



Rachael Ray
every day

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Cuties.

La opción de fruta fresca que a todos les encanta regresó al Happy Meal.

Ver más opciones en el Happy Meal ▶



En McDonald's participantes. Sólo por tiempo limitado. © 2016 McDonald's.

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EveryDay Scoop

more tips for happiness

Written on January 11, 2016 at 10:00 am , by [Every Day with Rachael Ray Staff](#)



Each Monday in January, we're sharing a number of [science-backed tips](#) guaranteed to put a smile on your

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- [Crafts](#)
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- [Food Holidays](#)
- [From Our Editor-in-Chief](#)
- [Holidays/Special Occasions](#)
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Whether you're coming or going, a Hello Coir Doormat will put pep in your step. \$28, [overstock.com](https://www.overstock.com)

Plant Some Seeds

Backyard farmers: The hours you spend in the garden have even bigger payoffs than scrumptious produce—growing and harvesting your own food is associated with happiness. According to a paper published in *Ecological Economics*, not only is the physical activity of gardening beneficial, but so is spending time outdoors. Plus, it feels great to eat and share the food that you grew! It may be cold out, but now's the time to plan your spring and summer gardens.