



November Newsletter



TIPS FOR GROCERY ON A BUDGET

Base your weekly menu on the proteins that are on sale in the grocery flyer!

Did you know that in the list of ingredients of food, the ingredients are placed in decreasing order. For example, if the first ingredient is sugar, that means that food is made mostly of sugar.

NOVEMBER FOOD HOLIDAYS

November 1st

World vegan day

November 6th

National nachos day

November 14th

National pickle day

November 30th

National mason jar day

TIPS TO BE MORE ACTIVE

Put some music on and have a 5 minute dance break every hour with your kids!



LOCAL FOOD OF THE MONTH

PARSNIP

PREPARATION

Replaces carrots in any recipe. Can be used to make soups, stews, purees, salads, etc.

DISPONIBILITY

August to July



NUTRITIONAL VALUES

1 cup (boiled)

Vitamin C 21 mg (35% DV)

Potassium 605 mg (12% DV)

Phosphorus 114 mg (16% DV)

Fibers 21 g (21% DV)

Lester B. Pearson
School Board



Commission scolaire
Lester-B.-Pearson





Parsnip recipes



[Curried Cream of Parsnip and Carrot Soup](#)

[Mexicanadian Poutine with Roasted and Grilled Veggies and Avocados](#)

[Crunchy Turkey Fingers with Oven Fries](#)

[Hearty Winter Vegetable Salad With Black Onion Seed Vinaigrette](#)

[Turkey Shepherd's Pie](#)

[Hearty Roasted Veggie Salad](#)

[Scalloped Parsnips and Carrots](#)

[Puréed Parsnips](#)

Click on the
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Vegan day recipes



[Salsanueva Avocado Toast](#)

[Avocado, Kale and Quinoa Salad](#)

[Barbecue Tempeh Sandwiches](#)

[with Coleslaw](#)

[Vegan Mac and "Cheese"](#)

[Vegan Snickerdoodles](#)

Nachos day recipes

[Chicken And Waffles Nachos](#)

[All-Dressed Nacho Bites](#)

[Poke Nachos](#)

[Cheesy Wonton Nachos](#)

[Steak Fajita Nachos](#)



Pickle day recipes

[Dilly Dip](#)

[Fried Pickle Sliders](#)

[Pickle Coleslaw](#)

Click on the
name to get
to the recipe

Mason jar day

[Overnight Hearty Oatmeal Breakfast](#)

[Mediterranean Lentil Salad](#)

[Ratatouille Jars with Trout](#)

[Sugar Pie in a Jar](#)

