



Growing Gratitude for our Food

This Thanksgiving, take a moment to help your kids think beyond what's on their plate and explore where their food comes from. Talk about the farmers, gardeners, truck drivers, grocery workers, and cooks who all play a part in bringing food to the table – [this USDA coloring book](#) does a great job illustrating many of these steps. Teaching kids about the work and people behind their meals can help build appreciation, curiosity, and a greater connection with the food they eat.

Thanksgiving Meal Activity: Have each child pick one food from your Thanksgiving meal – such as turkey, cranberries, corn, sweet potatoes, or apples – and see if they can answer: Where does it grow? Who grows it? How does it get to our grocery store? How does it become part of our meal?

Reusing Thanksgiving Leftovers

What's better than turkey, stuffing, sweet potatoes, and pumpkin pie? Leftover turkey, stuffing, sweet potatoes, and pumpkin pie! Before you pack away the Thanksgiving leftovers, check out these fun recipes for giving your feast a delicious second life.

- [Leftover Casserole](#)
- [Turkey Quesadillas](#)
- [Sweet Potato Cake](#)
- [Turkey Soup](#)





Friday Night Fuel

Fall sports season means busy afternoons, long practices, and plenty of running around—which means young athletes need plenty of fuel! Growing kids need enough food to support both their bodies and their sport, so regular meals and snacks are just as important as what happens on game day. [The Academy of Nutrition & Dietetics gives plenty of ideas](#) for healthy pre- and post-game snacks, which will help your athlete perform stronger and recover better. Don't forget hydration, either – water should be the go-to drink for most practices and activities, with sports drinks generally reserved for longer or especially intense sessions.

Eggs: Back on the Menu!

Eggs have retained a bit of a bad reputation over the years because of their cholesterol content, but nutrition science has evolved! As highlighted by [Parents Magazine](#), the [FDA's updated definition of what qualifies as a “healthy” food](#) now recognizes eggs as a nutrient-dense protein food that can fit into a healthy eating pattern. Eggs provide high-quality protein along with important nutrients like choline, vitamin B12, vitamin D, and selenium, making them a versatile option for growing kids. Try serving eggs at breakfast with whole-grain toast and fruit, adding hard-boiled eggs to lunchboxes, or incorporating scrambled eggs into tacos, fried rice, or sandwiches.



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About the author



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Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

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