

**November 2021 Good Morning Announcements!**

The Good Morning Announcements are provided by the Nutrition Educators of Pick a better snack.

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| **Monday 11/1** | **Tuesday 11/2** | **Wednesday 11/3** | **Thursday 11/4** | **Friday 11/5** |
| No school | No school | November is National Peanut Butter Lovers Month! | Did you know that strawberries are the only fruit with seeds on the outside? | November is National Pomegranate month! |
| **Monday 11/8** | **Tuesday 11/9** | **Wednesday  11/10** | **Thursday  11/11** | **Friday  11/12** |
| Q: What do you call a fake noodle? A: An imposta! | Did you know that a kiwi has two times the amount of Vitamin C than an orange? | Q: What did one blueberry say to the other bluebery?  A: If you weren’t so sweet we wouldn’t be in this jam! | Fun Fact: ½ cup of figs has the same amount of calcium as ½ a cup of milk! Calcium is important for building strong bones. | You look radishing today! Radishes contain lots of Vitamin C and minerals! |
| **Monday 11/15** | **Tuesday 11/16** | **Wednesday  11/17** | **Thursday  11/18** | **Friday  11/19** |
| Q: Did you hear about the carrot detective?  A: He got to the root of every case! | Have you drank enough water today? Kids should get up to 5 cups of water a day to stay hydrated and healthy! | Did you know that all fruits come from flowers? Apples, peaches, and raspberries are a part of the rose family! | Q: What does corn get when you leave it in the barn too long?  A: COB webs | Did you know that there are cold weather seeds that like to grow in colder conditions? These include radishes, carrots, cabbage, and brussels sprouts! |
| **Monday  11/22** | **Tuesday  11/23** | **Wednesday  11/24** | **Thursday  11/25** | **Friday 11/26** |
| How many cups of fruit should you get a day? If you said 1-2 cups, you’re right! Make sure to eat a variety of fruits to get all the vitamins and minerals! | Q: What kind of shoes are made from banana peels?  A: Slippers! | Break! | Break! | Break! |

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| **Monday**  **11/ 29** | **Tuesday**  **11/30** |
| Knock knock!  Who’s there?  Bean  Bean who?  Bean awhile since I’ve seen you! Welcome back from break!  [This Photo](http://www.freefoodphotos.com/imagelibrary/vegetables/slides/green_beans.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/) | Did you know that beets are a great source of folate, potassium, vitamin C, and fiber?  [This Photo](http://pngimg.com/download/27143) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/) |