

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)

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Parsnip recipes



Curried Cream of Parsnip and Carrot Soup

Mexicananadian 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
name to get
to the recipe**

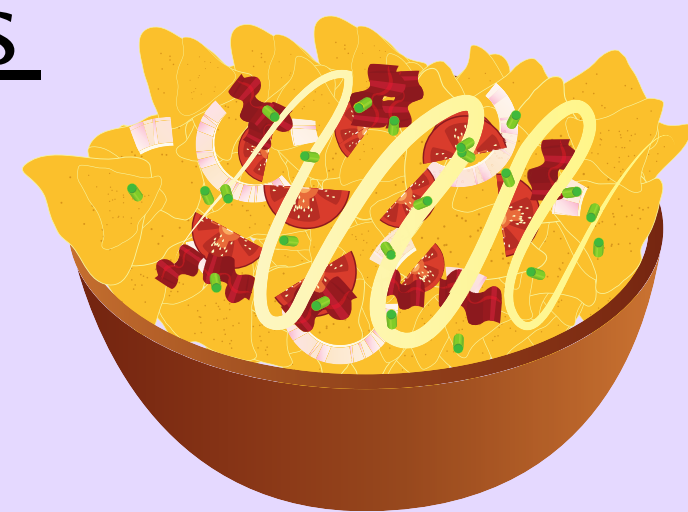
Vegan day recipes



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
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to the recipe



Mason jar day

Overnight Hearty Oatmeal
Breakfast
Mediterranean Lentil Salad
Ratatouille Jars with Trout
Sugar Pie in a Jar



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