



# November Nutrition Newsletter

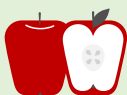


Happy November everyone! We hope you are all enjoying this brisk autumn season. We will be heading into the holiday with Thanksgiving celebrations on Thursday, November 24<sup>th</sup>. During this month, cafes across the district will be offering a seasonal LTO of a turkey dinner in the Elementary cafés and additional seasonal menu features in the Intermediate and Highschool cafes.

Although peak growing season is behind us, there are still many great seasonal produce options to sink our teeth into this November. Choosing fruits and vegetables that are in season is a great way to reduce food costs, support local farms, and enjoy the wonderful flavors of fall.

### Pennsylvania November Seasonal Selection's

Beets	Celery
Broccoli	Cucumbers
Carrots	Mushrooms
Cauliflower	Onions
Peppers	Potatoes
Pumpkins	Apples
Spinach	Squash



### November Recipe Highlight:

#### Pumpkin Seed Trail Mix



This recipe is a great way to utilize seasonal flavors in a convenient snack that is full of nutrients like fiber, magnesium, and protein.

Serving size ½ cup

#### Ingredients:

1 cup roasted pumpkin seeds

½ cup golden raisins

¼ dark chocolate chips

1 cup mini whole grain cereal squares

*Combine all ingredients and store in an airtight container.*

### Cozy up this fall season with warming ways to boost hydration!

When we head into colder months, we may feel like we need less water as opposed to when it is warmer. However, it is important to maintain adequate hydration all year long. When we bundle up under sweaters and coats our bodies are still generating heat and losing water via sweat as if it were a summers day.

Warm drinks like herbal teas, warm water with lemon, steamy hot chocolate, or a toasty cup of hot apple cider are great ways to replenish hydration after engaging in fall activities.

**November is Diabetes Awareness Month:**

Take steps to reduce your risk of developing Type II diabetes by being proactive and reducing risk factors.

This is a great time to learn about the types of diabetes, treatments, screening tools, and disease management.

Visit the Centers for Disease Control website and take the Prediabetes Screening Test to determine and reduce your risk for developing Type II Diabetes.



Fun Food Days in November

November 3<sup>rd</sup>- National Sandwich Day

November 11<sup>th</sup>- National Sundae Day

November 14<sup>th</sup>- Pickle Appreciation Day

November 28<sup>th</sup>- National French Toast Day



- GREEN BEANS
- MAC AND CHEESE
- MASHED POTATOES
- MINCEMEAT
- PEAS
- PECAN PIE
- PUMPKIN PIE
- ROLLS
- SQUASH
- STUFFING
- SWEET POTATOES
- TURKEY
- YAMS

- APPLE PIE
- BISCUITS
- BRUSSEL SPROUTS
- CASSEROLE
- CHESTNUTS
- COLLARD GREENS
- CORNBREAD
- CRANBERRY SAUCE
- DRESSING
- GRAVY

