

## 5 Ideas for Growing Healthy

- 5 Eat at least **5** fruits and vegetables a day.
- 2 Keep screen time down to **2** hours or less per day.
- 1 Get **1** hour or more of physical activity every day.
- 0 Drink **0** sugar-sweetened drinks.

## In November we will learn about the Three Sisters

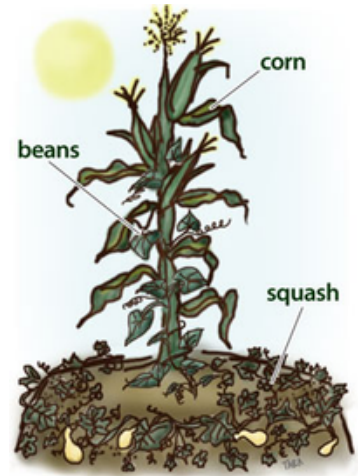
(Three Sisters garden includes squash, corn and dry beans)

- There are many different kinds of winter squash. Some you can find in the grocery store include acorn squash, butternut squash, pumpkin, and spaghetti squash.
- Corn, also known as maize, is a healthy whole grain in many foods, such as cereals, popcorn, corn chips, corn tortillas, and baby food.
- Beans (like black or kidney) are filled with protein and fiber.

**Try adding black beans to your cheese quesadilla.**



scan or [click](#) to learn about the Three Sisters



*Direct-Sow, Easy-to-Grow:  
The Ancient Three Sisters Method*

## Dissect a pumpkin Activity!

### What you need:

Pumpkin      Knife  
Large bowl   Scooper



scan or [click](#) for pumpkin recipes

### Directions:

- Show your child a pumpkin.
- You (the parent) will cut the top off the pumpkin to dissect the pumpkin.
- Have your child help dig, scoop, or scrape out the seeds and feel the inside.
- Ask your child how does the inside of a pumpkin feel?  
\_\_\_\_\_
- Have your child count the seeds or as many as they can.
- How many seeds did you find? \_\_\_\_\_

Name of your child: \_\_\_\_\_

Date activity completed: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Turn completed form in for 15 minute in-kind credit.

## Why do we need Iron?

Iron is a mineral that the body needs for growth and development. Your body uses iron to make hemoglobin.

## What foods provide iron?

Iron is found naturally in many foods and is added to some fortified food products.

You can get recommended amounts of iron by eating a variety of foods, including:

- Lean meat, poultry, seafood
- Beans, spinach, lentils, peas
- Iron-fortified breakfast cereals and breads
- Nuts and dried fruit



## Iron deficiency anemia

- If your child does not get enough iron, your child may develop anemia.
- Anemia is a condition when there are not enough red blood cells in the body.
- Iron deficiency anemia is the most common type of anemia in all age groups.



# November 2023

## Family Meal Tracker for In-Kind Credit



November 26th is Iron Deficiency Anemia Day. If your child has Iron Deficiency Anemia talk to your doctor about taking an iron supplement. Iron is also available in liquid form for infants and children.

### Rules for Credit:

Circle meals eaten together

**B** = Breakfast **L** = Lunch **D** = Dinner

Eat Together

Sit Around Table Together

No TV - Focus On Meal Conversations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 B L D	2 B L D	3 B L D	4 B L D	Total Weekly Meals: <input type="text"/>
5 B L D	6 B L D	7 B L D	8 B L D	9 B L D	10 B L D	11 B L D	Total Weekly Meals: <input type="text"/>
12 B L D	13 B L D	14 B L D	15 B L D	16 B L D	17 B L D	18 B L D	Total Weekly Meals: <input type="text"/>
19 B L D	20 B L D	21 B L D	22 B L D	23 B L D	24 B L D	25 B L D	Total Weekly Meals: <input type="text"/>
26 B L D	27 B L D	28 B L D	29 B L D	30 B L D			Total Weekly Meals: <input type="text"/>

Child Name: \_\_\_\_\_

Address: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Total  
Monthly  
Meals:

# November Menu 2023

Menus developed following USDA CACFP. Milk served daily at breakfast and lunch. Whole milk for 12-24 months, low fat milk for 2+. WG = Whole Grain CN = Child Nutrition Label

"This institution is an Equal Opportunity Provider"



We support local farmers!  
Locally sourced food is indicated in **red**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



We are having  
**"Three Sister Soup"**  
on November 9. It is  
a traditional Native  
American stew  
consisting of squash,  
corn and beans.

Mango  
Yogurt

Hamburger CN  
on WG Bun  
Wax Beans  
Sweet Potato Puffs

Banana  
Milk

Banana  
Hard Boiled Egg

Chicken Pot Pie  
over WG Biscuit  
Plum Halves

Apple  
WG Cheese It

**No School**

Yogurt  
Pears

WG Chicken  
Noodle Soup  
Peaches  
Cottage Cheese

Tropical Fruit  
Milk

WG Rice Chex  
Apple

WG Mac & Cheese  
Normandy Veg  
Cherries

Pumpkin Dip  
WG Grahams

WG Waffle  
Strawberries

Boss Bowl: WG  
Popcorn Chicken,  
Mashed Taters,  
Corn

Banana  
Milk

Banana  
WG Toast

**Three Sister Soup**  
Applesauce  
WG Pumpkin Muffin

Yogurt  
Peaches

Grapes  
Turkey Sausage CN

BBQ Pork on  
WG Bun  
Baked Beans  
Gingered Carrots

Apple  
String Cheese

Blueberries  
WG Pancake

Chicken Ratatouille  
Pineapple  
WG Breadstick

Grapes  
Yogurt

Peaches  
Oatmeal

WG Chicken Drum  
**Hawkeye Salad**  
Pears

Apple  
Milk

Mandarin Orange  
WG Cheerios

WG Grilled Cheese  
Tomato Soup  
Grapes

Banana  
Milk

Banana  
WG English Muffin

WG Beef Taco Pie  
Refried Beans  
Fruit Cocktail

Mango  
Milk

Apple  
Yogurt

Baked Ham  
Baked Potato  
Cheesy Broccoli  
WG Bread

Cottage Cheese  
Cherry Tomatoes

WG Muffin  
Peaches

WG Spaghetti with  
Meat Sauce  
Cauliflower

Apple  
Milk

Apricots  
WG Bagel

Turkey  
Sweet Potatoes  
Collard Greens  
Bread Stuffing

Carrots  
String Cheese

Apple  
Yogurt

Meatloaf  
Corn  
Tropical Fruit  
WG Bread

Banana  
Milk

**No School**



**No School**

Mandarin Orange  
WG Toast

Greek Meatball on  
WG Flatbread  
Gyro Toppings  
Peaches

Grapes  
Yogurt

Apple  
WG Rice Chex

Cheesy Cabbage  
Green Beans  
Baked Apples  
WG Cornbread

Pear  
Milk

Fruit Cocktail  
WG Muffin

Southern Pollock  
WG Pasta &  
Broccoli  
Crushed Pineapple

Banana  
Milk

Banana  
Yogurt

Chicken Alfredo  
with WG Noodles  
Tossed Salad  
Blueberries

Apple  
WG Grahams

