The Healthy Family Newsletter

A Newsletter from the Food and Nutrition Services Department

Willmar Public Schools and Community Christian Schools

Volume 22 Issue 3 November 2026

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NOVEMBER HIGHLIGHTS

- November 1st- Day Light Savings Time
- November 6th- National Nacho Day
- November 11th- Veterans Day
- November 21st- National Cranberry Day

NO SCHOOL DATES: WILLMAR PUBLIC SCHOOLS

- November 2nd
- November 25th-27th

COMMUNITY CHRISTIAN SCHOOL

- November 2nd
- November 25th- 27th



Check out the Breakfast and Lunch menus on your District Website

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Building Healthy Habits

Healthy eating is not about making the "perfect" choice at every meal. It is about building habits that support our health over time. Every family is different. Busy schedules, preferences, traditions, budgets, and food availability can all influence what we eat. There is room for all of these things in a healthy eating pattern.

Build Balanced Meals

When possible, include a variety of foods throughout the day, such as fruits, vegetables, whole grains, protein foods, and dairy or fortified alternatives. Not every meal will include everything, and that's okay. What is missing at one meal can be included later in the day.

Explore Fruits and Vegetables

Fruits and vegetables provide important vitamins, minerals, and fiber. They also add color, flavor, and variety to meals and snacks. Offer them in different forms: fresh, frozen, canned or cooked. Children may need to see or taste a food many times before deciding whether they like it.



Make Mealtime Matter

Eating together when possible provides an opportunity to enjoy food and connect as a family. Mealtimes do not have to be elaborate or lengthy. Even a simple meal or snack can be a chance to slow down and talk. Sit down at the table or around the coffee table and ask everyone to share one good thing about their day while you snack or eat a meal together.

Focus on Progress, not Perfection

Some days may include plenty of fruits and vegetables and a home-cooked meal. Other days may include a meal that does not go as planned. Remember healthy habits are built over time not from one meal or one day. Rather than focusing on what did not go perfectly, look for small opportunities to make a healthy choice at the next meal or snack.

Healthy eating is something the whole family can build together. Parents can provide choices and opportunities, while children can help choose, prepare, and enjoy foods. Try cooking a meal together, choosing a new fruit or vegetable, sitting down for a family meal,or simply talking about how different foods help our bodies. Small steps add up, and there is no need to be perfect. By making healthy choices together and allowing room for flexibility, families can build habits that support health and well-being for years to come.



2026-2027 Meal Prices:

Willmar

	Breakfast	Lunch
PK-12th	Free	Free
Adult	$2.55	$5.30
Milk	$0.75	$0.75

Community Christian School

	Breakfast	Lunch
PK-12th	Free	Free
Adult	$2.65	$5.40
Milk	$0.75	$0.75

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.

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Festive Microwave Baked Apples

Portion Size: 1 Apple Yield: 1 Serving



Ingredients:

- 1 medium apple
- 1 Tbsp brown sugar
- ½ Tsp nutmeg
- ½ Tsp cinnamon
- 1 Tsp butter or margarine

Instructions:

1. Skin and core the apple, leaving the bottom intact.
2. In a bowl, mix brown sugar, nutmeg, and cinnamon.
3. Spoon the mixture into the apple and set butter on top.
4. Place the apple in a microwaveable dish and cover. Microwave on high for 3-4 minutes or until tender.
5. Let the apple sit for 2 minutes before serving. Enjoy!

Nutritional Information: 171 Calories, 5 g Fat, 38 mg Sodium, 35 g Carbohydrate

Smart Snacks for Classroom Celebrations!

Celebrating a birthday or special occasion at school? Let us help!

Providing a treat for your elementary child's entire classroom can add an extra expense and another thing to plan. Willmar Public Schools Food & Nutrition Services wants to help take the stress and cost out of classroom celebrations by making it easier for families to provide a treat for their child's special day.

Choose from Our Special Occasion Snack Options!

- Fruit Juice
- Milk
- Whole-grain Chocolate Chip Cookie
- Whole-grain Frosted Sugar Cookie
- Whole-grain Confetti Cookie with Frosting Filling
- Whole-grain Chips
- Sherbet Cup
- Frozen Ice Cream Treats

How to Order:

On the Willmar Public Schools website under **Food & Nutrition Services** tab. Click on the **Applications/Forms**. Scroll down to **Parents or Guardians Only** select **Special Occasion Snacks Forms**. There you will find the available snack options. If you have questions or concerns about classroom treats? Call the Food & Nutrition Services Department at 320-231-8526.

Let us make celebrating your child's special day a little easier!
We're happy to help!