

Nutrition Byte

Start Healthy Holiday Traditions

Fall seems to start the season of feasts and festivities. Holiday traditions bring people together—family and friends. Around the world, traditions also include eating special foods. But many of these foods are high in calories and low in nutrients. At the same time, it can be hard to stay active during all of the festivities.

Holiday traditions don't have to be unhealthy. You can be the one to start healthy traditions with your family and friends. You can:

- Include healthy options with meals and snacks.
- Enjoy the holidays without food as the starring role. Watch a favorite holiday movie. Put together a puzzle. Create art.
- Get active. After a holiday meal, go for a brisk walk together. Play some outdoor games with family and friends. Try a new sport or activity. Or turn on some music and dance.
- Help a local food bank or shelter. Host a food or clothing drive.
- Participate in back pack buddies. Learn more: <http://feedingamerica.org>.
- Get creative. Make personalized holiday cards or scrap book gifts. It is more fun when you create together.

Nutrilink: Find more ideas and resources: <https://www.eatsmartmovemorenc.com/>

Menus for November 2021

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5
Hamburger Baked Beans Potato Wedges Fruit Milk	Macho Nachos Pinto Beans Salsa Fruit Milk	Chicken Nuggets Biscuit Mashed Potatoes Green Beans Fruit Milk	Chili Cornbread Muffin Deli Roasters Salad Fruit Milk	Pizza Cheese Stick Marinara Corn Fruit Milk
Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11	Friday, November 12
Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Milk	Asian Chicken and Rice Roasted Broccoli Sweet Carrots Fruit Milk	Spaghetti w Bread Stick Salad Corn Fruit Milk		Pizza Cheese Stick Marinara Salad Fruit Milk
Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
Comdog Potato Smiles Bush's Pintos Beans Fruit Milk	Chicken Alfredo Bread Stick Roasted Broccoli Sweet Carrots Fruit Mil	Deli Sandwich Baby Carrots Apple Slices Veg Juice Milk	<i>Thanksgiving Lunch</i> Roasted Turkey & Roll Mashed Potato Green Beans Peach Cobbler Milk	Pizza Cheese Stick Marinara Corn Fruit Milk
Monday, November 22	Tuesday, November 23	Wednesday, November 24	Thursday, November 25	Friday, November 26
Hamburger Baked Beans Potato Wedges Fruit Milk	Pizza Cheese Sticks Marinara Corn Fruit Milk Cookie			
Monday, November 29	Tuesday, November 30			
Hamburger Baked Beans Potato Wedges Fruit Milk	Chicken Nuggets Biscuit Green Beans Maple Roasted Sweet Potato Fruit Milk			

