



Happy Thanksgiving! Did you know the first colonist, the Pilgrims of Plymouth Colony in Massachusetts and The Wampanoag Indians held a harvest feast in 1621 that lasted for 3 days? It celebrated the rich harvest, and freedom and friendship. They shared corn, cranberries, carrots, turnips, cabbage, squash, deer, wild turkeys, fish, ducks, and geese with each other. It took more than 10 years to celebrate this feast again. In 1863, President Abraham Lincoln declared Thanksgiving a national holiday. Please “Like” and visit our Facebook page: CDSN NutriPacks

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Food Safety

Let's Talk Turkey Safety!

Refrigerator thaw

- Place the turkey in a pan to catch dripping juices.
- Never thaw frozen turkey on the counter, the back porch, in the garage; **ONLY** in the refrigerator!
- Thaw turkey 24 hours for every 4-5 pounds of weight.
- Cook the turkey within 1 - 2 days.

Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Cold water thaw

- Do not unwrap the turkey from its packaging. If unwrapped, seal tightly in a plastic bag.
- Fill a clean sink with COLD water and lower the wrapped turkey in the water completely.
- Thaw the turkey for 30 minutes for each 1 pound of weight.
- Change the cold water every 30 minutes.
- Cook the turkey right away after thawing.

Size of Turkey	Hours to Defrost
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

To stuff or not to stuff

- Cook raw meat, poultry or seafood (such as, oysters, or giblets) before mixing with the stuffing/filling.
- Think about cooking the turkey without stuffing. Stuffing/filing can be cooked in a separate baking dish.
- DO NOT stuff a turkey that will be grilled, fried, or smoked! The stuffing will not get hot enough to kill bacteria.
- Stuff your turkey loosely with moist filling.
- Cook your turkey right away after stuffing it.
- Cook a stuffed turkey in a 325° F oven until it reaches 165° F along the body (at the thigh), at the wing, at the thickest part of the breast, and in the middle of the stuffing.
- Buy a food thermometer! “Dollar” stores and discount stores carry low-cost ones.

- Let the turkey stand for 20 minutes before carving. The temperature will even out and juices will set.
- Remove all stuffing/filling from the turkey and serve in a casserole dish.
- Eat, freeze or discard all leftovers within 4 days!

www.fightbac.org; www.fsis.usda.gov; www.foodsafety.gov

Size of Turkey	Unstuffed Cooking time	Stuffed cooking time
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours

Feed Your Funny Bone



What is a scarecrow's favorite fruit?

Straw-berries!

<http://www.enchantedlearning.com/jokes>

DID YOU KNOW?

The first form of pumpkin pie began as an empty pumpkin filled with milk, honey, and spices and baked in the hot ashes of an open fire.





MyPlate Monthly Message

Tips to help your kids eat a wholesome breakfast.

Breakfast IS the most important meal of the day for children. Students who eat breakfast are:

- Ready to learn and do better on tests;
 - Have fewer attention and attendance issues;
 - Have improved math scores (over non-breakfast eaters);
 - Have improved memory recall.
1. Choose whole grain breads, cereal, pasta and rice. Oatmeal (plain, not instant), whole grain cereal and granola are good choices. Avoid sweet breakfast food with sugar as the 1st ingredient. (Cereal, donuts, muffins, pastry).
 2. Include protein rich foods. Peanut and other nut butters, hard-boiled eggs, cheese and yogurt, almonds, walnuts, and pistachios are protein packed.
 3. Make fruits and vegetables available for breakfast too! More whole fruit and less juice will keep your student fuller longer. Offer sliced oranges instead of orange juice. Try grated carrots or raisins on peanut butter toast, or yogurt topped with chopped apples and dried cranberries.
 4. Make breakfast easy. Try non-traditional breakfast foods, like cheese and crackers and grapes, or bean and cheese burritos/tacos and milk.

Remember! Breakfast is important for school success. School breakfast is offered for all students in our district.



Breakfast for Successful Students

L S D P B O X Y O G U R T P A R F A I T
 Q P S H A R D B O I L E D E G G S U R Y
 C V I C N A W R V E D I G L P Y R Z I K
 T K O G A N H E V G J L E A A W U R V W
 N D Z I N G O A L M O N D S H C R O W O
 G M F F A E L K V P Z G D F C K P N H P
 P N L J E S E F H G R K F A M I L K O R
 H R G V X L W A T B D P Q D V U O J L X
 F Z L U O I H S Y G Y D N E V X W K E V
 P R N W N C E T L P W A L N U T S O G O
 F F S A A E A B B Y F A J A P I U G R O
 L U S G S S T U D B I V P E I A G U A X
 P Z D H A D B R G R A N O L A B A I I Y
 J J I J Z Q R R N U T B U T T E R Q N N
 B K G I D J E I K L E Z P N Z R C J B K
 O J N W J R A T F O M E L E T R E I A A
 O Q K N G A D O A T M E A L B I R I G L
 H Q O Q B Z U A P H A Z S C H E E S E O
 I G K R X Q A Y E Q I S X J T S A F L U
 B W M U L T I G R A I N W A F F L E S I

Word List

ALMONDS	NUT BUTTER
BANANA	OATMEAL
BERRIES	OMELET
BREAKFAST BURRITO	ORANGE SLICES
CHEESE	WHOLE GRAIN BAGELS
GRANOLA	WHOLE WHEAT BREAD
HARD BOILED EGGS	WALNUTS
LOW SUGAR CEREAL	YOGURT
MILK	YOGURT PARFAIT
MULTI GRAIN WAFFLES	

Recipe Connection

Hummus

(No Tahini needed)

16 Servings, 2 Tablespoons/serving

Do you like Hummus, but not like the cost of it? Try this recipe to make it at home.

Ingredients:

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 2 tablespoons lemon juice (fresh or bottled)
- 2 teaspoons vegetable oil
- 1/2 cup nonfat plain yogurt
- 1 clove garlic, or 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground cumin

Directions:

1. Place all ingredients in a blender or Mash well in a bowl with a fork until they are as smooth as you like.
2. Blend to desired consistency (more time for smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons of water.
4. Serve with crackers, tortillas, or raw veggies.
5. Refrigerate leftovers within 2 hours.

Notes:

Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce.

<https://www.mainesnap-ed.org/recipes/>

Sweet Potato and Orange Muffins

Makes 18 muffins, 1 muffin per serving

Ingredients:

- 1 cup all-purpose flour AND 1 cup whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1 can (16 ounce) sweet potatoes (yams), drained
- 2/3 cup brown sugar, packed
- 2 eggs
- 1 cup orange juice
- 1 carrot, shredded
- 1 teaspoon vanilla

Directions:

1. Preheat oven to 400 degrees. Lightly oil muffin tins for 18 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon, nutmeg and allspice.
3. In a large bowl, mash sweet potatoes. Add brown sugar, eggs, orange juice, carrots and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients and mix well.
5. Fill muffin tins 2/3 full. Bake 15-20 minutes, until tops are brown. Let cool and remove from tins.
6. Cool completely then store in an air-tight container at room temperature.

<https://www.mainesnap-ed.org/recipes/>

