

Snacktivity



TURKEY CUPS! GRADES: K-5

Ingredients:

- Small, holiday-themed paper cups
- Hummus
- Baby carrots
- Red, yellow, and orange pepper slices
- Cucumber slices or raw string beans
- Pretzels (optional)

These turkey cups include the vegetables and protein food groups from MyPlate. The colorful vegetables are good sources of vitamins and minerals. Hummus is a lean source of protein made from chickpeas. Pretzels may be added to include the grains food group.

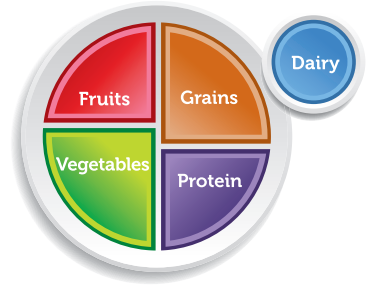
- 1 Have students color and cut turkey face. Go to <http://blog.chickabug.com/2012/11/printable-turkey-snack.html>
- 2 Put 2 tablespoons of hummus (can also use low-fat ranch) in paper cups.
- 3 Cut vegetables into sticks about 4-5 inches long.
- 4 Place veggies in hummus in any order.
- 5 Glue turkey face to front of paper cup.
- 6 **ENJOY!**



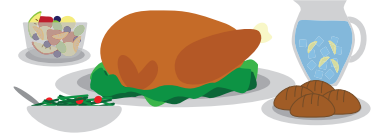
HEALTHY HOLIDAYS

You can keep eating healthy during the holidays.

There is a lot to be thankful for during this time of the year, such as good food, friends, and family. In the midst of all the celebrations, it is easy to fall off the "health" wagon. When it comes to healthy eating during the holidays, a MyPlate makeover can help you stay on track while still enjoying your holiday favorites. A few simple swaps can really help cut the calories.



MyPlate Holiday Makeover



TWEAK THE SWEETS

FRUITS MAKE DELICIOUS DESSERTS



CHEERS TO GOOD HEALTH

DRINK WATER TO MANAGE CALORIES



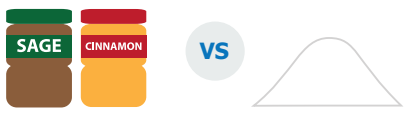
BAKE HEALTHIER

USE RECIPES WITH PUREED FRUITS INSTEAD OF BUTTER OR OIL



SPICE IT UP

USE SPICES AND HERBS INSTEAD OF SUGAR AND SALT



BRIGHTEN YOUR MEAL

FILL HALF YOUR PLATE WITH FRUITS AND VEGETABLES



SKIP THE FAT

TRY SKIM EVAPORATED MILK INSTEAD OF HEAVY CREAM



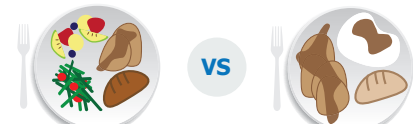
SWAP THE GRAINS

CHOOSE WHOLE WHEAT FLOUR INSTEAD OF WHITE FLOUR



GO EASY ON THE GRAVY

A LITTLE BIT OF GRAVY GOES A LONG WAY



VISIT CHOOSEMYPLATE.GOV FOR HEALTHIER OPTIONS DURING THE HOLIDAYS.

Seymour says:



"Don't rush meals. Eat slowly and enjoy being with family and friends."

November 2018

American Diabetes Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Native American Heritage Month	National Family Literacy Month					Sandwich Day / World Kindness Day
4	5	6	7	8	9	10
Daylight Savings Ends		Election Day				
11	12	13	14	15	16	17
Veterans' Day	American Education Week			Clean Out Your Refrigerator Day / Great American Smokeout		Take a Hike Day
18	19	20	21	22	23	24
				Thanksgiving	Flossing Day / Eat A Cranberry Day	
25	26	27	28	29	30	
		#GivingTuesday				