Holidays with a Healthy Twist: Food Demos

Hosted by the Office of Human Resources in partnership with Flipside

sign-up for one, or sign-up for all!

Dec. 3
1 pm

Clarke Field House

register here by 12/1/26

Holiday Flavors Reinvented Live Demo

~ Your holiday favorites just got a delicious upgrade ~

'Tis the season for trying something new! Join us for a festive flavor experience packed with crave-worthy combinations, interactive food demonstrations, and delicious tastings. Discover fresh ways to bring seasonal ingredients to life and find inspiration for your own holiday table.

Plus: Enjoy a seasonal giveaway for a little extra holiday cheer!

December Virtual Challenge

sign-up for the challenge

Interactive Digital Challenge

~ The Holiday Board, Reimagined! ~

Think you know the charcuterie board? Think again! We're putting a fresh spin on this holiday classic, and you're invited to join the fun. Discover colorful ingredients, unexpected pairings, and delicious ways to build a board that's uniquely yours. Then, show off your creativity by creating your own Flipside-inspired board to share with the CSUSM community.

MORE INFORMATION ON THE NEXT PAGE

Participants can enter for a chance to win a food-themed prize.

Jan. 13
1 pm

Clarke Field House

register here by 1/8/27

Refresh + Recharge Live Demo

~ A New Year with Fresh flavors: Easier ways to eat well ~

Stuck in a weekday food rut? Let's shake things up! Join us for a fresh, feel-good experience packed with practical tips, delicious bites, and easy ideas to make everyday meals more exciting.

Watch a build-a-bowl demonstration, sample the possibilities, and discover how a few simple ingredients can come together to create a satisfying, balanced meal.

No complicated recipes or all-or-nothing resolutions required, just inspiration you can actually use.

Enjoy a mindful eating activity designed to help you slow down, tune in, and savor the moment.

California State University SAN MARCOS
OFFICE OF HUMAN RESOURCES

flipside x CSUSM

Flip the Board!

HOLIDAY CHALLENGE

THINK CHARCUTERIE, BUT WITH A HEALTHY TWIST!

Reinvent the classic party platter with colorful ingredients, clever shortcuts, and simple swaps that add more nutrition without adding more work.

PICK YOUR BOARD

HOLIDAY INSPIRED

A festive spread with seasonal favorites.

DINNER INSPIRED

Turn tacos, sandwiches, or your favorite meal into a shareable platter.

WILD CARD

Anything goes! Rainbow platter, breakfast platter, or something unexpected.

GIVE IT A FLIP

ADD IT — Add fruit, veggies, whole grains, nuts, seeds, beans, and/or lean proteins.

SWAP IT — Make a simple ingredient swap for a more nutritious option.

MIX IT UP — Combine familiar foods in a new way to bring more variety, color, and flavor.

TWO WAYS TO WIN

PEOPLE'S CHOICE AWARDS

The crowd favorite! Attendees vote live at the January 13 event.

BEST FLIP AWARD

Selected by Flipside dietitians for the most creative, convenient nutritious upgrade.

Three prizes, each valued at $50. Multiple entries welcome. Limit one prize per participant. Full details at: eatflipside.co/csusm

HOW TO ENTER

1. Pick your theme and build your platter.
2. Snap a photo and tell us your Flip (what you added, swapped, or mixed up).
3. Submit online using your CSUSM email address.

REGISTER HERE

CHALLENGE OPENS	SUBMISSIONS DUE	WINNERS ANNOUNCED
DECEMBER 3	JANUARY 10	JANUARY 13