

## Thankful for Food

This month, the students learned about eating locally grown foods. The pilgrims and Native Americans could only eat what the land and weather provided for them since there were no grocery stores. They had to grow and hunt all their food. We discussed how climate, geography, and personal tastes determined what was harvested.



We talked about the benefits of eating locally grown food such as

- preserving natural resources like gas
- helping the environment by minimizing pollution
- improving health and taste by eating fresher foods

The students brainstormed what foods are local to our area. They talked about items they saw at farmers markets or produce they grew in their own gardens. Then they came up with Thanksgiving dishes using these items. Encourage your child to talk about what some of his or her favorite dishes were.

Every family has different traditions at this time of the year. Here is a quick, easy **Go Food recipe your child can make.**

### Turkey Friend

3 slices of 100% whole wheat bread

Turkey, sliced by mom or dad

Cream cheese or nut butter

Raw vegetables for decoration (edamame, carrots)



Use a small drinking glass to cut 2 circles out of 1 slice of bread for the head. Place some turkey between the circles. Next, put some turkey between the other two square pieces of bread for the body. Attach the circles (head) to the squares (body) with cream cheese or nut butter. Decorate face and body with raw vegetables. Enjoy!!