

# WELLNESS NEWSLETTER

November 2018

Inside This Issue

---

THANKSGIVING  
MYPLATE

---

HEALTHY  
THANKSGIVING  
ACTIVITIES

---

NUTRITION  
EDUCATION

---

HEALTHY HOLIDAY  
TREATS

---

TIPS FOR PARENTS

---



## *Nutrient Standards*

Welcome to the November issue of the NDS Wellness Connection for the 2018-2019 school year! NDS recognizes that student wellness, proper nutrition, and regular physical activity are important to a student's well-being, growth, development, and readiness to learn. This month we will focus on a healthy Thanksgiving including healthy holiday treats and activities! We hope you are ready to continue focusing on wellness this month!

--NDS Staff

To view the Wellness Policy visit:  
Archdiocesan School Wellness Policy

Wellness Policy promotes a healthy school environment through student wellness, proper nutrition, and regular physical activity.

Interested in becoming a part of the wellness advisory council?

Contact Jean Falk, RD at [jfalk@ndsarch.org](mailto:jfalk@ndsarch.org)

Questions, Comments, Suggestions

Email: [info@ndsarch.org](mailto:info@ndsarch.org)

Phone: 215.895.3470

## *Thanksgiving MyPlate*

With the holidays around the corner, it is important to create a healthy eating pattern. Thanksgiving often puts a dent in nutrition with the large selection of snacks, sides, and dessert. However following a few simple tips from MyPlate can keep you on track to enjoy a delicious nutritious meal! See below for ideas to create a balanced nourishing Thanksgiving meal!



### **Fruits**

**1 1/2 cups per day\***

- \* *Homemade cranberry sauce*
- \* *Baked apples or applesauce*
- \* *Fruit salad*

### **Vegetables**

**2 cups per day\***

- \* *Green Beans*
- \* *All varieties of squash including zucchini and butternut squash*
- \* *Orange vegetables such as sweet potatoes, yams, and pumpkin.*

### **Whole Grains**

**Make 1/2 of your grains whole grain\***

- \* *Whole grain rolls*
- \* *Whole grain stuffing*
- \* *Desserts that include whole grains such as pies and breads*

### **Dairy**

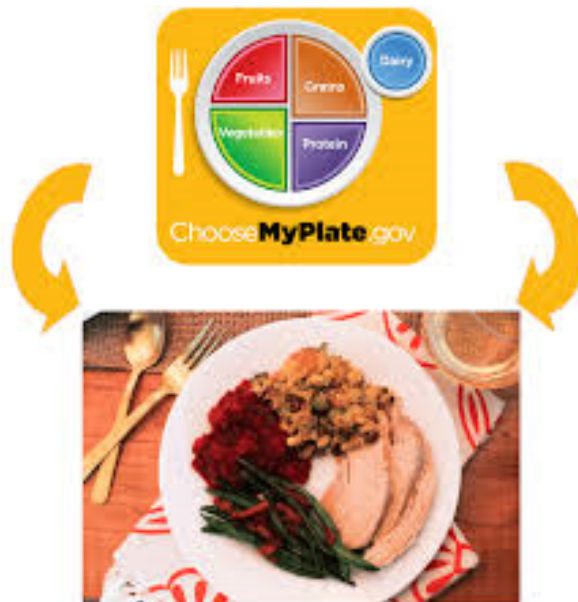
**3 cups per day\***

- \* *Milk*
- \* *Cheese*
- \* *Pudding*
- \* *Choose low-fat or fat-free options*

### **Protein**

**5 ounces per day\***

- \* *Turkey, ham, chicken without skin*
- \* *Beans such as garbanzo, cannellini, black beans, and lentil*
- \* *Choose white meat instead of dark*



\* Recommended amount based on MyPlate guidelines



## *Celebrating with Fun Activities*

Collect fall leaves from outside to create wreaths

- \* Have students share what they are thankful for
- \* Have a pumpkin relay--see who can roll a pumpkin (or basketball) the fastest.
- \* Play pin the feather on the turkey
- \* Read Thanksgiving-themed books

### **Nutrition Tip**

Decorating during Thanksgiving is a great time to promote nutrition in your school. Post images of families and friends dining on healthy foods like fresh fruits and vegetables.



Eating behavior and habits are formed from a young age. Nutrition education at school can help positively shape how children think about food and eating, while teaching them the difference between nutritious foods and unhealthy foods.

For curricula and lesson plan ideas visit:  
<https://www.nal.usda.gov/fnic/curricula-and-lesson-plans>

**Thanksgiving lesson plans, activity ideas, and other curriculum resources:**

Grades K-5th: <http://www.nea.org/tools/lessons/thanksgiving-ideas-for-the-classroom-grades-k-5.html>

Grades 6th-8th: <http://www.nea.org/tools/lessons/thanksgiving-ideas-for-the-classroom-grades-6-8.html>



## Healthy Holiday Treats

### Roasted Pumpkin Seeds

1. Boil seeds of 1 large pumpkin for 9-10 minutes. Drain and let dry.
2. Season with 1 tsp. salt, 1./4 tsp. cayenne, 2 tsp. olive oil, & 1 tsp. garlic powder.
3. Bake at 350 degrees for 15-20 minutes



### Fruit Cornucopias

1. Fill waffle cones with assorted fruits such as apples, grapes, and pears.
2. Drizzle with low-fat or fat-free yogurt for a delicious treat.

### Turkey Snack Bags

1. Using clear plastic gloves, fill the fingers of the gloves with fruits or vegetables. Berries, chopped carrots or raisins are great options.
2. Fill hands with popcorn.



### Pumpkin Yogurt Dip

1. Combine 1 cup plain yogurt, 3/4 cup pumpkin puree, 1 tsp. pumpkin pie spice, 1/2 tsp. vanilla extract, and 1 tbsp. maple syrup.
2. Use as dip for fruit or baked whole grain tortillas.

### Cinnamon Apple Chips

1. Preheat oven to 200 degrees Fahrenheit.
2. Slice apples and add to a large bowl; coat the apples with cinnamon and/or sugar (1-2 tsp.)
3. Place apples on baking sheet and bake for 2-3 hours until chips are dry yet still soft.



## Healthy Thanksgiving at Home



1. Focus on the festivities. Enjoy spending time with family and friends with less focus on food.
2. Plan for mealtime. Skipping meals or snacks may lead to overeating later on.
3. Tune up the menu. Consider making healthier versions of dishes using low-fat or low-sugar options.
4. Bring a fish that fits your meal plan. If your family is attending an event, feel free to bring a healthy option
5. Be sure to serve healthy portions of all the food groups. Include fruits, vegetables, whole grains, low fat protein, and low-fat or non-fat dairy.
6. Don't overdo it. Focus on smaller portions and limit sweets and desserts.
7. Be active. Enjoy time with family and friends by going for a walk after the meal or play outside together.



### Resources

Thanksgiving snacks for kids <https://www.messforless.net/thanksgiving-snacks-for-kids/>

Healthy Family Fun for Thanksgiving

<http://www.gasolfoundation.org/en/healthy-family-fun-thanksgiving/>