



Eat Healthy

Be Active

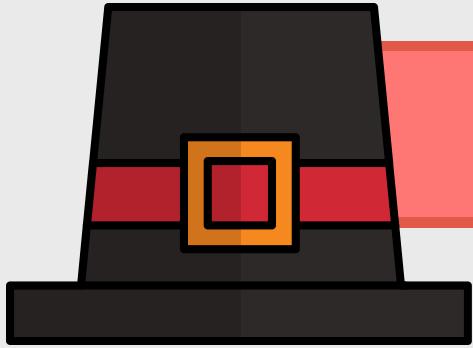
Your kids  
are watching



Make Every Sip Count

Drinking one less sugary beverage  
can make a difference!

Replacing one 8 ounce serving of a sugar-sweetened beverage with water will help your child develop healthy teeth!



# November

## Move More Watch Less Thanksgiving Games

### Gobble, Gobble!

You will need a blindfold and two lines on the floor. The lines should be at least ten feet apart. The Turkey stands in the center of the room and the kids line up behind one of the lines. When the blindfolded Turkey/Kid says, "Gobble, gobble!" the kids run from one side of the line to the other but they can't get touched by the Turkey. If they get touched by the Turkey, they have to sit out until there are no kids left.



### Turkey Walk

Play music of your choice and encourage the children to move like...

- BIG turkeys
- Little turkeys
- Tired turkeys
- Happy turkeys
- Scared turkeys
- Etc.

Make it more interesting by choosing music based on the movement you'd like to create!



# Healthy Alternatives to Traditional Thanksgiving Foods

## 1) Mash more than potatoes.

Try a healthy alternative of mashed sweet potatoes or serve chunks of baked potatoes and root vegetables, like squash and carrots, mixed together.

## 2) Go green.

Make sure to have enough vegetables. Start your meal eating the veggies first — it is not only more filling but it helps provide important nutritional value before digging in to the rest. If you're worried about over-indulging on the less healthy options, try filling your plate  $\frac{1}{2}$  with veggies,  $\frac{1}{4}$  with turkey and  $\frac{1}{4}$  with the other sides.

## 3) Skip sweetening your sweet potatoes.

Sweet potatoes are packed with nutrients and are filling. There are many ways to involve sweet potatoes — from baked sides to desserts. Rather than adding extras that only make a naturally good food unhealthy, avoid excess sugars or butter. Bake without adding anything and sprinkle with some cinnamon when done.



## Apple Dip

### Ingredients

4 oz low fat sugar free yogurt

1 tsp lime juice

1 tsp lime zest

### Directions

- Stir together until the mixture is smooth.
- Serve with sliced apples or fruit of your choice
- Be creative: You can add peanut butter or try using low-fat strawberry flavored cream cheese. Have fun and enjoy!

Fruit  
of the  
Month

Apple



Make Every Bite  
Count

Veggie  
of the  
Month

Spinach



## More Ways to Use Spinach!

- Use fresh spinach in salads, sandwiches or wraps.
- Add fresh or frozen spinach to soups, pasta, dips or smoothies.
- Steam or saute spinach as a quick side dish - sprinkle with a touch of grated cheese.



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families project.