



Volume 21 Issue 11 November 2021

Nutrition Nuggets

Turkey Tissue Paper Roll Craft

This tissue paper roll turkey is a simple, and a very cute Thanksgiving Day craft. Kids will enjoy cutting out the different color feathers of construction paper and putting the turkey together.

What you'll need:

- Toilet paper roll
- Red, yellow, and orange construction paper
- 2 Googly Eyes
- Glue
- Scissors

How to make your Tissue Paper Roll Turkey:

- Cut feather shapes out of the construction paper. You'll need 2 or 3 feathers of each color.
- Cut a small triangle out of orange construction paper for a beak.
- Cut a small peanut shape out of red construction paper for a waddle.
- Cut two feet out of orange construction paper.
- Tape the feathers onto the back of the toilet paper roll.
- Glue the eyes, beak, waddle, and feet to the front of the toilet paper roll.



Thanksgiving Placemats for Kids to Make

Are you getting ready for Thanksgiving? Try making this super simple thanksgiving placemat with the kids! These child made Thanksgiving placemats are laminated to ensure that they can be wiped clean.

What you'll need:

- Printable placemat from the Craftulate shop(free)
- White card
- Colored pencils, markers, or crayons
- Assorted paper in orange, red, yellow, and brown
- Glue stick
- Scissors
- Laminator machine and laminator pouches

How to make your placemats:

- Download placemat template onto white card.
- Invite the child to color in the turkey.
- Assist the children cutting out feather shapes from the different colored construction paper.
- Glue the feathers onto the card.
- Once the placemat is complete, slip it through the laminator pouch and run it through the machine.

www.craftulate.com

www.allkidsnetwork.com

Solano Family and Children's Services
Child and Adult Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Phone: 707-863-3950
Fax: 707-863-3975

Web: www.solanofamily.org
www.facebook.com/solanofamily
www.twitter@SolanoFamilyCS

CACFP Check Info:
extension 714
CACFP Call-in Line:
extension 703



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Apple Sausage Cheddar Breakfast Bake

2 packages breakfast sausage links
2 medium apples, peeled and chopped
1 1/2 cups original Bisquick mix
1/4 teaspoon of salt and pepper

1 can apple pie filling
2 cups shredded cheddar cheese
1 1/2 cups of milk
6 eggs



Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, breaking up with spoon, until no longer pink; drain. Stir in pie filling and apples. Spread mixture evenly in baking dish. Top with 1 cup of the cheese. In large bowl, stir Bisquick mix, milk, salt, pepper and eggs with wire whisk or fork until blended. Pour evenly over cheese. Bake 30 to 37 minutes or until knife inserted in center comes out clean. Top with remaining 1 cup cheese. Bake 3 to 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

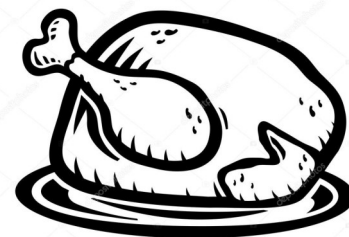
www.bettycrocker.com

Eating Healthier on Thanksgiving

In the US, November 25th is a day celebrated as Thanksgiving and a time for reuniting with family and loved ones. There is nothing more satisfying than be surrounded by those who love and care for you. When we come to this time of year, we are less worried about what we eat being on the healthy scale of things, but it is possible to be healthier or at least eat healthier even on Thanksgiving and here is how.

- First off, choose organic ingredients such as greens, meat, flour, etc. these are great ways to ensure the meals prepared are healthier
- Second, prepare what you can in a pressure cooker or clay pot. These cooking vessels will help keep the nutrients in your food. So fewer nutrients are lost. With a pressure cooker you get the nutrients locked in as you would in a clay pot but in a fraction of the time. This makes for a healthier mealtime all together.
- Third, make sure your plate is dominated by veggies and plant based foods, with a quarter of your plate being meat. This will provide you with lots of healthy nutrients and less unhealthy portions that can contribute to weight gain and inflammatory responses in the body.

It is possible to eat healthier during the holidays and Thanksgiving is no different from other family gathering oriented holidays. Enjoy your mealtimes and make sure your plate is healthy as possible. It is okay to indulge every now and again but try to make more health conscience decisions in the portions you eat and ingredients used in food preparation this Thanksgiving.



www.healthyeatingfromheadtote.com