



November 2019

Healthy Living With Head Start

A Healthy and Happy Thanksgiving



Family Meals Mean More

Whether it is during the regular week or for a special occasion, getting the family together for a meal gives you the opportunity to try new foods, and will help your family connect and grow together.

Tips for happy family meals:

Avoid distractions - Turn off the television, put the cell phones aside, and spend time talking and connecting with one another.

Make it fun - Focus on happiness and togetherness to make mealtime a happy experience for everyone.

Allow everyone to control their own plate - Encourage new foods at mealtime but don't force him/her to eat something they truly do not want.

Benefits of family meals:

Consistency - Regular meals give a sense of structure and routine to a child's day.

More Learning - Eating together will provide you an opportunity to be a role model for healthy eating.

Making Memories - Family meals give children a sense of family unity by building long lasting memories together.

Quality Time - Meal time is great for fitting in quality time and communication.

Making Healthy Choices

Snacking and grazing throughout the day can increase the risk of developing dental decay. Schedule the holiday meal as a full sit-down dinner to avoid eating all day long. Encourage everyone to drink water throughout the day instead of snacking to help keep oral health on the list of things to be thankful for.

Foods to help keep teeth healthy and strong

- * **Turkey** is rich in Phosphorus, which strengthens teeth and helps rebuild tooth enamel.
- * **Cranberries** have special nutrients called flavonoids that kill bacteria and help fight plaque.
- * **Sweet Potatoes** contain Vitamin A and Vitamin C, which help keep your gums healthy.
- * **Fresh Fruits and Vegetables** all contain fiber that can help clean teeth as we crunch through them.



Try Something New This Thanksgiving

Many of the dishes served at Thanksgiving can be swapped with something just as tasty but much more nutritious. The holiday season is a great time to experience new foods as a family. Look for new foods and ideas this year to keep the menu interesting while also keeping your family healthy.

Swap This ...	For These...
Mashed Potatoes	Mashed Sweet Potatoes
Canned Cranberry Sauce	Homemade Cranberry Orange Relish
Green Bean Casserole	Balsamic-Roasted Brussels Sprouts
Biscuits	Cornbread

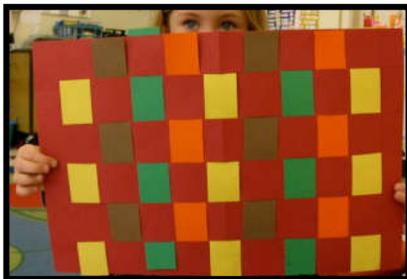


Placemats to be Thankful For

A great way to lessen your load and make the holidays a little less stressful is to get the children involved in your holiday chores. They'll love to have a role in the holiday preparations and you'll love crossing things off your to-do list. Foster their creativity and brighten your dining room by allowing children to decorate the Thanksgiving table with handmade placemats.

Materials Needed:

- * Large construction paper in your favorite fall colors
- * Scissors
- * Glue
- * Ruler



Get creative!

- * Add more colors to create different patterns, or use ribbons, glitter, shapes and cut-outs, and different cutting techniques to make fun and unique placemats the whole table will admire!



Directions:

- * Fold your first color of construction paper in half.
- * Starting from the fold and stopping 1 inch from each edge, cut slits in the paper that are 1 inch apart.
- * Open the folded paper (the paper should look like a picture frame with horizontal slits in the middle).
- * Cut your other colored paper into 1-inch wide strips.
- * Weave strips through the slits in the first piece of paper (over and under each piece) to create a checkered pattern.
- * Glue the outer edges of your weaved strips to the edge of the mat.



Making Mealtime Memories

Slow Cooker Stuffing

On a busy day like Thanksgiving, space in the oven is as scarce as the time you have to prepare all of the dishes on your menu. Slow Cooker Stuffing will leave space on your stove or in your oven, and you can *set it and forget it*. With this delicious recipe, you won't regret it.

Ingredients

- * 1 loaf stale bread, cut into cubes
- * 1 stick butter
- * 1 large onion
- * 2 medium carrots, sliced
- * 2 stalks celery, chopped
- * 1 cup low-sodium chicken or vegetable broth
- * 1 1/2 teaspoon thyme
- * 2 tablespoon parsley
- * Salt and pepper to taste



Directions

- * Lightly grease the inside of your slow cooker.
- * Toss bread, butter, onions, carrots, celery, thyme, salt and pepper in the slow cooker.
- * Add the broth to the mixture and toss to coat.
- * Cover and cook on low for 4 hours, or until veggies are tender.
- * Season with salt and pepper to taste, and garnish with parsley.



Nutrition Tips:

- * Add apples or dried cranberries for a touch of sweetness and some extra fiber.
- * Add other veggies to the mix for more fiber, vitamin and mineral content.
- * Use a whole grain bread instead of white bread to add extra nutrients.



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Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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