30 Days of Thankfulness

What if Thanksgiving came more than once a year? OK, the meal might be a little much... but the spirit of the day is more than food: It's family. Each night, we all have an opportunity for a little thanksgiving. This month, make that feeling last! For the next 30 days, as you gather for dinner; have each family member share what they're thankful for—and write it down! Put everyone’s list on the fridge and use them as a reminder; we have so much to be thankful for!

Turn Turkey Dinner into Lighter Leftovers

Making the most of Thanksgiving is easy—but how do you make the most of what’s left? We’ve compiled a list of delicious, nutritious recipe ideas designed to use Thanksgiving leftovers, keeping flavor high, but dietary fats low.

- Turn leftover ham and sweet potatoes into a breakfast hash: https://www.cookinglight.com/recipes/ham-sweet-potato-hash
- Using leftover mashed potatoes helps you skip a step here: https://www.foodnetwork.com/recipes/light-shepherds-pie-2268811
- Leftover turkey stays light in this pot pie recipe: http://www.eatingwell.com/recipe/275762/turkey-potpie

Make Time for Movement!

Between shopping, prepping, cooking, and eating, holidays like Thanksgiving often end before we know it. As you’re making the most of the day, make sure you make time to move, too! Set alarms on your phone for every few hours, grab a family member, and walk the block. Walking has proven mental health benefits plus it creates time to really connect with guests you might not see as often throughout the year. So this Thanksgiving, walk it out!

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