



This Thanksgiving –Get Cooking with the Kids!

When, prepping, chopping, cooking, and most importantly, eating, why not [get the kids involved](#)? Use this time in the kitchen to teach kids important cooking skills that will last a lifetime. Getting kids excited about cooking can also increase the likelihood they will try and enjoy new foods. Here are some tips:

- **Make them the “sous-chef.”** Buy an apron for the kids. Decorate it with pictures of fruit, vegetables or your child’s favorite healthy meal with fabric markers. Give them small tasks like chopping fruit and vegetables with plastic knives to make them feel like they are part of the process.
- **Give a lesson in knife skills.** Teach your teenagers how to hold a knife properly and “chop with a claw” to avoid cutting fingers. Even small kids can cut softer produce with plastic knives.
- **Get Messy!** What kid doesn’t like to get messy? Show your children how to get their (clean!) hands dirty by kneading dough, mixing cookie batter or mashing vegetables.
- **Safety First!** Teach kids about the [importance of food safety](#). Show them how you keep raw meats, such as uncooked turkey, separate from fruit and vegetables. Explain why this practice is important for our health. Show them how to wash their hands properly.

Check out this cranberry fruit mix –[an easy dish to make with the kids at Thanksgiving](#).

Meatless Monday -The Meatless Monday campaign recognizes that healthy eating habits start young. Research shows that obesity and diet-related diseases correlate to

poor school attendance & academic performance. Going meatless on Mondays not only helps with weight management, saves money and lowers the risk of disease, but also helps conserve water and reduce fuel dependence. Watch this [introductory animated video](#) to learn more about Meatless Mondays’ health and environmental benefits. To start a Meatless Monday campaign in your child’s school, check out [various meatless recipes](#), [cafeteria posters](#) and [K-12 school district toolkit](#). Remember, the best way to implement change is to be patient, kind, respectful and persistent when working within your school systems. Questions? Write info@meatlessmonday.com



Healthy Snacking! [Watch this video and learn how to make 3 healthy, fun and tasty kabobs with kids of all ages!](#)



- Healthy snacks are essential to fuel kids’ bodies and to provide nutrients needed for growth.
- Including fruit, veggies, whole grains or nuts at snack time can help provide fiber, vitamins and minerals.
- Lean proteins like reduced or low-fat cheese, (a good source of calcium) or bean dips, (a good source of magnesium) helps kids feel full until their next meal. Pairing lean proteins with fruit, veggies and whole grains helps meet their daily fruit and vegetable quota and may prevent disease!

Fruits & Veggies –Their Appeal May Be Skin Deep

If you want your kids to snack healthy, make sure snacks are [visually appealing](#)! One study showed kids ate twice as much fruit if it looked fun to eat, so try creating fun shapes, cubes, kabobs, or pretty slices. Pairing fruit, veggies or whole grains with a food like reduced or low-fat cheese, like Cabot cheese, may increase taste acceptance. Examples of tasty, fun and nutrient loaded snacks include to make with kids:

- Fun shaped fruit and cheese kabobs using wooden skewers
- Ants on a log with smooth, natural peanut butter or sun butter and sweet, chewy raisins
- Refreshing fruit popsicles made in different shapes using cubed fruit and mixed with 100% fruit juice.

Getting kids involved in snack prep gives them a great sense of accomplishment & makes them more likely to try new food combinations!

As the cold weather approaches, it can get easy to slow down! [Learn 5 Winter Ways to Keep Moving!](#)

