

SENIOR NUTRITION NEWS

Eat Smart Idaho

November 2024

Tips for a Happy & Healthy Thanksgiving

Thanksgiving is a day of giving thanks. Often it includes getting together with family and friends for traditions, visiting, and sharing a meal. With a little planning, you can incorporate these healthy tips into your day:



- **Eat a Healthy Breakfast** – Start your day with a nutritious breakfast even though you may be eating a meal with many choices later that day. Breakfast provides calories and nutrients that your body needs for good health. Include food from at least three of the five food groups as part of your breakfast.
- **Turkey Day Walk** – Take a morning hike or walk on your own or with your family or friends. This is a great way to stay active and enjoy the fall colors.
- **Stay Hydrated** – Drink plenty of water. For a festive option, add $\frac{1}{4}$ cup of 100% fruit juice (such as orange juice or cranberry juice) to $\frac{3}{4}$ cup of sparkling water and ice.
- **Keep it Simple** – Work with those you are gathering with to split up the work. Have each person volunteer to bring one Thanksgiving dish. This will help keep the work to a minimum for everyone and keep the costs down for those attending as well.
- **Offer Healthy Options** – If you are hosting, offer a healthy appetizer, such as a salad, or some store-bought hummus with fresh vegetables.
- **Be a Healthful Guest** – Bring a healthy side to your get together such as roasted vegetables or a veggie-based side. For dessert, you might try a pumpkin bread or pie.
- **Repurpose Leftovers** - Not sure what to do with leftovers? See the ideas included on page 2 in this newsletter. Split the leftovers with the rest of the guests to make sure they don't go to waste. Be sure to refrigerate foods within 2 hours of coming out of the oven or from completion of cooking. Use or freeze refrigerated leftovers within 4 days.



Thanksgiving Dinner Remade



Not sure what to do with your leftovers? Try these quick and easy leftover ideas:

Cranberry smoothies: Blend cranberries, frozen low-fat yogurt and orange juice.

Crunchy turkey salad: Toss cubed turkey with celery, apples, and light mayo with shredded spinach.

Stuffing frittata: Mix stuffing with egg and cook thoroughly, pancake-style.

Turkey berry wrap: Wrap sliced turkey, spread with cranberry sauce and shredded greens in a whole wheat tortilla.

Thanksgiving Casserole: Layer your leftovers (stuffing, turkey, green beans, mashed potatoes, gravy, and anything else) into a baking pan, bake, and enjoy!

Turkey Enchiladas/Fajitas/Tacos: Fill tortillas up with shredded turkey instead of chicken and add cheese and any other leftovers you think would be good in there!

Turkey Stuffed Bell Peppers: stuff your favorite color bell pepper with turkey, mashed potatoes, green beans, stuffing and shredded cheese.

Turkey Soup: Add turkey or other leftover vegetables to your favorite soup.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: Thanksgiving Highlights | University of Maryland Extension (umd.edu); <https://uwyoextension.org/uwnutrition/newsletters/10-ways-to-turn-your-thanksgiving-leftovers-into-planned-overs/>; <https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/reinventing-thanksgiving> retrieved 10/24/24

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