

The Healthy Family Newsletter

A Newsletter from the Food and Nutrition Services Department

Willmar Public Schools and Community Christian Schools

Volume 21 Issue 3

November 2025

Bobbi Varichak DTR, SNS, MBA
Assistant Food Service Director
Willmar Public Schools
Editor

PARA TRADUCCION,
IIAME
320-231-7860

NOVEMBER HIGHLIGHTS

November 2nd-Day Light Savings
November 3rd-National Sandwich Day
November 6th-National Nacho Day
November 21st-National Cranberry Day

NO SCHOOL DATES:

WILLMAR

November 3rd-No School
November 26th-28th-No School

COMMUNITY CHRISTIAN SCHOOL

November 3rd-No School
November 26th-28th-No School



Check out the Breakfast
and Lunch menus on
your District Website



Follow us on Facebook

Building Healthy Habits for Children and Families

Developing healthy habits early in life helps children grow strong, focused, and ready to learn. Families play a key role in modeling and supporting these habits both at home and in the school community. By working together, we can help every child build a foundation for lifelong health and wellness.



Start with Balanced Nutrition

Encourage children to enjoy a variety of foods from all food groups — fruits, vegetables, whole grains, lean proteins, and dairy. When possible, try cooking meals together as a family. This not only builds cooking skills but also gives children a chance to explore new foods and flavors in a fun way.

Stay Active Every Day

Children need at least 60 minutes of physical activity each day. This can include sports, playground games, family walks, or even dancing in the living room. Regular movement helps boost energy, improve mood, and support healthy growth.

Make Sleep a Priority

A good night's rest is essential for learning and emotional health. Set consistent bedtime routines and limit screen time before bed. Well-rested children are more focused and ready for the school day ahead.

Model Positive Choices

Children often mirror what they see. Parents, caregivers, and school staff can encourage healthy habits by drinking water, eating balanced meals, managing stress, and staying active.

Healthy Habits Grow Strong Communities

Schools and families share the goal of helping children thrive. Whether it's choosing nutritious snacks, joining a school wellness event, or taking part in a community walk, small steps lead to lasting results. Together, we can make healthy living part of every child's day — at school and at home.



2025-2026 Meal Prices:

Willmar

	Breakfast	Lunch
PK-5th	Free	Free
Adult	\$2.50	\$5.05
Milk	\$0.65	\$0.65

Community Christian School

	Breakfast	Lunch
PK-5th	Free	Free
Adult	N/A	\$5.15
Milk	\$0.65	\$0.65



United Way 211

Dial 211 anytime for free, confidential help finding community resources. The United Way 211 service connects Minnesota families with trained specialists 24/7 to find support for health, housing, food, and other needs.



Follow us on Facebook

The Healthy Family Newsletter
Volume 20 Issue 3

Cider-Roasted Carrots and Parsnips

Portion Size: 1 Cup Yield: 8 Servings

Ingredients:

- $\frac{2}{3}$ Cup Apple Cider
- 2 Tbsp Olive Oil
- 2 Tbsp Apple Cider Vinegar
- 2 Tbsp Dijon Mustard
- 2 Tbsp Honey
- 2 Tsp Chipped Fresh Thyme or 1 Tsp. Dried Thyme
- $\frac{1}{8}$ Tsp Salt
- 1 $\frac{1}{2}$ lb Carrots, peeled and cut into sticks
- 1 $\frac{1}{2}$ lb Parsnips, peeled and cut into sticks

Instructions:

1. Preheat the oven to 400° F. Line a roasting pan with parchment paper; set aside.
2. In a large bowl whisk together the apple cider, olive oil, vinegar, mustard, honey, thyme, and salt.
3. Add carrots and parsnips into the large bowl and toss to coat.
4. Transfer vegetables and liquid to the prepared lined roasting pan; spread in an even layer.
5. Roast for 35 minutes or until vegetables are tender and liquid has evaporated, stirring twice during roasting. Enjoy!

Nutritional Information: 161 Calories, 4 g Fat, 106 mg Sodium, 31 g. Carbohydrate



November is Child Safety and Protection Month

November is Child Safety and Protection Month, a time to remind children and families how to stay safe at school, at home, and in the community. Safety isn't just about rules it's about making smart choices, being aware of your surroundings, and caring for one another.

- **Be Alert:** Always watch what's happening around you — whether walking, biking, or playing outside. Use sidewalks when possible, look both ways before crossing the street, and never run into the road to chase a ball or toy.
- **Follow School Rules:** Listening to teachers, playground staff, and bus drivers helps keep everyone safe. Simple habits like walking in hallways, keeping hands to yourself, and sitting properly on the bus make a big difference.
- **Use Technology Wisely:** Keep personal information private when online. If you receive a message, post, or picture that makes you uncomfortable, tell a trusted adult right away.
- **Practice Home Safety:** Never play with electrical cords, kitchen appliances, or cleaning products. If you're home alone, keep doors locked and don't open the door for strangers.
- **Stay Healthy and Aware:** Wash your hands often, cover coughs and sneezes, and report unsafe conditions — like spills or broken playground equipment — to an adult.
- **Speak Up and Be Kind:** If you see someone being hurt or bullied, speak up or get help from a teacher or another adult. Keeping others safe is part of being a good friend.

Working Together for Safety

By practicing these safety habits, children and families can work together to create caring environments where everyone feels safe, supported, and ready to learn. Together, we can make every month a month for safety and protection!