

BIG CITY BITES



Nutrition Services is sharing a yummy sandwich called the “**Elvis Melt**” from Memphis’s Big City Bite. When you eat this sandwich, it’s not just food; it’s like taking a bite of the past and celebrating a famous music star’s memory.

FRESH PICK



Pears come in different yummy flavors, like sweet and juicy or crispy and tasty. You can eat them in lots of ways, like fresh or in jam. Pears are a symbol of delicious and healthy food!

WELLNESS EDUCATION

The **Season of Giving** is a special time when people from different backgrounds come together to show kindness and help others. It’s a time to think about what we’re thankful for, spend time with our friends and family, and do good things for others. Remember, the best gift isn’t just the stuff we give, but the love, hope, and happiness we share to make everyone’s life better.

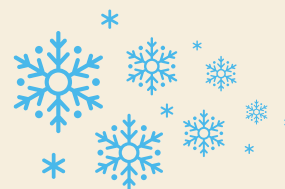


SPECIAL FOOD DAY



National Cookie Day, on December 4th, is a fun day for cookie lovers of all ages. People bake yummy cookies and enjoy them. Whether you like chocolate chips, oatmeal raisins, or special cookies, it’s a day to enjoy the simple joy of treats.

MONTH OF CELEBRATION



December is a month full of holidays around the world. People from different cultures come together to share love and happiness, reminding us that we all like to celebrate and be together.