



ADDING A LITTLE “YAY” TO THE HOLIDAY SEASON

Meaghan Murphy – Author of Your Fully Charged Life and Lifestyle Expert Provides Tips to Enhance the Holidays

Lifestyle Expert and Author of Your Fully Charged Life, Meaghan Murphy partners with Farm Rich Meatballs, J.Jill, and Nextdoor.

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A video accompanying this announcement is available at:

<https://youtu.be/3imJXHAmSTQ>



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It's the time of year to celebrate with friends and loved ones. Lifestyle Expert and Author of Your Fully Charged Life, Meaghan Murphy has a few ways to add a little “YAY” to the holiday season.

DRESS FOR THE OCCASSION

Trends experts predict robust spending and larger gatherings over the coming weeks. Murphy says a great way to get started is to set the overall tone. “Think about the

ambiance... lighting, decorations, and mood music. However, you also want to look the role," she adds, "So, if you're like me and planning to host your friends and family this holiday, I suggest shopping J.Jill to find your perfect holiday hosting outfit"

This Wearever Draped-Front Midi Dress is the perfect dress for any hosting occasion. It has flattering crossover draping and the midi length makes it perfect with tights and boots.

Murphy says, "These garments also make the perfect gifts for the favorite women in your life, or yourself," she continues, "I love the Pure Jill Reversible Sherpa Jacket. One side is a plush faux suede and the other is plush cozy Sherpa, so it's like having two coats in one. A blanket scarf is the epitome of cozy, and this one has a brushed texture for added softness."

J.Jill also has extended sizing, XS - 4X online and XS - 2X in-store.

Visit your local J.Jill store or **JJill.com** to find your favorite pieces.

Social media handles:

Facebook: **@jjillstyle**

Instagram: **@jjillstyle**

GET CONNECTED

This is the season to connect with friends and loved ones and Murphy says everybody loves a holiday greeting card, or e-card that shows up in your email. But these days, it's really about using technology to engage with those around us.

"That's why I love the Nextdoor app," says Murphy, "It's a neighborhood network that connects you to your neighbors online and in the real world."

Nextdoor's purpose is to cultivate a kinder world where everyone has a neighborhood they can rely on—and that's especially important during the holiday season.

"Whether you're hosting a cookie exchange, donating to a local charity, or looking for hidden gem boutiques to shop small, Nextdoor is your neighborhood holiday hub.

This is a great way to sell things, organize events, and spread the word locally.

Download the app or head to nextdoor.com to join your neighborhood," says Murphy.

For more information go to **<https://nextdoor.com/>**.

Social media handles: @Nextdoor

RECIPE LIFESAVERS

The lifestyle expert says it's important to prepare the menu ahead of time, adding "Over the next few weeks there's a lot going on and a lot to plan. Think about the guests invited to your party and if there are any dietary restrictions. If you aren't sure, it's alright to ask within the invitation."

She always recommends starting with some easy apps and meals. One tip is to use frozen meatballs in a holiday recipe.

"I grab Farm Rich Meatballs at my local grocery and stock my freezer. This time of year, I like to make pomegranate glazed meatballs. It usually takes about 15 minutes prep time and 30 minutes to cook... the end result is fantastic," says Murphy.

She highlights the many different ways frozen meatballs can enhance a dish. "You can also add them to easy to make turkey meatball soup and cola glazed recipes," Murphy says, "Personally, I really love adding them to a charcuterie tray. All of these dishes are warm, hearty, and satisfying. Your guests will absolutely love them."

For more information and easy to make recipes, go to [FarmRich.com](https://www.farmrich.com)

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