



Hello MACS Students & Families

In preparation for Thanksgiving Recess, I would like to “host” a fun, healthful snacking week and fun contest for the week of 11/14 - 11/18.

How this works...

-Send your child to school each ~~day~~ a fun, _____, thanksgiving themed snack to eat (recipes and ideas below, or you can think up your own)

-Have your child write in (form below) what they brought and ate for snack for each day of the week, along with a healthy fun fact related to one of their snacks (see example). They can also color the images, and write what they are thankful for

-On Friday, please have your child drop off their snack form into the Turkey box on my desk

-On Monday, 11/21, I will draw a slip and the winner will receive something special to take home for the Thanksgiving Holiday (tbd)

-Your child will receive an extra entry if they include a picture of their healthy snack!

-Most importantly, be creative, have fun, work on this together with your child, and make it a learning experience about eating healthy foods!



Snack Ideas

-Apple

-Nitrate free Turkey slices

-Pumpkin flavored greek yogurt (Chobani makes this flavor)

-Cheese with fresh fruit

-Sweet potato chips (see recipe attached)

-Raisins

-Carrots and/or Cucumbers with homemade ranch (see recipe attached)

-Pumpkin bread

Recipes



Ranch Flavored Dip



INGREDIENTS

- 2 tablespoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried basil
- ½ teaspoon pepper
- Sour cream, for serving

INSTRUCTIONS

1. Mix together the first six ingredients down to the pepper. Store in an airtight container.
2. When you are ready to make the dip stir 1 tablespoon of the spice mixture together with ½ cup sour cream. Serve with fresh sliced veggies or whole-wheat pretzels.



Baked Sweet Potato Chips

Ingredients

- 2 organic sweet potatoes (~150 g each)
- 2 Tbsp (30 ml) olive oil
- 1/4 tsp sea salt (optional)

Instructions

1. Preheat oven to 250 degrees F (121 C) and position oven rack in the center of the oven.
2. Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispiness.
3. Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended).
4. Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling. Serve immediately.

Thanksgiving Snacking Fun Form



Student Name: _____



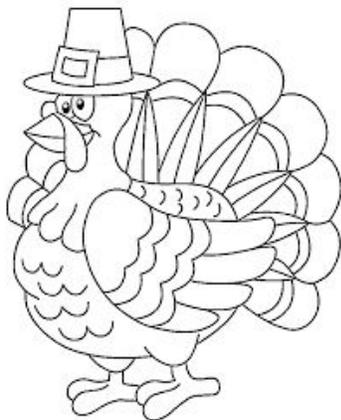
Monday Snack: _____ Tuesday Snack: _____

Wednesday Snack: _____ Thursday Snack: _____

Friday Snack: _____

*I learned that _____ has/have _____ in

it/them, which is healthy because/for



I am thankful for: