






Happy Thanksgiving!




This holiday (and every day!) include more fruits and vegetables in your diet.

WHY?

Fruits and vegetables contain...

-  Vitamins and minerals that help us stay healthy.
-  Fiber that helps keep us full and aids digestion and heart healthy.
-  Nutrients to help our bodies fight off sickness.

HOW?

-  Try to eat five servings of fruits and vegetables each day.
-  Eat the rainbow! The more color variety, the better.
-  Fresh is best, but canned, frozen and dried are great too!





Turkey Vegetable Cups

What you'll need:

- 🍊 Paper turkey body (included)
- 🌿 Tape or glue
- 🥬 Small cup
- 🍆 1-2 red or orange bell peppers
- 🥕 3-4 baby carrots
- 🍒 Any other vegetables you'd like
- 🥄 Ranch dressing, hummus or other dipping sauce (optional)

Instructions:

1. Carefully cut out the turkey body templates (included).
2. Wash and cut the bell peppers into long thin strips.
3. Assemble the turkey by taping or gluing the paper body onto the outside of the cup.
4. (Optional) Put a little bit of ranch dressing, hummus or other dipping sauce into the bottom of the cup.
5. Arrange the peppers and carrots into the cup to look like tail feathers.
6. Enjoy!

