

## PATCH FOOD PROGRAM NEWSLETTER

*November 2021*

WHAT ARE THE TWINS FAVORITE FRUIT? • See page 2

*Fun Fact:*NATIONAL EAT A CRANBERRY DAY: NOV 23

Cranberries is a native fruit of North America and high in vitamin C and a good source of antioxidants. They are made up of 90% water. Only about 5% are sold fresh while the rest are turned into juice, sauces, etc.

*Holiday Snack:*TURKEY MUFFINS:

- Pumpkin muffins
- Red apple
- Green apple
- Sliver of carrot
- Squeezable icing—eyes



From each apple, cut a slice from the side of the apple. Set flat and cut squared-off, tapered feathers. Cut a small beak from a thin slice of carrot. Make a slit in the end of a green grape and dab off excess moisture. Insert beak into grape. Poke small ends of feathers into muffin and set head on muffin, resting on the muffin paper. Once assembled, add tiny dot eyes with icing.

Local Food  
Tracker  
Challenge:



Congratulations to Oahu provider **Lorna V.** for winning Septembers Farm to Keiki challenge.

1. Incorporate
2. Track
3. Submit
4. Win



## Healthy cooking methods include:

AIR FRY

GRILL

STEAM

BRAISE

SAUTÉ

TOAST

STEW

BAKE/BROIL



*Frying* is not allowed as an option when preparing foods within the USDA Child and Adult Care Food Program.

## Food For Thought:

What are the twins favorite fruit?

**PEARS!!!**



## Pumpkin Patch Listing: by county.

<https://www.pumpkinpatchesandmore.org/Hlpu/mpkins.php>

## PIN THE FEATHER ON THE TURKEY:



- Cardboard or a large piece of brown paper
- Red, yellow, orange and brown construction paper/card stock
- Long feathers
- Googly eye (or white and black paper)
- Hot glue gun
- Tape
- Command strips (optional)

## *Attitude of Gratitude:*

Children and adults who practice gratitude are more optimistic, feel more satisfied, & have a positive attitude towards life.

**MEAL TIMES ARE HAPPY TIMES AS OUR BODY HEALS AND STRENGTHENS WITH EVERY BITE WE TAKE.**