

Mark Your Calendars

- November 4 - National Candy Day
- November 5 - National Donut Day
- November 13 - World Kindness Day
- November 21 - Gingerbread Cookie Day
- November 25 - Thanksgiving
- November 28 - First day of Hannukah

National Gratitude Month

Family mealtimes are a great time to connect with your kids and show gratitude. Thanksgiving dinner is typically a time when families and friends gather to give thanks over a meal. But gratitude doesn't have to be for one day only! Help your children practice gratitude all month long with these tips:

1. Implement a distraction-free meal: no TV, iPad, or phones. This will help the family to stay connected and focused on each other.
2. ABC's of gratitude: this is great for young ones practicing their alphabet. Go around the table and say one thing you are grateful for. The catch? It has to be in ABC order!
3. Ask probing questions like "What is something that made you feel happy today?" or "What was your favorite part about school today?"

Fruit Cornucopia Recipe

Prep Time: 5 Minutes

Ingredients:

- 1 ice cream cone per person.
- Assorted fruit such as berries, clementines, mandarins, peaches, baked apples.
- Honey (optional).



Directions:

1. Starting with an ice cream cone, fill with your fruit of choice.
2. Top with any topping of your choice.
3. With a spoon, drizzle some honey on top (optional).
4. Enjoy immediately!

This dessert doubles as a snack AND an activity to occupy the kids after dinner! Filled with fruit, this ice cream cone cornucopia can be customized to fit your family's preferences!

For a more detailed recipe please visit

<https://cookingwithlibby.com/fruit-cornucopias-healthy-thanksgiving/>

Tips For a Healthy Thanksgiving



Thanksgiving for many Americans is usually about family, food, and football! But you don't have to leave the dinner table feeling full and sluggish. Here are some tips to create healthier Thanksgiving habits!

1. Start the day with a healthy and filling breakfast.
2. Carve out time for physical activity. Whether it's a Turkey Trot, throwing a football, or taking a walk after dinner, there are plenty of choices to get moving!
3. Most importantly, enjoy yourself! Thanksgiving should be about connecting with loved ones and spending quality time with one another. Don't let all the focus be on the food.

Healthy Meals Grow Healthy Kids

