



Make Sweet Traditions

As Thanksgiving approaches, it's the perfect time to reflect on cherished traditions and create new memories with your family. Whether it's watching the parade, sharing what you're grateful for, or preparing a favorite family recipe, these traditions bring everyone closer together. One timeless favorite? Breaking out old family recipes, like Grandma's famous pumpkin pie or that secret stuffing passed down for generations. Or maybe it's creating new ones, like setting up a family Turkey Trot or watching classic holiday movies together.

Thanksgiving is about more than just food—it's about connection, gratitude, and making memories that last a lifetime. So, this year, why not build some extra health and happiness into the holiday? No matter how you celebrate, the joy of coming together is what makes Thanksgiving truly special.

Unplug to Connect



With the holidays approaching, it's important to find balance when it comes to screen time. The break from school can often lead to extra hours in front of TVs, tablets, and phones, but too much screen time can impact both physical and mental health. The Mayo Clinic suggests developing clear screen time rules, like setting daily limits, designating tech-free zones such as the dining table, and encouraging activities that don't involve screens—whether it's a walk outside, holiday baking, or family game night.

It's also essential to set a good example. Kids are more likely to follow screen time rules when they see adults practicing them, too. So, this holiday season, unplug and make the most of time spent together, creating memories that don't need a screen!

Source:

<https://www.mayoclinic.org/healthy-lifestyle/children-s-health/in-depth/screen-time/art-20047952#:~:text=Developing%20screen%20time%20rules,and%20avoid%20solo%20media%20use>

Small Acts, Big Impact

November 13th is National Kindness Day, a wonderful reminder that even the smallest acts of kindness can make a big difference! Whether it's offering a smile, helping a friend, or leaving a kind note for someone who needs a pick-me-up, there are endless ways to spread joy and brighten someone's day. Kindness isn't just good for others; according to Harvard Medicine, acts of kindness can even reduce stress levels while enhancing emotional well-being.

Encourage your family to take part in this special day by practicing kindness at school, home, and in the community. Whether it's holding the door for a stranger or sharing a compliment, let's celebrate the power of kindness together and inspire others to do the same!

Read More:

<https://magazine.hms.harvard.edu/articles/what-we-get-when-we-give>

Keep Nutrition Colorful!

Looking for a fun way to brighten up your family's meals?

Check out our Keep Nutrition Colorful Flyer on the next page, packed with tips on adding vibrant fruits and veggies to your plate. Discover how a rainbow of nutritious foods can help your family stay healthy and energized!



We're rethinking school meals!

Join us as we celebrate the good work
in schools across the country.

rethinkschoolmeals.com

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KEEP NUTRITION COLORFUL



By Eating a Rainbow of Fruits and Veggies!

When we say eat a rainbow, that means make sure you eat each color every day. Why? Because each color represents a nutrient your body needs to thrive!¹

Green:

Spinach, broccoli, asparagus, peas, avocado, brussels sprouts, green beans, zucchini, green pears, green apples, kiwi, watercress, arugula, dark green leafy lettuce, endive



White/Brown:

Cauliflower, garlic, ginger, mushrooms, onions, shallots, potatoes, parsnip, turnip, kohlrabi, bananas, brown pears, white peaches, dates



Orange/Yellow:

Carrots, pumpkin, corn, sweet potato, rutabagas, yellow tomatoes, butternut squash, lemons, mangoes, pineapples, oranges, cantaloupe



Red/Dark Red:

Tomatoes, red peppers, radishes, beets, red potatoes, strawberries, watermelon, red apples, rhubarb, cherries, red grapes, raspberries, blood oranges



Blue/Purple:

Purple asparagus, red cabbage, eggplant, black olives, purple carrots, purple fleshed potatoes, plums, blackberries, blueberries, concord grapes, raisins



Why it Matters

Many Americans fall short of the USDA's MyPlate daily recommendations. Eating more fruits and vegetables as part of an overall healthy diet is likely to help reduced the risk of some chronic diseases. Regular exercise along with these good eating habits are likely to provide health benefits.²

Serve it Up

In general, how many servings of fruit and veggies does your family need each day?

Age/Yrs	Fruit	Veggies
2-4	1-1.5Cs	1-2 Cs
5-8	1-2 Cs	1.5-2.5 Cs
9-13	1.5-2Cs	1.5-3.5 Cs
14-18	1.5-2.5 Cs	2.5-4 Cs
Adults	1.5-2 Cs	3-4 Cs



Check out <https://www.myplate.gov/> for all the details!

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Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com



rethink
SCHOOL MEALS
One Bite at a Time

Sources:

- <https://fruitsandveggies.org/stories/fruit-and-veggie-color-list/>
- <https://www.myplate.gov/eat-healthy/vegetables>