



Healthy Thanksgiving Ideas

Thanksgiving: Thanksgiving is about giving thanks for what we have and for the people we have in our lives. Have students share what they are thankful for by writing a poem, writing a letter expressing their gratitude to someone special, drawing a picture, or telling a story. Kids can design a placemat or centerpiece to take to their family's gathering, or they can color paper leaf cut-outs to decorate their family table with.

Classroom parties can be fun and healthy: If healthy foods are chosen as part of the festivities, it can be an opportunity to reinforce nutrition lessons as well. Students learn by example, such as demonstrations of food preparation. By increasing children's awareness and encouraging them to eat 5 servings of fruits and vegetables every day, we can help them develop life-long healthy habits.

Healthy Food Ideas:

Homemade Corn Bread

Sweet Potatoes (can prepare easily in class w/ a crock pot, or have fun with a solar oven - available to borrow from grant supplies)

Couscous (cracked wheat) w/ raisins, cranberries, nuts and other dried fruits

Whole-grain crackers, tomato & cucumber slices with cheese cubes, string cheese or hummus.

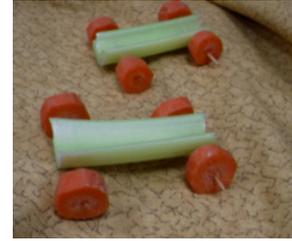
Low-Salt Pretzels, Air-Popped Popcorn, Rice Cakes

Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)



Celery Wagons

- 2 stalks celery, cut into 3 inch pieces
- 4 large carrots, sliced into rounds
- 2 cups hummus
- 64 toothpicks



Cut veggies ahead of time. Have students put a carrot piece at each end of 2 toothpicks. Place a celery stick on top of the toothpicks. Fill with 1 tablespoon of dip.

Corn Bread

- 1 1/4 cups yellow cornmeal
- 3/4 cup whole-wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg, lightly beaten
- 1 1/4 cups buttermilk
- 2 tablespoons canola oil



1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.
2. Whisk cornmeal, flour, sugar, baking powder, baking soda and salt in a large bowl. Whisk egg, buttermilk and oil in a separate bowl. Add to the dry ingredients and stir until just combined. Scrape the batter into the prepared pan, spreading evenly.
3. Bake the cornbread until the top springs back when touched lightly, 25 to 30 minutes. Let cool in the pan on a wire rack for at least 5 minutes. Serve warm or at room temperature.

Apple Bark

- 1 Granny Smith Apple
- 1 Tablespoon Peanut Butter or Almond Butter
- 2 1/2 Tablespoons Golden or Black Raisins
- 1 1/2 Tablespoons Dried Cranberries



Cut apple into four quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Be careful not to cut too much of the edible portion of the apple away. Drop and slightly spread the peanut or almond butter on apple quarters. Mix together raisins and dried cranberries then sprinkle on the peanut or almond butter.



Benefits of Healthy Celebrations

- Kids learn better
- Provides consistent messages
- Promotes a healthy school environment
- Creates excitement about nutrition

