



NOVEMBER 2019

## Putting Family Dinner First

Part of what makes Thanksgiving so special is seeing everyone around the table. With school and sports, gathering each evening can be a challenge... But Thanksgiving reminds us of how important it is to share a meal together.

This month, savor that Thanksgiving feeling with family dinners! Did you know that teens who sit down to dinner with their family are more likely to eat a variety of fruits and vegetables and less likely to consume fast food or soda? And children who regularly eat together with their families are less likely to struggle with obesity in their adult years. <sup>1</sup>



It's Cool  
to Be Kind

## World Kindness Day

Kindness is what makes the world go round and on November 13th you can celebrate that with World Kindness Day! Give compliments. Smile at strangers. Hold a door open. Do at least three random acts and see what magic follows!

Know a School Meal Hero who is especially kind? You can nominate them this month at:

[rethinkschoolmeals.com/nominate](http://rethinkschoolmeals.com/nominate)

## FALL for These Produce Picks

Two quick tips to make the most of your trip to the produce department? Pick a variety of colors and shop what's in season! Here is a selection of seasonal fruits and vegetables you can find fresh at your local grocer or farmer's market right now:

### Fruits

Pineapple  
Banana  
Apple  
Pear  
Plum  
Grapes

### Vegetables

Cauliflower  
Artichoke  
Mushrooms  
Lettuce and Spinach  
Radish  
Celery



<sup>1</sup>. <https://www.parents.com/recipes/tips/unexpected-benefits-of-eating-together-as-a-family-according-to-science/>

We're rethinking school meals!

Join us as we celebrate the good work  
in schools across the country.

[rethinkschoolmeals.com](http://rethinkschoolmeals.com)



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