



Express Gratitude

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November is a wonderful time to think about the many things you appreciate in your life. It is also a great time to create memories with family and friends. Spark special moments in your home with these fun fall ideas.

Give Thanks

One of the best things you and your children can do in this season of being thankful is to express gratitude. Here are a few ideas:

- Inspire your child to write a thank you note or create a card to let someone know what they mean to them.
- Deliver a special treat to someone in your community to show your gratitude.
- Design a gratitude jar. Place a slip of paper in the jar every time you think of something for which you are grateful. Set aside time to read the things for which your family is thankful.
- Keep a gratitude journal.
- Enjoy a walk with your family. Find things in nature you appreciate. Notice the sounds of the crunchy leaves or the beautiful colors of the sun and the fall leaves. USDA's ChooseMyPlate website has additional ideas on being active together: <https://bit.ly/2D0XiUS>
- Visit Harvard Health Publishing for additional ideas on gratitude: <https://bit.ly/2O5FkqB>



Pumpkin Pie Dip

- 1 (15 oz.) can pumpkin puree
- 1 oz. sugar free vanilla instant pudding mix
- 1 tsp. pumpkin pie spice or cinnamon
- 8 oz. whipped topping, thawed

1. Wash hands with soap and water.
2. In a medium bowl, mix the pumpkin, vanilla pudding mix and pumpkin pie spice together with an electric mixer or a spoon until well combined.
3. Fold in the whipped topping to gently combine.
4. Cover and chill in the refrigerator until ready to serve.
5. Enjoy with vanilla wafers or graham crackers.

Makes 5 cups. ½ cup dip has 80 calories, 2.5 grams fat, 0 grams protein, 15 grams carbohydrate, 1 gram fiber and 30 milligrams sodium.

Source:

<https://www.ag.ndsu.edu/food/recipes/vegetables/pumpkin-pie-dip>



Encourage children to explore new tastes with each new season. One of the flavors of fall is pumpkin, which is a good source of fiber and vitamin A. You can enjoy creating this snack with your child. Special memories and grateful moments start with quality time together. This recipe comes from North Dakota State University (NDSU) Extension Service and is a tasty way to fit a serving, or two, of vegetables into your child's day.