash Bake:

- 4 C mashed butternut squash (cooked)
- 4 Tbsp. butter (divided)
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. allspice
- 1/4 tsp. nutmeg
- 1 14 oz. can whole-berry cranberry sauce
- 1/2 C. sliced almonds
- 1/4 C. brown sugar

1. Combine squash, 2 Tbsp. butter, salt, cinnamon, allspice & nutmeg.
2. Put in 2 qt. baking dish topped w/ cranberry sauce.
3. Combine almonds, brown sugar & 2 Tbsp butter & sprinkle over cranberry sauce.
4. Bake at 350° for 50-60 mins. Enjoy!

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