

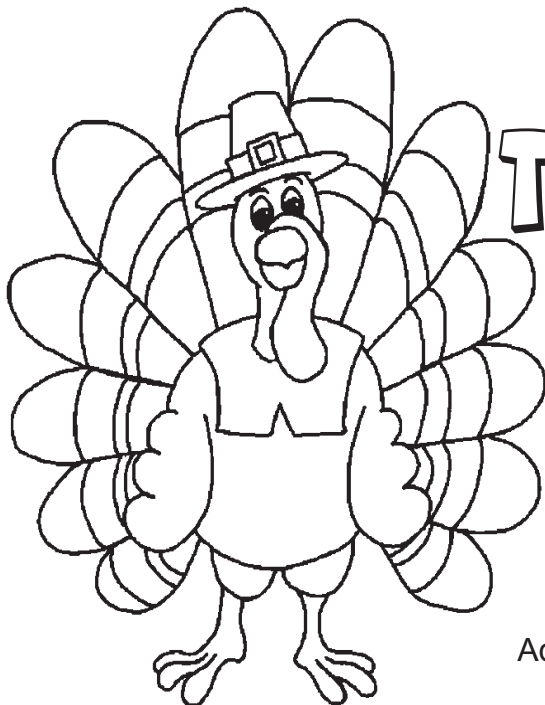


# LUKE'S TURKEY TIPS

## NOVEMBER FUN FACTS

**Fruit and Veggie Of The Month: Pears** There are over 3000 different kinds of pears. Pears are usually picked off the tree before they have ripened. If they ripen on the tree their center becomes mushy and unpleasant. You should place unripened pears in paper bags for a few days to a few weeks in order to promote ripening from the inside out. Once the pear starts to feel moderately soft, it has reached its peak.

**Activity Of The Month: Strength Training** It is recommended by the USDA that children get at least 60 minutes of exercise most days of the week. If you're interested in new exercise ideas, why not try Strength Training? This includes a mixture of free weights, rubber resistance bands and moving around your own body weight to build muscles. Before you get started, speak to a trainer to find out what exercises are best for you.



# HAPPY THANKSGIVING

### Turkey Leftover Recipe Ideas:

#### **Chunky Turkey Salad**

Mix diced turkey, diced celery, mayo, salt & pepper together until you like the flavor.

#### **Turkey Sandwich**

Add sliced turkey, your favorite cheese, lettuce & cucumber to a whole grain bread.

#### **Turkey Pasta Toss**

Add diced turkey to your favorite pasta and enjoy!